

Anti-Aging Therapeutics (MCB 3841W) – Spring 2024 Calendar

Wk	Dates	Topic	Tuesday	Thursday
1	Jan 16, Jan 18	Biological Aging & Geroscience Principles	Introduction to the course	Sierra, 2016 Lopez-Otin, 2023
2	Jan 23, Jan 25	Navigating PubMed & Journals	PubMed & Journal Websites	How to read/write a Scientific Abstract
3	Jan 30, Feb 1	Headlines vs Studies (Samples below)	Discussion of Examples	Paragraph Due
4	Feb 6, Feb 8	Activity	Paper Discussion	Paragraph Due
5	Feb 13, Feb 15	Diet	Paper Discussion	Paragraph Due
6	Feb 20, Feb 22	Drug	Paper Discussion <i>Submit paper choice #1</i>	Paragraph Due
7	Feb 27, Feb 29		Q & A	5pg Paper Due (lay audience)
8	Mar 5, Mar 7	Guest Speakers	Q & A, Preview of Guests	Ji-Young Lee JL Paragraph Due
-	Spring Break			
9	Mar 19, Mar 21	Guest Speakers	Jenna Bartley Iman Al-Naggar	JB Paragraph Due IA Paragraph Due
10	Mar 26, Mar 28 KC traveling	Guest Speakers	Ming Xu <i>Submit paper choice #2</i>	MX Paragraph Due
11	Apr 2, Apr 4	Publication Processes	Manuscript Discussion	Revisions Due for 5pg lay article
12	Apr 9, Apr 11 KC traveling		Q & A <i>Schedule Presentations</i>	5 pg Paper Due (scientific audience)
13	Apr 16, Apr 18		Presentations	Presentations
14	Apr 23, Apr 25		Presentations	Presentations
	Apr 26			Revisions Due for 5pg scientific article

Aging Biology Update

Headline vs Study (samples)

Headline: [Rejuvenation of woman's skin could tackle diseases of ageing](#)

Study: [Multi-omic rejuvenation of human cells by maturation phase transient reprogramming](#)

Headline: [Researchers make breakthrough in quest for longer life](#)

Study: [Engineering longevity—design of a synthetic gene oscillator to slow cellular aging](#)

Headline: [To live longer, pick up the pace for just three minutes a day](#)

Study: [Association of wearable device-measured vigorous intermittent lifestyle physical activity with mortality](#)

Headline: [Aging is driven by unbalanced genes](#)

Study: [Aging is associated with a systemic length-associated transcriptome imbalance](#)

Headline: [Increasing longevity: Vigorous exercise 2 minutes a day may be enough](#)

Study: [Vigorous physical activity, incident heart disease, and cancer: how little is enough?](#)

Headline: ['Zombie cells' in the body tied to aging may actually help heal tissue damage](#)

Study: [Sentinel p16INK4a+ cells in the basement membrane form a reparative niche in the lung](#)

Headline: [New study reveals how the reproductive system can accelerate aging and worsen health](#)

Study: [Meiotic dysfunction accelerates somatic aging in *Caenorhabditis elegans*](#)

Headline: ["Unexpected" – scientists discover an anti-aging mechanism](#)

Study: [An intercellular transfer of telomeres rescues T cells from senescence and promotes long-term immunological memory](#)

Headline: [Drinking coffee linked to a longer lifespan](#)

Study: [The impact of coffee subtypes on incident cardiovascular disease, arrhythmias, and mortality: long-term outcomes from the UK Biobank](#)

Headline: [Eating cheese and drinking red wine can reduce your risk of Alzheimer's, study claims](#)

Study: [Genetic Factors of Alzheimer's Disease Modulate How Diet is Associated with Long-Term Cognitive Trajectories: A UK Biobank Study](#)

Headline: [Urgent warning to anyone who's had common virus over increased risk of stroke](#)

Study: [Zoster-Associated Prothrombotic Plasma Exosomes and Increased Stroke Risk](#)

Headline: [Scary evidence: how a common habit could increase your risk of Alzheimer's and dementia](#)

Study: [Chlamydia pneumoniae can infect the central nervous system via the olfactory and trigeminal nerves and contributes to Alzheimer's disease risk](#)

Headline: [Men age faster than women, study claims](#)

Study: [Do Epigenetic Clocks Provide Explanations for Sex Differences in Life Span? A Cross-Sectional Twin Study](#)

Headline: [Physical activity may have a stronger role than genes in longevity](#)

Study: [Associations of accelerometer-measured physical activity and sedentary time with all-cause mortality by genetic predisposition for longevity](#)

Headline: [Live longer: The food that may boost longevity by 18% - great 'potential against aging'](#)

Study: [Antioxidant and anti-aging potential of Juniper berry \(*Juniperus communis* L.\) essential oil in *Caenorhabditis elegans* model system](#)

Headline: [Could this little-known part of your cells help reverse aging?](#)

Study: [Plasmalogens eliminate aging-associated synaptic defects and microglia-mediated neuroinflammation in mice](#)

Headline: [Immortal jellyfish may prevent human aging, research says](#)

Study: [Comparative genomics of mortal and immortal cnidarians unveils novel keys behind rejuvenation](#)

Headline: [Here's something unexpected: Sunbathers live longer](#)

Study: [Avoidance of sun exposure as a risk factor for major causes of death: a competing risk analysis of the Melanoma in Southern Sweden cohort](#)

Headline: [Risk factor for developing Alzheimer's disease increases by 50-80% in older adults who caught COVID-19](#)

Study: [Association of COVID-19 with new-onset Alzheimer's disease](#)

Ageing Biology Update is brought to you by the UAB Nathan Shock Center and compiled by Kathleen Fischer, Jessica Hoffman, Heather Patterson, and Steven Austad. [Subscribe to this newsletter.](#)