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Aging is a sequential multisystem syndrome, preventable and reversible under certain conditions

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Motivation and Aim: It is well known that aging is a natural biological process, as inevitable as sleep is. However, we know now that the "life without sleep" is possible [1] as well as the life without aging [2, 3]. We also know about the partial reversibility of the signs of aging [4] and about the so-called negative aging [5]. In individuals of species subject to negative aging, the risk of death does not increase with age, but decreases [5]. We have our own view on the origin of aging and its control, and especially on the explanation of why we age, despite the fact that we have potentially ageless somatic stem cells that can even reverse aging [6]. Based on this view, we consider aging as a sequential multisystem syndrome.

Methods and Algorithms: We used the critical analysis of the array of published experimental findings and our particular interpretation of these findings in order to unite at the one conception many separate and various data obtained from the molecular level up to the level of population.

Results: We review the progression of aging as a sequential development of multiple syndromes analogous to other diseases. This generalized approach may allow practicing physicians to consider the signs of aging as manifestations of a poly-syndrome disease and facilitate prevention, diagnosis and treatment of common aging-related dysfunctions.

Conclusion: Crucially, considering natural aging as an ordinary poly-syndrome disease makes it possible to apply timely prevention and correction for deteriorative aging using officially authorized drugs that are routinely available to practicing physicians.

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