



## Geroscience

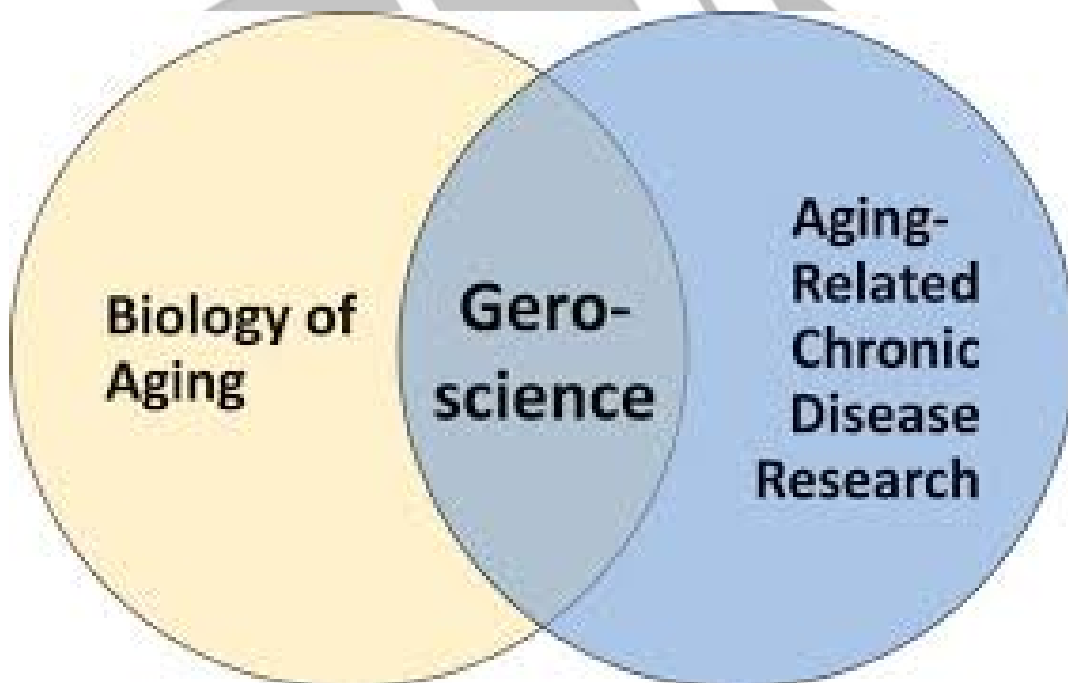
[Source: TH](#)

Researchers have developed a **blood test** to **measure ageing pace** by **studying DNA methylation**.

- This **blood test investigates** how an enzyme adds methyl groups to DNA in older adults, revealing a **link between this process and [aging](#)**.

### Geroscience:

- It refers to the **interdisciplinary field** focused on understanding the biological mechanisms of aging and age-related diseases.
- It involves studying various factors, including **DNA methylation**, enzyme activity (such as the **gerozyme (aging-associated enzyme)**), socio-economic influences, and lifestyle interventions like nutrition, exercise, and music therapy.
  - **DNA Methylation** is a process in which **methyl groups** (CH<sub>3</sub>) are added to the **DNA molecule**. It plays a crucial role in regulating **gene expression** and **maintaining [genome stability](#)**.
- It aims to develop strategies, such as drug interventions **targeting specific ageing-related processes**, to promote healthy aging and combat age-related conditions like **dementia**.



**Read more:** [Genome India Project](#), [India Ageing Report 2023](#)

