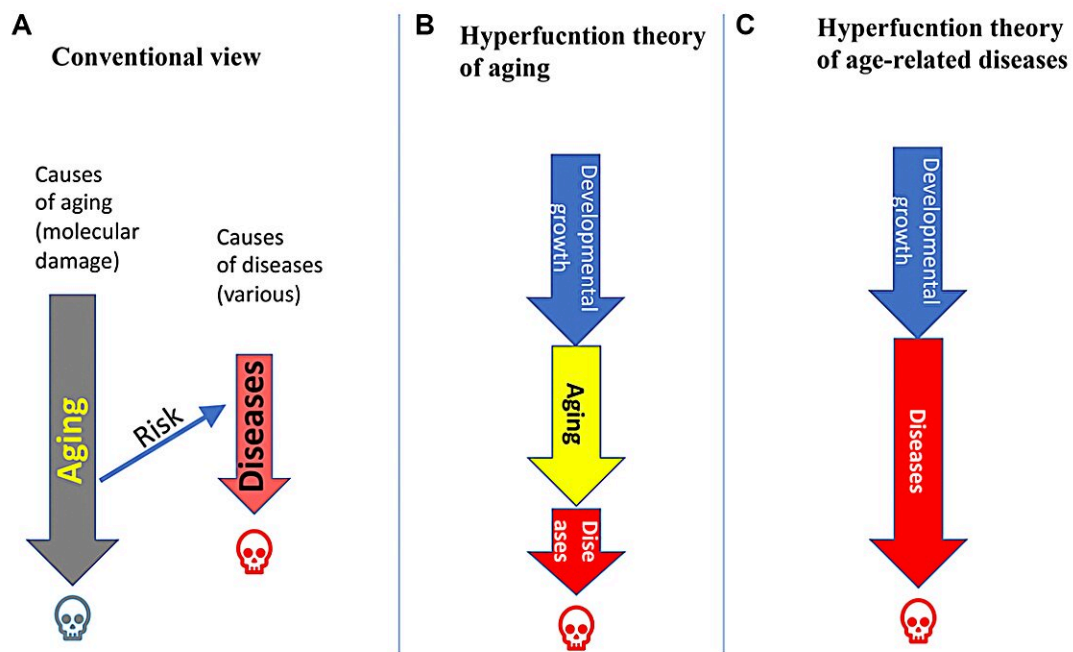


# Towards disease-oriented dosing of rapamycin for longevity

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Relations between aging and age-related diseases (ARDs). Credit: *Aging* (2023). DOI: 10.18632/aging.204920

A new research perspective titled "Towards disease-oriented dosing of rapamycin for longevity: does aging exist or only age-related diseases?" has been published in *Aging*.

In his new research perspective, Dr. Mikhail V. Blagosklonny from Roswell Park Comprehensive Cancer Center discusses aging and rapamycin (Sirolimus)—the only drug that consistently extends [life span](#) in countless animal studies in all species tested. He writes that individuals taking rapamycin and those not taking it will ultimately succumb to age-related diseases. However, if administered in disease-oriented dosages for an extended period of time, individuals taking rapamycin may experience a delayed onset of such diseases, and live longer.

"The goal is to delay a particular disease that is expected to be life-limiting in a particular person," says Dr. Blagosklonny.

Age-related diseases, quasi-programmed during development, progress at varying rates in different individuals. Rapamycin is a prophylactic anti-aging drug that decelerates early development of [age-related diseases](#). Dr. Blagosklonny further discusses the hyperfunction theory of quasi-programmed diseases, which challenges the need for the traditional concept of aging itself.

"I emphasize that aging is not programmed, but in contrast, quasi-programmed. 'Quasi' means pseudo; seemingly; apparently but not really. Some scientists deliberately represent hyperfunction theory as theory of programmed aging. It's the opposite. Quasi-program is a continuation of a real program. Quasi-program has no intent, no purpose and it is always harmful," concludes Dr. Blagosklonny.

**More information:** Mikhail V. Blagosklonny, Towards disease-oriented dosing of rapamycin for longevity: does aging exist or only age-related diseases?, *Aging* (2023). [DOI: 10.18632/aging.204920](https://doi.org/10.18632/aging.204920)

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