# References

Fougère, B., Boulanger, E., Nourhashémi, F., Guyonnet, S., & Cesari, M. (2016). RETRACTED: Chronic Inflammation: Accelerator of Biological Aging. *the Journals of Gerontology. Series a, Biological Sciences and Medical Sciences*, *72*(9), 1218–1225. https://doi.org/10.1093/gerona/glw240

Giuliani, A., Prattichizzo, F., Micolucci, L., Ceriello, A., Procopio, A. D., & Rippo, M. R. (2017). Mitochondrial (Dys) Function in Inflammaging: Do MitomiRs Influence the Energetic, Oxidative, and Inflammatory Status of Senescent Cells? *Mediators of Inflammation*, *2017*, 1–11. https://doi.org/10.1155/2017/2309034

Medicine, N. a. O. S. E. A., Division, H. a. M., Practice, B. O. P. H. a. P. H., & States, C. O. C. B. S. T. P. H. E. I. T. U. (2017). *Communities in Action*. National Academies Press. http://books.google.ie/books?id=AIKPDgAAQBAJ&printsec=frontcover&dq=These+changes+can+have+profound+implications+on+our+health,+including+an+increased+risk+of+chronic+diseases&hl=&cd=4&source=gbs\_api

Moldogazieva, N. T., Mokhosoev, I. M., Mel’nikova, T. I., Porozov, Y. B., & Terentiev, A. A. (2019). Oxidative Stress and Advanced Lipoxidation and Glycation End Products (ALEs and AGEs) in Aging and Age-Related Diseases. *Oxidative Medicine and Cellular Longevity*, *2019*, 1–14. https://doi.org/10.1155/2019/3085756

Pataky, M. W., Young, W. F., & Nair, K. S. (2021). Hormonal and Metabolic Changes of Aging and the Influence of Lifestyle Modifications. *Mayo Clinic Proceedings*, *96*(3), 788–814. https://doi.org/10.1016/j.mayocp.2020.07.033

Picca, A., Lezza, A., Leeuwenburgh, C., Pesce, V., Calvani, R., Landi, F., Bernabei, R., & Marzetti, E. (2017a). Fueling Inflamm-Aging through Mitochondrial Dysfunction: Mechanisms and Molecular Targets. *International Journal of Molecular Sciences*, *18*(5), 933. https://doi.org/10.3390/ijms18050933

Picca, A., Lezza, A., Leeuwenburgh, C., Pesce, V., Calvani, R., Landi, F., Bernabei, R., & Marzetti, E. (2017b). Fueling Inflamm-Aging through Mitochondrial Dysfunction: Mechanisms and Molecular Targets. *International Journal of Molecular Sciences*, *18*(5), 933. https://doi.org/10.3390/ijms18050933

Prasad, C. (2014). Lifestyle and Advanced Glycation End Products (AGEs) Burden: Its Relevance to Healthy Aging. *Aging and Disease*. https://doi.org/10.14336/ad.2014.0500212

Priego, T., Martín, A., González-Hedström, D., Granado, M., & López-Calderón, A. (2021). Role of hormones in sarcopenia. In *Vitamins and hormones* (pp. 535–570). https://doi.org/10.1016/bs.vh.2020.12.021

Schulte, P. A., & Perera, F. P. (2012). *Molecular Epidemiology*. Academic Press. http://books.google.ie/books?id=0hiUsCRG6f8C&printsec=frontcover&dq=Aging+is+an+inevitable+process+that+brings+about+numerous+chemical+changes+in+the+human+body.+As+time+progresses,+our+bodies+undergo+a+myriad+of+transformations+at+the+molecular+level.+One+significant+aspect+of+aging+is+the+alteration+in+our+chemical+composition.+Key+chemical+changes+include+the+depletion+of+collagen,+leading+to+wrinkles+and+sagging+skin,+and+the+decline+in+the+production+of+elastin,+which+results+in+loss+of+elasticity+in+various+tissues.+These+changes+can+have+profound+implications+on+our+health,+including+an+increased+risk+of+chronic+diseases.+Understanding+these+chemical+changes+can+help+us+develop+strategies+to+mitigate+their+impacts+and+promote+healthy+aging.&hl=&cd=3&source=gbs\_api

Walker, K. A., Basisty, N., Wilson, D. M., & Ferrucci, L. (2022). Connecting aging biology and inflammation in the omics era. *the Journal of Clinical Investigation/the Journal of Clinical Investigation*, *132*(14). https://doi.org/10.1172/jci158448

Yang, J., Luo, J., Tian, X., Zhao, Y., Li, Y., & Wu, X. (2024). Progress in Understanding Oxidative Stress, Aging, and Aging-Related Diseases. *Antioxidants*, *13*(4), 394. https://doi.org/10.3390/antiox13040394