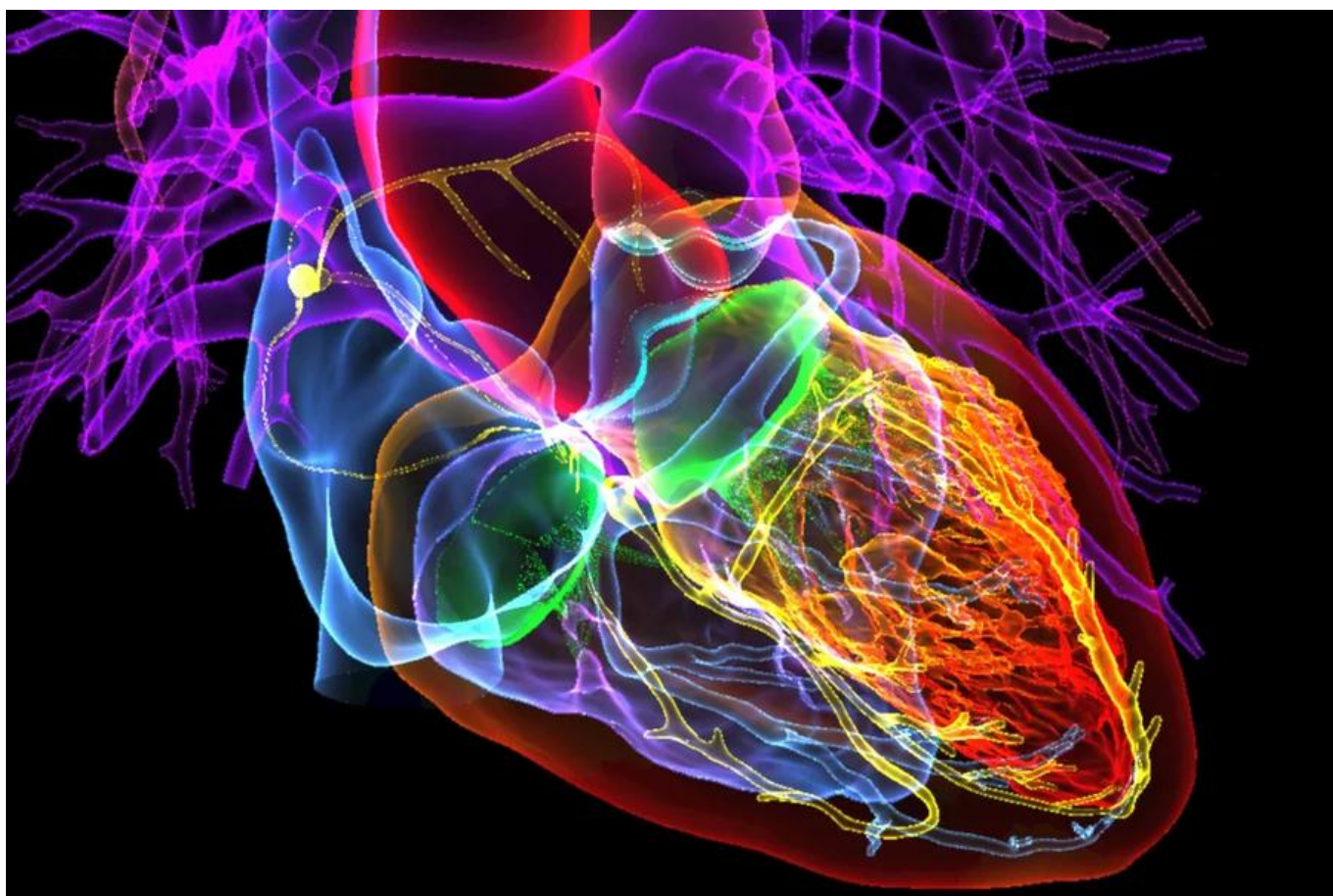


Scientists have found that people at 50 are experiencing a certain turning point. After that, aging of the internal organs accelerates.

In the course of a new study published in Cell magazine, scientists found that some tissues in our body (especially blood vessels) are aging faster than others. In addition, they determined molecules that could accelerate the course of time.

Guanhui Liu, who studies regenerative medicine at the Chinese Academy of Sciences in Beijing, and his colleagues gathered fabrics of 76 people of Chinese origin. The participants were from 14 to 68 years old. All of them died from an accident caused by a head injury.



KH FUNG/Science Source

Experts discovered an age-related increase in 48 proteins associated with diseases, and early changes in the adrenal glands at about 30 years old. This means that in aging, an important role is really played by hormonal background and metabolism. It is in these aspects that the most powerful changes occur with age.

At the age of 45 to 55 years, people have a turning point, marked by significant changes in the level of protein. The most pronounced changes were observed by scientists in the aorta – the main artery of the body, which delivers blood saturated with oxygen from the heart. One protein produced in the aorta, when introduced by mice, causes signs of accelerated aging.

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