

2,5!

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The global population of individuals (1) **over** / **by** the age of 65 is growing at an unprecedented rate and is expected (2) **reaching** / **to reach** 1.6 billion by 2050. Most older individuals are affected by multiple chronic diseases, (3) **triggered by** / **leading to** complex drug treatments and increased risk of physical and cognitive disability. Improving or preserving the health and quality of life of these individuals is (4) **rewarding** / **challenging** due to a lack of **well-established** clinical guidelines. Physicians are often forced to (5) **engage in** / **refrain from** cycles of "trial and error" that are **centered on palliative** treatment of symptoms (6) **rather than** / **as well as** the root cause, often resulting (7) **in** / **from** dubious outcomes.

not

of

=

anora
inEnglish

switch to
resort
turn to
employ

anora
inEnglish

anora
inEnglish

2¹

Alıştırma -90+ YDS - İsmail Turasan

defy /debunk /refute

Recently, geroscience (8) **challenged** / **verified** this view, proposing that the underlying biological mechanisms of aging are (9) **independent of** / **central to the global increase in** susceptibility **to** disease and disability that occurs (10) **by** / **with** ^{age} aging. In fact, strong correlations have recently been revealed between health dimensions and phenotypes that are typical (11) **by** / **of** aging, especially with autophagy, mitochondrial function, cellular senescence, and DNA methylation. Current research focuses on **measuring** the **pace of** aging (12) **to identify** / **identifying** individuals who are "aging faster" **to test and develop** (13) ^{cure /treatment} **interventions** / **conditions that could prevent** or **delay** the **progression of** multimorbidity and disability that accompanies aging. **Understanding how the underlying biological mechanisms of aging** (14) ---- **connect to** ---- **impact** longitudinal changes in health trajectories offers a unique opportunity to identify **resilience** mechanisms, their dynamic changes, and their impact **on** stress responses. **Harnessing how to evoke and control resilience mechanisms** in individuals with successful aging **could lead to** (15) **writing** / **write** a new chapter in human medicine.

(1) (2) N/Ving

14)

a both / and

b. neither / nor

c. whether / or

d. as / as

e. the more / the less