

Special Issue

Molecular Studies in Aging, 2nd Edition

Message from the Guest Editor

The perspective regarding the lengthening of life raises the fundamental issue of aging in good health, with autonomy and independence, both for the quality of life and the containment of health care costs. This represents a challenge to maintaining efficient tissues, organs, and systems of the body. Lifestyle and environmental factors play a preponderant role during the early stages of life, while genetics become fundamental to establish the complete life span of an organism. Today, several approaches are used to both study and better understand the mechanisms underlying the aging processes, as well as to counteract and decelerate them. There are several tissues and systems that undergo aging, and among those most affected are the muscle, bone, nervous system, and cardiovascular system. The rationale of this Special Issue is essentially to collect new discoveries and study approaches on aging processes at the molecular, cellular, and integrative levels, as well as new proposals for the achievement of active aging (for example, mind training, physical activity, and diet).

Guest Editor

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Message from the Editor-in-Chief

The International Journal of Molecular Sciences (*IJMS*, ISSN 1422-0067) is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, molecular biophysics, molecular medicine, and all aspects of molecular research in chemistry. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

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