

Editor Note - Journal of Aging Science

Carmeli E*

Department of Physical Therapy, University of Haifa, Israel

*Corresponding author: Carmeli E, Associate Professor, Department of Physical Therapy, University of Haifa, Israel, Tel: 972-4-828-8397; E-mail: ecarmeli@univ.haifa.ac.il

Received date: February 27, 2017; Accepted date: March 01 19, 2017; Published date: March 04, 2017

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Editor's Note

Aging is process of becoming older that can be referred as single cells within an organism that has ceased dividing, except myocell and neuron. The causes of aging are uncertain. However, the accumulation of damage DNA causes biological systems to fail or internal processes such as DNA telomere shortening, oxidative stress and nitric oxide [1]. Various factors are involved in aging that are collectively being analysed. Aging science is one of the multidisciplinary branches of modern science. Journal of aging science offers a platform for consideration of every aspect related to the aging. It comprises various issues on aging such as aging skin, aging effects, Senescence, Geriatrics, longevity, old age psychiatry, biology of aging, Alzheimer's disease, frailty, Age-related diseases, aging population, geriatric rehabilitation, Antiaging, elder care, advances in age test, antiaging diet, antiaging creams and aging research. The current issue, i.e., Volume 4 Issue 3 published five research articles, two review articles, one short communication and one editorial focusing on topics like role of dietician in health care costs, unfavorable body composition in elderly sedentary, determinants of public health, aging-well, and collagen production with facial wrinkle parameters.

Malnutrition is an ailment that results from eating a diet in which nutrients are either not enough or too much, resulting in the health problems. This condition is common in older people admitted to hospitals. Where, nutritional status often deteriorates, resulting in a high number of older patients at nutritional risk, which imposes an increased risk of re-hospitalization. Using data from a dietician to a geriatric discharge Liaison-Team, this study is carried out to explore the possible economic savings of Health care costs. Authors Anne et al. [2], observed a cost saving of approximately 3,000 euro for each patient receiving nutritional support during six months after discharge from hospital. However, this study is not designed as a cost study and the costs associated with them are estimated, both in terms of quantity and the actual expenses. This study suggests that adding a dietician to a geriatric discharge 'Liaison-Team' could result in decrease in health care costs in the terms of reducing hospitalizations and days spent in hospital during admissions.

Lack of physical activity can have an impact on population morbidity and mortality. The World Health Organization (WHO) has listed physical inactivity as the fourth leading factor contributing to global mortality, and it is expected to have more influence with increasing levels of physical inactivity. Apart from contributing to cardiovascular disease, physical inactivity is considered to be the key underlying factor in close to the sarcopenia, diabetes and ischaemic heart disease events, and up to 25% of breast and colon cancers. With chronic diseases becoming a burden among elderly Kenyans, and, further Kenyans adopting more sedentary lifestyles, karani et al. [3], undertaken to measure cardio-respiratory function, lipid profiles and glucose levels in apparently healthy, elderly Kenyans. The bio-

demographic and clinical characteristics of participants are found to be related with reduced cardiopulmonary fitness, a concern that requires to be addressed to develop the future health outcomes of this elderly and sedentary population.

Baby boomers are the group of people who are born between 1946 and 1964. They are labelled as 'baby boomers' since during this period, there was a statistically significant increase in the number of birth took place. In 1946, the first year of the boom there were 3.4 million babies born and by end of 1964 it started to decline in US. Similarly, Korea experienced two waves of baby booms with the first-wave boomers born between 1955 and 1963. This age group ranged from 47 to 55 in 2010, representing about 7.2% million people, about 14% of the total population and Korea became great aware of these baby boomers in 2010. Seung. [4], examined the current occurrence of physical activity participation in older Koreans and provided evidence to have special attention brought to the application and distribution for older population. The prevalence of the physical activity participation is found to be lower in older Korean varying to the gender. Author concludes further studies are required to explain this gender differences and make a suitable strategy to encourage physical activity participation in the older population.

It is apparent that outdated clinical models continue in nursing homes till today. These invalid models reflect an institutionalized approach to care. Self-doubt, limited resources, and lack of knowledge influences the ability of providers to changeover to a person-directed model of care. Angie et al. [5], demonstrated the effectiveness of a person-directed care model in multiple long term care facilities. This study examined quality of life and well-being and other metrics among Elders living in long-term care facilities, compared with a cohort of facilities. This research examined the impact of the implementation of the few principles on quality of life and well-being. Because of this, it can examine attributes that changed the quality of life of the elders.

Glycyl-L-histidyl-L-lysine-copper (GHK-Cu) is naturally occurring an endogenous tripeptide-copper complex involved in collagen synthesis and is used topically as a skin anti-aging and potent wound healing agent. Though, its biological effects are yet to be fully clarified. Travis et al. [6], examined the effects of GHK-Cu on gene expression of metalloproteinases (MMPs) and tissue inhibitors of metalloproteinases (TIMPs), and on the production of collagen and elastin produced by the human adult dermal fibroblasts (HDFa). It is observed that Glycyl-L-histidyl-L-lysine-copper resulted in increased gene expression of metalloproteinases 1 and 2 at lowest concentration while simultaneously increases the expression of TIMP1 at the given tested concentrations. Also, topical application of GHK-Cu with the help of nano-carriers reduces the wrinkle volume to a much greater extent.

Studies on oxidative stress and diseases have noticeably progressed and advanced in basic science, and various trials of prevention and treatment have recently been performed at clinical levels, making

remarkable progress in medical practical field. Eiichiro et al. [7], reviewed and presented the recent topics in Japan and other countries related to the reports of oxidative stress pathways and development of healthy products. Present the current topics and problem related with molecular hydrogen, oxidative stress markers attracting attention at clinical practices, along with the recent knowledge on oxidative stress and the immune system, and new development in regenerative medical treatment. This presented report may be actively applicable in clinical fields, gather evidence by performing systematic clinical studies and trials, and facilitate health promotion, disease prevention, and treatment effects in humans, making great contributions at actual medical practical care.

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