Anti-Aging Therapeutics (MCB 3841W) – Spring 2026 Calendar

Wk	Dates	Topic	Tuesday	Thursday
1	Jan 20, Jan 22	Biological Aging & Geroscience Principles	Introduction to the Course	Sierra, 2016 Lopez-Otin, 2023
2	Jan 27, Jan 29	Navigating PubMed, Journals	*Snow Cancellation*	PubMed, Journals, Scientific Abstracts
3	Feb 3, Feb 5	Headlines vs Studies	Discussion of Paper Candidates	**Paragraph Due** *Sample Revisions*
4	Feb 10, Feb 12	Physical Activity	Paper Discussion	**Paragraph Due** *Instructor/Peer Revisions*
5	Feb 17, Feb 19	Diet / Nutrition	Paper Discussion	**Paragraph Due** *Instructor/Peer Revisions*
6	Feb 24, Feb 26	Drugs	*Snow Cancellation* *Submit paper choice #1*	Paper Discussion **Paragraph Due**
7	Mar 3, Mar 5	Guest Speakers	Dr. Iman Al-Naggar **Paragraph Due**	TA Presentation **Paragraph Due**
8	Mar 10, Mar 12	Review	Q & A	**5pg Paper#1 Due** (lay audience)
-	**Spring Break**			
9	Mar 24, Mar 26	Guest Speakers	Youn Kim, NIA **Paragraph Due**	Ana Wenc, UMassMed **Summary Due**
10	Mar 31, Apr 2	Guest Speakers	Q & A *Submit paper choice #2*	Taylor Orban, NYMC **5pg Lay Revisions: Apr.6**
11	Apr 7, Apr 9	Publication Process	Manuscript Preview	Manuscript Discussion **Paper Critique Due**
12	Apr 14, Apr 16	Review	Q & A *Schedule Presentations*	**5pg Paper #2 Due** (scientific audience)
13	Apr 21, Apr 23	Science Communication	**Presentations**	**Presentations**
14	Apr 28, Apr 30	Science Communication	**Presentations**	**Presentations**
	May 1			**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

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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.