

〈教育セミナー〉

## エイジング（老化）と，老化疾患の予防

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### **Aging and Preventive Intervention of Age-Related Disorders**

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#### **Abstract**

Aging is defined as the irreversible deteriorative process after maturation. The sum of physiological and pathological aging is expressed not only as changes in appearance but also as declined various organ function. The typical clinical expression of these aging is found as geriatric syndrome. Age norm by Neugarten need to be reconsidered, because of recent improvement in nutritional condition and extended life span. Recent advance in aging science accumulate evidences that aging is regulated both by gene and environment. So far, it is not successful to delay aging process in itself. However, intervention of age-related disorders such as osteoporosis, atherosclerosis and dementia is on going. Especially, hormone replacement therapy using estrogen is a potential tool for post menopausal women to prevent age-related disorders.

**Key words:** aging, geriatric syndrome, age norm, mechanism of aging, HRT.