

PREFACE

JOSÉ ALBERTO AVILA-FUNES^{1,2*} AND SILVESTRE FRENK-FREUND³

¹Department of Geriatrics, Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, Mexico City, Mexico;

²Centre de Recherche INSERM U1219, Bordeaux, F-33076 France; ³Nutrition Genetics Unit, Instituto Nacional de Pediatría, Mexico City, Mexico

The elderly population is increasing worldwide. Never before in history have there been so many persons aged 60 years or older. This has multiple consequences and challenges for health systems and governments. Therefore, the promotion of research on aging is imperative, not only from a biological viewpoint but also from social, economic, and political standpoints. A better understanding of these phenomena will allow the formulation of new recommendations focused on the aging population and based on a solid scientific background, far from obsolete stereotypes.

There is no unique phenotype for the elderly: the heterogeneity of their health status is not only determined by a genetic basis, but also by the positive and negative effects of the cumulative events of a lifetime. Therefore, the identification of those potentially modifiable risk factors through a lifetime approach could promote a healthy and active aging process, with less disability and comorbidities¹.

The development of knowledge on human aging is an ideal and strategic field for translational research. Since the goals of translational research are to combine disciplines, expertise, and techniques for the

advancement in prevention, diagnosis, and therapies, the title of this special issue of the Revista de Investigación Clínica – Clinical and Translational Investigation – “Aging and Disease” is very pertinent². Aging, the action of getting older and the result of metabolic processes initiated at birth, if not at gestation, includes the concept of “development”: the paradigm of differentiation and the natural delimitation of every species. It is understood that the concept of development makes up the governing motive of thought and paidopsychiatric action, as well as the conceptual basis of what in the past was defined as “pediatric judgment.”

From time to time, almost every other periodic publication, including those of scientific character, produces monographic issues. The reason is that they include mainly or exclusively articles focused on particular themes from specific areas of knowledge. Often issues of this nature, due to the high quality of their content, reach permanent prestige in the literature. The present issue of the renowned-from-birth journal Revista de Investigación Clínica is indeed monographic and is published in English to ensure that the issue is available to a greater number of readers.

Corresponding author:

*José Alberto Ávila-Funes
Department of Geriatrics
Instituto Nacional de Ciencias Médicas
y Nutrición Salvador Zubirán
Vasco de Quiroga, 15
Col. Belisario Domínguez Sección XVI, Del. Tlalpan,
C.P. 14080, Ciudad de México, México
E-mail: avilafunes@live.com.mx

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The content of this issue ranges from basic science to clinical aspects and epidemiology. The biology of healthy aging, immunosenescence, neuroinflammation as well as sarcopenia and frailty and all the way to the epidemiology of cognitive aging are included. Other contributions are related to frequent pathologies that develop during aging, and the extensive experimental work in the field of geriatrics currently in progress. Distinguished Mexican researchers in the field of aging have participated in this issue of the journal and have also invited foreign colleagues who share the interest in studying the processes that take place in the elderly and how to improve the quality of aging itself.

Research in Mexico has accepted a new challenge: to contribute to a better understanding of human

aging and to use this knowledge to benefit our population, which is not immune to this outstanding and unprecedented demographic transition. In this sense, we hope that this special number of the *Revista de Investigación Clínica – Clinical and Translational Investigation* – becomes an excellent testimony to the current state of the art in the gerontological sciences.

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