

Geroscience and Obesity

Key Takeaways

- ▶ Age is the number 1 risk factor for problems such as heart disease and cancer
- ▶ Targeting aging could control these diseases – improving health and lifespan
- ▶ Animal models show it is possible to affect the rate of aging – either genetically, behaviorally, or pharmaceutically
- ▶ Calorie restriction is a potent approach to extending lifespan, with supporting data across many animal models
- ▶ Reduction in calories switches on many cell maintenance and repair systems
- ▶ There is an intersection between weight loss and geroscience – suggesting obesity treatment can slow the aging process

Source: Kritchevsky S. Interview. Geroscience and Obesity. [The Best of Obesity Week. November, 2024.](#)