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The Future of Research on Aging and the Heart Adults age 65 and older are more likely than younger people to suffer from cardiovascular disease, which is problems with the heart, blood vessels, or both. Aging can cause changes in the heart and blood vessels that may increase a person's risk of developing cardiovascular disease.

**Heart Health and Aging | National Institute on Aging**

In your 20s, the maximum heart rate is between 180 and 200 beats per minute, but drops as you get older. The average maximum heart rate for 80-year-olds is 145. A 20-year-old's heart can output 3.5 to 4 times the heart's resting capacity. An 80-year-old can output 2 times resting capacity.

**Understanding Heart Aging and Reversing Heart Disease**

AGING CHANGES. Heart: The heart has a natural pacemaker system that controls the heartbeat. Some of the pathways of this system may develop fibrous tissue and fat deposits. The natural pacemaker (the SA node) loses some of its cells. These changes may result in a slightly slower heart rate.

**Aging changes in the heart and blood vessels: MedlinePlus ...**

Introduction Cardiac aging, like aging in general, is a complex process. Numerous cellular and molecular changes contribute to the expression of the multiple phenotypes of aging, "the different faces" of cardiac aging. In this book, the genetic and molecular basis of cardiovascular aging will be discussed.

**Aging and the Heart | SpringerLink**

Aging Leads to Diseases in the Heart Heart Disease is the number one cause of death in the United States. Aging can lead to heart disease. However, heart disease can often be prevented by lifestyle changes like quitting smoking and following a heart healthy diet.

**Aging and the Human Heart - Dittmas Park**

The incidence of heart failure increases with age as the heart becomes more vulnerable to various injuries or simply begins to deteriorate as a pump as part of the aging process. The underlying causes of heart failure include impaired pumping function of the heart (contractility) caused by damage to the heart from decreased blood supply or a prior heart attack (systolic dysfunction), or an increase in pressure load or impaired relaxation (diastolic dysfunction, the ability of the heart to ...

**Aging and Diseases of the Heart | Circulation**

Mechanisms of Cardiovascular Aging Oxidative stress. Mitochondria, the major intracellular source of reactive oxygen species, are considered central... Inflammation. A chronic pro-inflammatory status is a characteristic feature of aging. This chronic low-grade... Limited myocardial regeneration. The ...

**Cardiovascular Aging and Heart Failure: JACC Review Topic ...**

Yin FC, Spurgeon HA, Greene HL, Lakatta EG, Weisfeldt ML. Age-associated decrease in heart rate response to isoproterenol in dogs. *Mech Ageing Dev.* 1979 Apr; 10 (1-2):17-25. Yin FC, Weisfeldt ML, Milnor WR. Role of aortic input impedance in the decreased cardiovascular response to exercise with aging in dogs. *J Clin Invest.*

**Aging and the heart. - PubMed Central (PMC)**

As people age, the heart tends to enlarge slightly, developing thicker walls and slightly larger chambers. The increase in size is mainly due to an increase in the size of individual heart muscle cells.

**Effects of Aging on the Heart and Blood Vessels - Heart ...**

The most common change in the cardiovascular system is stiffening of the blood vessels and arteries, causing your heart to work harder to pump blood through them. The heart muscles change to adjust to the increased workload. Your heart rate at rest will stay about the same, but it won't increase during activities as much as it used to.

**Aging: What to expect - Mayo Clinic**

Heart functions begin to slow down with age. The aging process reduces the heart muscle strength. So its pumping power declines, and the maximal heart rate (the highest number of times your heart can contract in a minute) also decreases. When the amount of blood pumped by the heart in a minute declines, systolic blood pressure tends to rise.

**Effects of Aging- Heart-old age Health**

Cardiac aging is characterized by the presence of hypertrophy, fibrosis, and accumulation of misfolded proteins and dysfunctional mitochondria. Macroautophagy (hereafter referred to as autophagy) is a lysosome-dependent bulk degradation mechanism that is essential for intracellular protein and organelle quality control.

**Aging and Autophagy in the Heart | Circulation Research**

AGING CHANGES IN YOUR BODY AND THEIR AFFECTS ON THE LUNGS Changes to the bones and muscles of the chest and spine: Bones become thinner and change shape. This can change the shape of your ribcage.

**Aging changes in the lungs: MedlinePlus Medical Encyclopedia**

Aging promotes structural and functional changes in the atria, ventricles, valves, myocardium, pericardium, the cardiac conduction system, and the vasculature. We highlight the factors known to accelerate and attenuate the intrinsic aging of the heart and vessels in addition to potential preventive and therapeutic avenues.

**The aging heart | Clinical Science | Portland Press**

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**Aging and Autophagy in the Heart - PubMed**

Aging promotes structural and functional changes in the atria, ventricles, valves, myocardium, pericardium, the cardiac conduction system, and the vasculature. We highlight the factors known to accelerate and attenuate the intrinsic aging of the heart and vessels in addition to potential preventive and therapeutic avenues.

**The aging heart - PubMed**

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Coronary heart disease (CHD) and stroke occur worldwide in all populations and in all races. More than 60% of these individuals have hypertension, which is an important underlying cause of atrial fibrillation, a serious abnormal heart rhythm that is common in the age group 70-90; this condition requires treatment with a blood thinner, warfarin, to prevent strokes.