

## **Endocrinology of Aging, Clinical Aspects in Diagrams and Images**

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I thank the Editor and Associate Editors for giving me the opportunity to read this wonderful book. The volume *Endocrinology of Aging: Clinical Aspects in Diagrams and Images* is a rarity in this world of massive, mostly un-vetted information production and broad availability through many different means. Information that is humanly impossible to scan, read, understand, logically integrate, distill, and transform into true knowledge and meta-knowledge. This book does this successfully on its subject matter, the biology and medicine of the aged component of the human population. Despite its seemingly limited title referring only to Endocrinology, the book, in effect, analyzes and synthesizes information on normal and pathologic human aging cybernetics, involving every organ system. It hence provides fundamental background knowledge useful to every student of human nature, beyond the healthcare professionals.

Soon, people over 60 will be one quarter of the world population. Increasing societal transitioning challenges in a rapidly changing world, which is in the midst of a waterfall of technological advances, increasing (over)population, urbanization, and societal socioeconomic inequities, in an environment of a rapidly changing climate and increasing biosphere pollution, both mostly anthropogenic, all lead to increasing vulnerability of humans to infectious diseases, and the contemporary pandemic of the so-called chronic non-communicable diseases, including anxiety, depression, obesity, metabolic syndrome, hypertension, diabetes mellitus type 2, autoimmune and allergic disorders, chronic pain and fatigue syndromes, dementia, etc. These disorders have a major common accelerating denominator, chronic stress, through its detrimental, time-integrated, progressive effects on the human organism.

Humans have an “expiration date” in their life expectancy, presumed to be around 130 years, which is much later than their current one of around 80 years, even though the latter has admittedly improved markedly in the past 100 years. The ravages of contemporary chronic stress, effected through chronically produced stress and inflammatory mediators, accelerate human aging, starting in the particularly vulnerable periods of prenatal life, first 5-6 years, and extended adolescence (13-26 years), the so-called “critical” periods of life, during which the organism is particularly vulnerable to adverse long-lasting epigenetic changes. These early effects can be carried over and affect old age mental and physical health. Aging is

normally associated with decreasing epigenetic plasticity, increasing impairment of cell and organismic repair mechanisms, and progressively increasing vulnerability to both communicable and chronic non-communicable diseases.

This book is a product of love and loving labor, a product of *pathos*, *ethos* and *pragma*. It is beautifully written, logically integrated, a well-constructed presentation of distilled robust knowledge, offering detailed and yet synoptic and occasionally epigrammatic, well vetted information, and full of outstanding pictures and diagrams, both historical and contemporary, that allow knowing better an important period of human life. This volume covers beautifully a subject that is little discussed, despite its current and rapidly increasing socioeconomic importance. It is a leap forward.

This book is a must read. It should be part of University curricula. Kudos to the Editor, Associate Editors and authors for a job greatly done!

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