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**Aging and anti-aging.**

Editorial

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Populations are aging worldwide. Aging is a complex process that affects the majority of body systems resulting in a gradual loss of function that when significant translates into greater risk for health problems and disability in later life. Thus the overall burden of medical and social care is increasing. It is now widely acknowledged that multidisciplinary approaches are necessary to enhance health in later life. This special issue of *Maturitas* focuses on aging and anti-aging with an emphasis on understanding the process of aging, the implications of aging on disease and management to improve health and functioning in old age. Collectively, the articles included address contemporary issues in what is an exciting research area.

**Keywords:** Aging, anti-aging, health, diet, prescribing, cardiovascular disease, frailty, musculoskeletal

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