

# Contents

<b>1 Aging and Cell Aging: An Introduction</b> . . . . .	1
1.1 Organ Systems Affected by Aging. . . . .	4
1.2 Age-Associated Functional Alterations. . . . .	5
References . . . . .	7
<b>2 Cell Cycle: The Life Cycle of a Cell</b> . . . . .	9
2.1 Phases of the Cell Cycle . . . . .	10
2.2 About Cyclins and Cyclin-Dependent Kinases: Proteins that Trigger Cell Cycle Phases . . . . .	13
2.3 Better Save than Sorry: The Complex Control of the Cell Cycle . . . . .	15
2.4 Last Exit Apoptosis . . . . .	17
References . . . . .	19
<b>3 Theories and Mechanisms of Aging</b> . . . . .	21
3.1 The Telomere Theory of Aging. . . . .	22
3.2 The DNA Damage Theory of Aging . . . . .	29
3.3 The Sirtuins: The Ultimate Hope or Fallen Star? . . . . .	38
3.4 The Impact of Caloric Restriction on Life Span . . . . .	42
3.5 Genes that Extend Life in Animal Models . . . . .	45
3.6 Free Radical Theory of Aging. . . . .	53
3.7 Protein Quality Control and Aging . . . . .	65
3.8 Epigenetics . . . . .	74
3.9 A Holistic View: The Molecular Aging Matrix . . . . .	83
References . . . . .	87
<b>4 Selected Age-Related Disorders</b> . . . . .	99
4.1 Age: The Key Risk Factor for Alzheimers Disease . . . . .	100
4.2 The Common Biology of Aging and Cancer: Senescence as Cancer Protection . . . . .	104
References . . . . .	106