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Tipo	Periódico
Título	The Molecular Mechanism of Polyphenols in the Regulation of Ageing Hallmarks
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Programa/Curso (s)	Programa de Pós-Graduação Stricto Sensu em Ciências da Saúde
DOI	10.3390/ijms24065508
Assunto (palavras chaves)	ageing hallmarks, polyphenols, molecular mechanisms
Idioma	Ingles
Fonte	Título do periódico: INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES ISSN: 1422-0067 Volume/Número/Paginação/Ano: v. 24, p. 5508, 2023
Data da publicação	14/03/2023
Formato da produção	Impressa ou digital
Resumo	Ageing is a complex process characterized mainly by a decline in the function of cells, tissues, and organs, resulting in an increased risk of mortality. This process involves several changes, described as hallmarks of ageing, which include genomic instability, telomere attrition, epigenetic changes, loss of proteostasis, dysregulated nutrient sensing, mitochondrial dysfunction, cellular senescence, stem cell depletion, and altered intracellular communication. The determining role that environmental factors such as diet and lifestyle play on health, life expectancy, and susceptibility to diseases, including cancer and neurodegenerative diseases, is wellestablished. In view of the growing interest in the beneficial effects of phytochemicals in the prevention of chronic diseases, several studies have been conducted, and they strongly suggest that the intake of dietary polyphenols may bring numerous benefits due to their antioxidant and anti-inflammatory properties, and their intake has been associated with impaired ageing in humans. Polyphenol intake has been shown to be effective in ameliorating several age-related phenotypes, including oxidative stress, inflammatory processes, impaired proteostasis, and cellular senescence, among other features, which contribute to an increased risk of ageing-associated diseases. This review aims to address, in a general way, the main findings described in the literature about the benefits of polyphenols in each of the hallmarks of ageing, as well as the main regulatory mechanisms responsible for the observed antiageing effects.
Fomento	CNPq