

Aging and Patterns of Aging

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Abstract

Aging is the process of becoming older. The term refers to animals, humans, and fungi, whereas for example perennial plants, bacteria. In humans, aging represents the changes in a human being over time and can encompass psychological, social changes, and physical. Ageing is the greatest known risk factors for most human diseases, about two-thirds of people die from age-related issues. The causes of ageing are uncertain. Aging can be described as Mortality. Ageing versus immortality: Human beings and other species, especially animals age and die. Fungi can also age. In contrast, many other species can be considered immortal for example, Genus Hydra, bacteria fission, strawberry plants have a regenerative ability by which they can avoid dying of old age. Tips for Healthy Aging: 1. Be kind to your skin Your skin is your body's largest organ important trusted source. If you can treat it with care, it can better protect your body, maintain your body temperature, and provides you sensation. 2. Exercise Regular exercise significantly lowers your risk of getting diseases, such as heart disease and cancer, and also helps you retain your mobility longer. Exercise also lowers stress and improves for good sleep, skin and bone health, and mood. Some examples of aerobic exercise include. 3. Mind your diet Taking healthy foods are the way to go when it comes to aging gracefully.

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Biography

Lene Holst Pedersen is a PhD student at Aarhus University. She is a medical doctor specialist in many geriatrics hospitals at Denmark and also specialization in

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