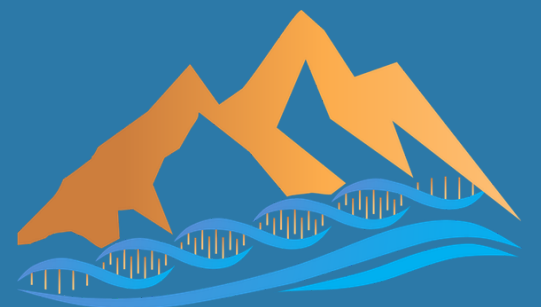


UNDERSTANDING INFLAMMAGING



What is inflammaging?

Inflammaging is a chronic, low-grade inflammation that **slowly builds up as we age.**

Unlike acute inflammation which helps heal injuries or fight infections, **inflammaging stays “on” in the background, silently stressing our cells and tissues over time.**

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Why does it happen with age?

- Our immune system becomes less precise
- Damaged cells accumulate
- The gut microbiome changes
- Lifestyle stressors add up like poor diet, inactivity, stress, pollution

All these factors keep the body in a constant inflammatory state

What are the consequences of inflammaging?

Long-term inflammation is linked to many age-related conditions, including:

- Cardiovascular disease
- Type 2 diabetes
- Neurodegenerative diseases
- Cancer
- Weakened immune function

In short: inflammaging accelerates aging and disease risk.

Non-exhaustive list

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How do we measure inflammaging?

Scientists track inflammation through blood biomarkers such as:

- **C-reactive protein (CRP)**
- **Interleukins (like IL-6)**
- **Tumor necrosis factor-alpha (TNF α)**

Higher levels often indicate increased chronic inflammation and faster aging processes.

Can we reduce inflammation? Yes!

Research shows several powerful strategies:

- Regular physical activity
- Mediterranean diet
- Adequate sleep
- Stress management
- Maintaining a healthy weight

Non-exhaustive list

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Inflammaging is not inevitable.

While aging is natural, chronic inflammation can be influenced by how we live.

By adopting healthier behaviors, we can:

- Slow biological aging
- Reduce disease risk
- Improve long-term well-being

Your lifestyle is one of the strongest tools against inflammaging.

Controlling inflammaging today
can unlock a shift from “treating
disease” to “preventing decline.”

The LIRM is a non-profit
organisation dedicated to
improving patients quality of life
in the areas of **neurodegeneration**
and aging.

