

# Preface

## Understanding and Modulating Aging

Biogerontology—the study of the biological basis of aging—has progressed tremendously, and it has now become an independent and respectable field of study and research. Numerous universities, medical institutes, and research centers throughout the world now offer full-fledged courses on the biology of aging. The pharmaceutical, cosmeceutical, and nutraceutical industry's ever-increasing interest in aging research and therapy is also highly apparent. Moreover, increased financial support by national and international financial agencies to biogerontological research has given much impetus to its further development.

Since 1985, the International Association of Biomedical Gerontology (IABG), founded by Professor Denham Harman, originator of the free radical theory of aging, has been holding the International Congress of the IABG every two years in different parts of the world, including Australia, Canada, Germany, Hungary, Japan, the UK, and the United States. The 11th IABG Congress, held at the University of Aarhus, Denmark (August 13 to 16, 2005), was a tremendous success in bringing together biogerontologists, bioethicists, researchers, students, clinicians, dieticians, and social gerontologists. With more than 110 participants from 15 countries in Europe, Asia, and America, the main areas of discussion and presentation of new research results included:

- biological and nonbiological factors affecting lifespan and the quality of life;
- ethical and social issues related to lifespan and health-span extension;
- novel areas of understanding aging—physiological, cellular, and molecular aspects;
- new technologies to understand and modulate aging;
- the 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 nutritional and lifestyle modifications.

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The present volume of the *Annals of the New York Academy of Sciences* is in line with the past IABG congresses, for which invited lectures and original papers and posters presented at the congress were compiled and published. Previously published *ANYAS* volumes from the IABG congresses are:

- 4th Congress: Physiological Processes of Aging: Towards a Multi-causal Interpretation. *Annals of the New York Academy of Sciences*; vol. 673, 1992. Editors: N. Fabris, D. Harman, D.L. Knook, E. Steinhagen-Thiessen, and I. Zs.-Nagy.
- 5th Congress: Pharmacology of Aging Processes: Methods of Assessment and Potential Interventions. *Annals of the New York Academy of Sciences*; vol. 717, 1994. Editors: I. Zs.-Nagy, D. Harman, and K. Kitani.
- 6th Congress: Pharmacological Intervention in Aging and Age-Associated Disorders. *Annals of the New York Academy of Sciences*; vol. 786; 1996. Editors: K. Kitani, A. Aoba, and S. Goto.
- 7th Congress: Towards Prolongation of the Healthy Life Span: Practical Approaches to Intervention. *Annals of the New York Academy of Sciences*; vol. 854; 1998. Editors: D. Harman, R. Holliday, and M. Meydani.
- 8th Congress: Healthy Aging for Functional Longevity: Molecular and Cellular Interactions in Senescence. *Annals of the New York Academy of Sciences*; vol. 928; 2001. Editors: S.C. Park, E.S. Hwang, H.S. Kim, and W.Y. Park.
- 9th Congress: Increasing Healthy Life Span: Conventional Measures and Slowing the Innate Aging Process. *Annals of the New York Academy of Sciences*; vol. 959; 2002. Editor: D. Harman.
- 10th Congress: Strategies for Engineered Negligible Senescence. *Annals of the New York Academy of Sciences*; vol. 1019; 2004. Editor: A.D.N.J de Grey.

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- AH Diagnostics, Denmark.

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