Exercise Slows Muscle Aging

Exercise rejuvenates muscle tissue in older adults, according to a new report.*

Canadian scientists conducted gene expression profiles on muscle tissue obtained from 25 healthy older men and women before and after six months of twice weekly resistance training, and compared them with tissue from men and women aged 20 to 35. Although older adults showed decreased mitochondrial function compared with the younger adults, exercise reversed the changes back to younger levels. Additionally, strength improved by 50% following six months of training.

The study "... gives credence to the value of exercise, not only as a means of improving health, but of reversing the aging process itself, which is an additional incentive to exercise as you get older," noted the lead author.

—Dayna Dye


Low Testosterone Increases Mortality Risk

Men over 50 with low testosterone levels may be at increased risk of dying within two decades, according to a new study. These results are the first to demonstrate that low testosterone in otherwise healthy men is associated with increased risk of dying from all causes over time.*

Scientists followed nearly 800 men, ranging from 50 to 91 years of age, for at least 18 years. All causes of death were considered. Men with low testosterone (defined as the lower limit of the normal range for young men) were 33% more likely to die within 18 years than men with higher levels of the hormone. Men with low testosterone were also more likely to have elevated levels of inflammatory markers and to suffer from metabolic syndrome (marked by low high-density lipoprotein, high blood pressure, and elevated blood sugar and triglycerides).

—Dale Kiefer


Aspirin Underutilized for Heart Health

Despite its well-known cardiovascular health benefits, the percentage of Americans who regularly use aspirin for preventing heart attack or stroke is disturbingly low.* In a sample of 1,299 Americans aged 40 or older, just 41% reported regular aspirin use for heart health. Only 57% of those at high risk for cardiovascular disease took aspirin regularly, and only 69% of those with a history of cardiovascular disease used aspirin.

Barely one third reported that they had spoken with their healthcare practitioner about aspirin. Among those who reported receiving a recommendation from their doctor, aspirin use was 88%. However, only 17% of those who did not speak with their doctor used aspirin regularly.

This survey indicates that physicians need to be more emphatic in their recommendation of aspirin use, while patients must be more active in their follow-up.

—Dale Kiefer
