

# Tulane Medicine Digest: the Science & Art of Healthy Aging

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"The Science and Art of Healthy Aging" highlights key strategies for aging well, including maintaining brain, heart, and prostate health, while addressing hormonal changes in women. With rising global life expectancy, the focus shifts from merely extending lifespan to improving healthspan. Advancements in neuroscience, hormone therapies, cardiovascular care, and prostate cancer treatments offer new ways to support aging populations. A holistic approach—emphasizing a healthy lifestyle, mental wellness, and preventive care—combined with technological innovations, can help ensure that longer lives are also healthier and more fulfilling.

Key topics include:

1. **Brain Health:** Cognitive decline can be mitigated by diet and scientific advancements, with researchers exploring ways to maintain sharpness in aging brains.
2. **Hormonal Changes in Women:** Menopause brings significant changes, but personalized approaches to hormone therapy, including alternatives like phytoestrogens, are being explored.
3. **Heart Health:** Cardiovascular issues remain a top concern for aging adults. Emerging technologies like wearable devices, along with new treatments, can improve heart health and even regenerate damaged tissue.

4. **Prostate Health in Men:** Advances in prostate cancer detection and treatment offer more personalized and precise options.

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