AGING AND ANTI-AGING RESEARCH AND PUBLISHING PRIORITIES

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Aging is a unique biological phenomenon that involves all organ systems and manifests variably, depending on background pathological processes and confounding climate, geographic, ethnic, gender, and social determinants. The Medical Subject Headings (MeSH) of the National Library of Medicine (NLM) narrowly defines aging as “the gradual irreversible changes in structure and function of an organism that occur as a result of the passage of time” (https://www.ncbi.nlm.nih.gov/mesh/68000375) and broadly ramifies it toward a number of related terms: biological aging, cellular senescence, immunosenescence, skin aging, cognitive aging, premature aging, and longevity.

The concept of hormesis and inflammaging has been crystallized in the past decades to explain myriads of age-related processes and test a barrage of anti-aging agents. In line with this concept, environmental agents modulate aging by systematically affecting human organism and causing oxidative stress and inflammation in a dose-dependent mode [1].

Genotype-phenotype correlations invariably interfere with aging from conception to senility, confounding chronological age. Accumulating evidence suggests that pro-inflammatory phenotype, or inflammaging, is a powerful trigger of cellular senescence that can be regulated by anti-inflammatory senotherapeutic agents [2, 3]. Preventing and controlling inflammatory disorders may reduce disease burden, prolong lifespan, and postpone physical disability and frailty [4].

Social determinants of health may also influence aging in various ways, necessitating adherence to a healthy lifestyle and social gratification. In this regard, preventive geriatrics has come to the fore, offering evidence in support of vasculoprotective and anti-aging agents which are effective at the primary health care level [5].

Research on aging and anti-aging transcends numerous academic disciplines, from public health and preventive medicine to biotechnology and genetic medicine. Although aging has been extensively studied from various angles, gerontology, geriatrics, and rejuvenation medicine still remain unchartered fields globally. Eastern Europe with its complex social, geographic, and scientific infrastructure stands out as an emerging hub for accumulating reports on aging phenomena, anti-aging hypotheses, and safe and efficient anti-aging therapies. Launching a professional communication platform for Eastern European specialists with an interest in various aging and anti-aging subjects may add to the
growth of global science in related fields. And the launch of the Anti-Aging Eastern Europe by Edem Resort Medical & Spa (Ukraine) may serve the interests of generations of researchers, clinicians, and educators in the region and elsewhere in the world.

While there are hundreds of general medical and specialist periodicals covering aging and anti-aging issues, the latest Scopus-based ranking lists merely 35 sources in the Aging subject category (https://www.scimagojr.com/journalrank.php?category=1302) and 110 sources in the Geriatrics and Gerontology category (https://www.scimagojr.com/journalrank.php?category=2717&page=2&total_size=110). With rapidly growing global interest in aging and quality aging, coupled with advances in basic and clinical geriatric and anti-aging fields, the need for launching a new scholarly communication platform is obvious.

The launch of the Anti-Aging Eastern Europe has coincided with geopolitical and socioeconomic shifts in the region which may have devastating consequences for safety and life expectancy of millions of people. Quality aging and longevity in Eastern Europe, often taken for granted, are now endangered, and related topics can be of special interest to multi-disciplinary and cross-country research in the coming decades. Exploring public health priorities and mobilizing resources to curb numerous issues of relocated elderly people are already covered by influential periodicals in geriatrics [6]. The Anti-Aging Eastern Europe will strive to publicize the best available evidence in the field, explore innovative areas in anti-aging therapies, and offer a platform for sharing experience on rehabilitation and rejuvenation of subjects affected by extreme psychological stress, mental distress, and violence. Given the complexity of health and well-being, confounded by physical, mental, and social factors, the Journal editors will prioritize research on the holistic approach to healthy aging.

Building on traditions of an exquisite approach to healthy lifestyle at the Edem Resort Medical & Spa, the Journal special articles will offer a unique outlook on the art of coping with stress, promoting health at different ages, and nurturing the spiritual dimension of healthy body image (Fig. 1).

The Edem Resort Medical & Spa is a leading Eastern European health and rehabilitation institution offering a wide variety of diagnostic, therapeutic, and rehabilitation services. The main concept behind the services implies boosting one's self-confidence, maintaining internal balance, and treating the soul while rejuvenating the body. Such a philosophy is founded on the so-called ‘health pyramid’ with longevity on top.

An integrated multi-level attitude to transforming individuals’ perceptions of well-being and health is apparent everywhere across the Edem Medical Center. The Edem Family believes “One can find harmony with his or her body by finding harmony with the world.” Nature therapy, art space, local organic food, ecosystem approach, and outdoor activities are the basis for a holistic approach at the Center.

With growing concerns about an increasing proportion of elderly people in Eastern Europe, researchers may find it useful to explore the changing landscape of societal implications of aging and perspective research directions. Fortunately, there are many advanced online tools and platforms which can be employed to gauge the opinion of elderly subjects and specialists with an interest in aging and visualize perspective scientific directions. As a good example, Twitter and Instagram, the globally popular social-media platforms, can be searched to analyze trends in using hashtags related to aging and explore global online users’ opinions on frequently employed anti-aging therapies [7, 8]. Subjects undergoing anti-aging therapies can be conveniently targeted via online survey platforms to evaluate their experiences and expectations [9]. Surveying social networking sites may also reveal gender-specific perception of aging and visual representation of older adults [10].

Launching a scholarly journal is not an easy task, particularly in a time of re-evaluating traditional human values and goals. Eastern Europe is facing an unprecedented humanitarian crisis, affecting health and threatening the lives of the most vulnerable age groups. People surviving this crisis will face numerous challenges, causing accelerated aging. Mobilizing available resources, expanding regional research collaboration, and addressing the brand-new challenges should become top priorities for the new Journal.
Figure 1. An angel carrying a cube. The angel symbolizes a human being carrying the incredible burden of existence on her shoulders. Despite the pain and fear, wings grow at such moments. Sometimes the same happens in our life. A spark of hope illuminates our souls and guides us, offering countless happy moments. This is all the magical power of perseverance. Courtesy of the Edem Resort Medical & Spa (https://edemresort.com/en/). For those who wish to treat their eyes with art masterpieces, there is the first Ukrainian contemporary sculpture park - PARK3020 (https://park3020.com/) with the best works of Ukrainian modern artists. It was established in 2020 by Igor Kryvetskyi and Olha Filatova as a space of support and development for young Ukrainian artists.
REFERENCES


