Is it possible to live a life free from disease as we age? How do we slow age-related disease progression, or prevent disease altogether? And how, in the face of illness and disability in later life, do we deliver the very best care? Scientists and clinicians at the University of Rochester Medical Center are providing international leadership to answer these questions.

We have much to learn about aging, the greatest risk factor for developing almost every illness from heart disease to Alzheimer’s disease to cancer. Scientists know that if aging can be delayed, even just a bit, disease can be postponed or prevented, extending the span of healthy life. Our scientists are doing some of today’s most innovative and collaborative work in this regard. We are examining the underlying mechanisms—genetic and molecular switches—that control aging and disease. We are also determining how changes in your aging metabolism affect the way a disease should be treated and, ultimately, could be prevented. And we are looking at certain long-lived animal species—like the naked mole rat—to see what nature has given them to live long, cancer-free lives.

Even as we search for keys to healthy aging, our clinical scientists are also hard at work to create ever higher standards of care of our older patients. As the aging population is the fastest growing segment of people in Rochester and across the nation—and they consume the largest portion of health care—we can develop leading approaches to all aging care that will yield the best health outcomes and quality, while also being cost-effective. Our strengths in data science can be leveraged as well to examine the genetic, psychosocial, and environmental factors that influence our oldest patients’ longevity and apply that knowledge to the development of new treatments. Finally, we must understand how to train all healthcare professionals to provide tailored treatments and care for more people, in better ways, to help our aging patients live vital and rewarding lives.

With your support, we can reveal the secrets of aging, slow or prevent the age-related onset of disease, and deliver the care you need to keep you healthy at every age.
For more information about how your gift can make an impact, please contact Brenda Geglia at: (585) 276-4570 • bgeglia@admin.rochester.edu