General outline of Aging

Biologic potentiality (life span potential) ← DNA → Changes because of

> Programming
> Casual error

Alterations:
- Cerebral - vascular - immunologic
- Collagenous - endocrine
- Metabolic - digestive - enzymatic
- Cutaneous - haematic - renal
- Osseous/articular - molecular

Accumulation of free radicals

Balancing:
- Inflammation (+)
- Anti-inflammation (-)

Unhealthy lifestyle:
- Physical and mental inactivity
- Smoking
- Excessive alcohol intake
- Malnutrition
- Excessive stress
- Atmospheric agents
- Diseases, drug abuse

Accelerators of aging

Endogenous

Exogenous