



## Leibniz Research Alliance Healthy Ageing

**Getting older allows us to take advantage of new opportunities, but it also makes us more susceptible to disease. Can we stay healthy as we age while benefiting from changes in society?**

As a result of rapid medical advances, the number of senior citizens has increased significantly over the past 100 years.

Nonetheless advanced age still means an increased likelihood of serious illnesses – only very few enjoy full health and independence in the later phases of their lives. The increased percentage of senior citizens in the population also presents its own social and economic challenges.

That is why we are searching for new, effective, and practical approaches to make the lives of seniors as healthy as possible. The Leibniz Research Alliance “Healthy Ageing” is dedicated to finding solutions for this essential issue of the future.

The goal of the research alliance is to illuminate the biological and social factors behind the ageing process and its effects in order to develop novel strategies for intervention and adaptation capable of sustainably promoting healthy ageing.

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