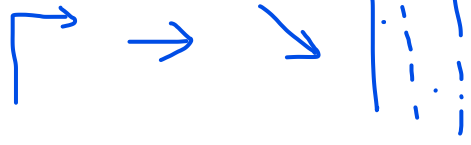


to rise to 1.6 billion from 1.2

2

The global <sup>number</sup> 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 <sup>keep / maintain</sup> preserving the health and quality of life of these individuals **is** (4) **rewarding** / **challenging** due to a lack of **well-established** clinical guidelines. Physicians <sup>doctors</sup> **are often forced to** (5) **engage in** / **refrain from** <sup>avoid</sup> 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**.

benefit from  
use  
harness  
switch to  
resort



angora  
inEnglish

angora  
inEnglish

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 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) 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. stimulate / induce

a disaster  
a triumph

14)

a. both / and

b. neither / nor

to  
look forward to  
N / V-ing

c. whether / or

d. as / as

e. the more / the less