

Stress accelerates immune aging



According to a new study, stress in the form of traumatic events, job strain, everyday stressors and discrimination accelerates aging of the immune system, potentially increasing a person's risk of cancer.

Immune aging is associated not only with cancer, but with cardiovascular disease, increased risk of pneumonia, reduced efficacy of vaccines and organ system aging.

Improving diet and exercise behaviors in older adults may help offset the immune aging associated with stress.