



Ireland's National Dermatology
Research & Education Centre



UCD School of Medicine
Scoil an Leighis UCD
Charles Institute
of Dermatology



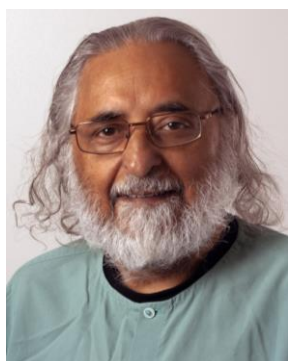
Supported by **RELIFE**
MENARINI group

The Charles Institute Seminar Series

Wednesday, November 20th, 2024 @12PM

In-Person in UCD Charles Seminar Room (& Online)

ZOOM ID & PASSWORD - 632 2573 7568 & 065502



Understanding Aging & Doing Something About It

Professor Suresh Rattan, Ph.D., D.Sc.

Professor Emeritus,
Department of Molecular Biology & Genetics,
Aarhus University, Denmark

BIO: Prof. Suresh Rattan is a Professor Emeritus, at the Department of Molecular Biology and Genetics, Aarhus University, Denmark. He is a recipient of the Lord Cohen Medal in Gerontology from the British Society for Research on Ageing, and an Honorary Doctorate from the Russian Academy of Medical Sciences. He is the founding Editor-in-Chief of *Biogerontology* since 2000, and Chairman of the Biological Section of the European Region of the International Association of Gerontology and Geriatrics.

Abstract: Biogerontological understanding of aging has developed definitive principles concerning its non-deterministic, dynamic, complex, and heterogeneous nature. However, the application of aging interventions is still marred by confusion and muddled thinking and has achieved limited success for humans. Effective interventions for the complex trait of ageing require holistic approaches for maintaining and improving health. One such approach is that of mild stress-induced hormesis, typified by the overall health-promoting effects of moderate and repeated exercise. Hormesis can strengthen and expand our homeodynamic space comprising stress response, maintenance and repair, and constant remodelling, and is a promising strategy towards healthy ageing and longevity.