

Preface

Biogerontology: Mechanisms and Interventions

The 5th European Congress of Biogerontology (ECB) was held in Istanbul, Turkey, from September 16 to 20, 2006. The main aim of this series of congresses, held under the auspices of the International Association of Gerontology, has been to bring together active researchers from all around the world to present their original data and to discuss the latest developments in the field of basic biological aging research and the interventional strategies and approaches. Continuing the excellent tradition of ECB, the 5th Congress in Turkey successfully brought together more than 200 biogerontologists, evolutionary biologists, biodemographers, researchers, students, clinicians, and dieticians. The main areas of discussion and presentation of new research results included:

biological and nonbiological factors affecting life span and the quality of life; ethical and social issues related to life-span and health-span extension; novel areas of understanding aging—physiological, cellular, and molecular aspects; new technologies to understand and modulate aging; latest successful approaches in the prevention and treatment of age-related diseases; and aging intervention, prevention, and modulation by genes, natural and synthetic molecules and lifestyle modifications.

This volume of the *Annals of the New York Academy of Sciences* includes original research and review articles based on the oral presentations given by the invited speakers and those selected from submitted abstracts. In addition, short articles based on the posters presented at the ECB provide the latest research results and ideas covering a wide range of topics in biogerontology.

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