

# Editorial Note on Ageing

Christos C Zouboulis\*

Department of Dermatology, Ateneo School of Medicine and Public Health (ASMPH), Philippines

## Editorial

The process of growing older is known as ageing. Humans, many other organisms, and fungi are among those that are biologically immortal, while bacteria, perennial plants, and some basic animals are not. In a wider sense, ageing may refer to individual cells within an organism that have stopped dividing (cellular senescence) or an entire species' population. Ageing in humans refers to the gradual accumulation of changes in a person's physical, psychological, and social characteristics over time. For example, reaction time can slow as people get older, whereas awareness of current events and wisdom can increase.

Ageing raises the incidence of human diseases. Of the approximately 150,000 people who die every day across the world, about two-thirds die as a result of age-related causes. The causes of ageing are unknown, existing hypotheses include the damage hypothesis, in which damage accumulates over time and causes biological mechanisms to malfunction, and the programmed ageing concept, in which ageing is caused by problems with internal processes. It's important to distinguish between programmed cell death and programmed ageing. There are also other factors that can accelerate the rate of ageing in animals, including humans, such as obesity and a weakened immune system.

Even though the number of cell layers remains constant, the outer skin layer thins with age. The number of cells that produce pigment decreases. The size of the remaining melanocytes increases. Skin that is getting older appears thinner, paler, and clearer. In sun-exposed areas, large pigmented spots such

as age spots, liver spots, or lentigos may appear. The skin's resilience and elasticity are weakened as a result of changes in the connective tissue.

Elastosis is the medical term for this. It is more visible in places that are exposed to the sun (solar elastosis). Farmers, fishermen, and others who spend a lot of time outside develop elastosis, which gives them a leathery, weather-beaten look. The dermis' blood vessels become more delicate. This causes swelling, skin bleeding (often referred to as senile purpura), cherry angiomas, and other symptoms. As you get older, your sebaceous glands produce less oil. Men's testosterone levels drop gradually after the age of 80. Following menopause, women's oil production decreases steadily. This makes it more difficult to keep the skin moist, leading to dryness and itching.

Even in relatively simple and short-lived species like yeast, researchers are only beginning to understand the biological basis of ageing. Mammalian ageing is also poorly understood, in part because even small mammals like mice live much longer lives (around 3 years). There are two types of factors that have been suggested to affect biological ageing: programmed and damage-related factors. Programmed factors adhere to a biological schedule, which may or may not be the same as the one that governs childhood growth and development. Changes in gene expression that influence the systems responsible for maintenance, repair, and protection resp. will be the basis for this regulation. Age is expressed differently in different cultures. An adult human's age is generally expressed as a number of years after birth. Juvenile (via infancy, childhood, preadolescence and adolescence), early adulthood, middle adulthood, and late adulthood are arbitrary divisions used to mark periods of life.

**How to cite this article:** Christos C Zouboulis. "Editorial Note on Ageing". *J Dermatol Dis* 8 (2021): 299.

**\*Address for Correspondence:** Zouboulis CC, Department of Dermatology, Ateneo School of Medicine and Public Health (ASMPH), Philippines, E-mail: christos.zouboulis@klinikum-dessau.de

**Copyright:** © 2021 Zouboulis CC. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

**Received** 05 May 2021; **Accepted** 10 May 2021; **Published** 15 May 2021