## **Care CEUs**

## **Biology of Aging**

## What is Aging?

1. Baltimore Longitudinal Study of Aging (BLSA) findings suggest that significant changes in personality are not due to normal aging, but instead may be early signs of disease or dementia.		
A. True B. False		
2. Around the age ofslowly begin to shrink.	lung tissue starts to lose elasticity and the muscles of the rib cage	
A. 50 B. 40 C. 30 D. 20		
Uncovering Family	Secrets To A Long Life	
3. Most of what we know based on research in fam	about factors that can contribute to a long lifespan and health span is ily studies.	
A. True B. False		
Pathways of Longe	vity Genes	
4. A recent report sugges have less risk of developing	ts that people with a mutation related to the sirtuin cell pathway may ng diabetes and cancer.	
A. True B. False		
Epigenetics		

5. Epigenetics research looks at how your environment, over and influence your, health, and aging.	er time, can affect how your genes work
A. Disease risk B. Quality of life C. Growth	
D. Development	
Stress	
6. Cells in our bodies use amphipathic lipids to counteract	damage from oxygen free radicals.
A. True B. False	
7. Scientists have found that the stress response from age-rmore responsible for deterioration than the damage itself.	related damage to DNA and proteins is
A. True B. False	
Immune System	
8. Research has shown that, with age, innate immune cells communicate with each other which makes it difficult for t potentially harmful germs.	•
A. True B. False	

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