

Anti-Aging Therapeutics (MCB 3841W) – Spring 2025 Calendar

Wk	Dates	Topic	Tuesday	Thursday
1	Jan 21, Jan 23	Biological Aging & Geroscience Principles	Introduction to the Course	Sierra, 2016 Lopez-Otin, 2023
2	Jan 28, Jan 30	Navigating PubMed, Journals	PubMed & Journal Websites	How to read/write a Scientific Abstract
3	Feb 4, Feb 6	Headlines vs Studies	Discussion of Paper Candidates	Paragraph Due <i>Weather Cancellation</i>
4	Feb 11, Feb 13	Physical Activity	<i>Cancellation Makeup:</i> Discussion of last week's titles + revision tips; Preview of Exercise paper	Paragraph Due Paper Discussion Paragraph Revision
5	Feb 18, Feb 20	Diet & Nutrition	Paper Discussion	Paragraph Due <i>Instructor/Peer Revisions</i>
6	Feb 25, Feb 27	Drugs	Paper Discussion <i>Submit paper choice #1</i>	Paragraph Due <i>Preview of Guests</i>
7	Mar 4, Mar 6	Guest Speakers	Dr. Iman Al-Naggar Paragraph Due	Dr. Blanka Rogina Paragraph Due
8	Mar 11, Mar 13	Guest Speakers	Dr. Laura Haynes Paragraph Due	5pg Paper #1 Due (lay audience)
-	Spring Break			
9	Mar 25, Mar 27	Publication Processes	Manuscript Preview	Manuscript Discussion Paper Critique Due
10	Apr 1, Apr 3	Review	AI Paragraph Due <i>Submit paper choice #2</i>	5pg Lay Revisions Due
11	Apr 8, Apr 10	Guest Speakers	Ana Wenc, UMass Paragraph Due	Emily Wang, TLP Paragraph Due
12	Apr 15, Apr 17	Review	Q & A <i>Schedule Presentations</i>	5pg Paper #2 Due (scientific audience)
13	Apr 22, Apr 24	Science Communication	Presentations	Presentations
14	Apr 29, May 1	Science Communication	Presentations	Presentations
	May 2			5pg Scientific Revisions Due

Aging Biology Update

Headline vs Study (samples)

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

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

Aging Biology Update is brought to you by the UAB Nathan Shock Center and compiled by Kathleen Fischer, Jessica Hoffman, Heather Patterson, and Steven Austad.