

of aging predicts that delaying the process of reproduction should delay the ageing process because this would increase the power of natural selection. They conducted this experiment with fruit flies. The young fruit flies were prohibited from mating whereas the older flies were allowed to reproduce. This confirmed the evolutionary senescence theory of aging because the ageing in fruit fly population was delayed. Later on, the flies that lived longer were less fertile so this is bad as it could mean the extinction of fruit flies. How do we age? The cross-linking/glycation hypothesis of aging suggests that our proteins, DNA, and other structural molecules develop unsuitable attachments or crosslinks to one another. These unsuitable attachments decrease mobility and elasticity of the proteins and molecules. Damaged proteins are normally broken down by protease however the bonds and links allow the damaged proteins to stay and cause harm to the body. Another theory called the oxidative-damage/free-radical hypothesis of aging states that Oxygen free radicals are one of the toxic by-products of normal cell metabolism. Antioxidants scoop up and neutralize these dangerous free radicals. But those that escape can damage proteins, DNA, and mitochondria. The damaging process is called oxidative damage which gathers over time. Some fruit fly studies suggest that oxidative damage is one of the direct causes of aging. Oxidative damage contributes to many age-related diseases including cancer, heart disease and Alzheimer's disease. In my opinion, the reports justified what they're aim was in the article because they did mention what products help slow the ageing process and how you can slow the ageing process. For example, in article 1, they said what product slows down ageing (painkillers such as ibuprofen) and in article 2 and 3, they said how you can slow ageing down through eating less and through therapy which is in the process of being available to the public.

D2

