

## Stress speeds up ageing

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STRESS is known to have a negative effect on health, but American scientists have discovered that it might also affect ageing.



Their findings suggest that stress can accelerate biological ageing, but that the effect isn't necessarily permanent, and taking positive action could help prevent the body from ageing prematurely.

Published in the journal *Cell Metabolism*, their work reveals that stress can significantly impact biological age, but that once the peak of that stress has passed, the trend can be reversed.

“The results revealed that biological age may increase over relatively short time periods in response to stress, but this increase is transient and trends back toward baseline following recovery from stress,” reads the study news release.

According to researchers, these modifications only occur over a few days, possibly a few months, and show that biological age is not just associated with the passage of time — in other words with chronological age — but also how each individual's experience of stress, or other external factors, can play a role in the ageing of the body. The findings imply that severe stress increases mortality, at least in part, by increasing biological age and that the ability to recover from stress may be an important determinant of successful ageing and longevity.