

Video: Healthy aging

May 12 2022, by Carolyn Pennington



Credit: Pixabay/CC0 Public Domain

Adding life to your years, not just years to your life is the focus of Jenna Bartley's research. An assistant professor with the UConn Center on Aging and the Department of Immunology, Bartley's research spans both the bench and the bedside.

She and her team study the strength of patients' immune systems after receiving [vaccinations](#) and conduct physical function tests to monitor their mobility and strength. This unique dual approach gives them a broader look into the [aging process](#) with the goal of developing healthy aging strategies for the future.

"We know the immune system declines with aging, but that's not the only thing that declines," she says. "Once your physical function declines, then you really lose your independence, and that's what [older adults](#) really care about more."

Provided by University of Connecticut

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