

Wye Trust
 16 N Washington Street
 Easton, MD 21601
 Office 410-763-8543
 info@wyefinancial.com
 www.wyetrust.com



We all age differently

A recent study by Duke University researchers attempted to quantify something that we all know intuitively: People age at different rates. Their study was based on data from an earlier longitudinal study of 1,000 individuals in New Zealand’s South Island city of Dunedin, who have been studied since their births in 1972-73.

At age 26, eighteen different biomarkers were measured for these individuals, including blood pressure, white blood cell count, blood vessel integrity, cholesterol, dental health, kidney and liver functions, and measurements of metabolism and immunity.

Next, the individuals were tested on their balance, strength and motor coordination, tests that are usually reserved for older adults. Finally, researchers asked a group of college students to review photographs of the study participants and to guess their ages.

Duke’s study showed that by assigning an aging rate to the study group based on the biomarkers for organ health, the researchers found that some of the 45-year-olds aged at a slower rate than average for their chronological age. These slow-aging participants looked younger, remained mentally sharp, their cardiovascular health was good and they continued to walk at a brisk pace.

At the other end of the spectrum were 45-year-olds who aged more rapidly. These people looked older, showed signs of cognitive decline as measured by IQ scores, felt less healthy and tended to have pessimistic attitudes about aging. By midlife, people who had aged more rapidly were already at risk of developing frailties that impair physical and financial independence.

Lead author of the study, Maxwell Elliott, a Ph.D. student in Duke’s Department of Psychology & Neuroscience adds “Aging isn’t something that happens suddenly when people reach their 60s, it’s a lifelong process,” said “We have a way of measuring how quickly people are aging, and our findings highlight the importance of addressing biological aging in midlife while prevention is possible and before heavy organ damage has accumulated.”

The goal of the research is to find ways to slow the aging process. To some extent, the pace of aging is genetic. To the extent aging is influenced by environment, such as living with high levels of stress, a lifestyle change could be warranted. For diseases that are age related, earlier intervention may be appropriate for those who are aging rapidly.

© 2022 M.A. Co.

Wealth Management and Trust services are offered through Wye Trust, a division of Shore United Bank.
 Shore United Bank and Wye Trust are not registered broker-dealers.

Not Insured by FDIC or Any Other Government Agency	Not Bank Guaranteed
Not Bank Deposits or Obligations	May Lose Value