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The role of epigenetics in cardiovascular health and aging: a focus on physical activity and nutrition

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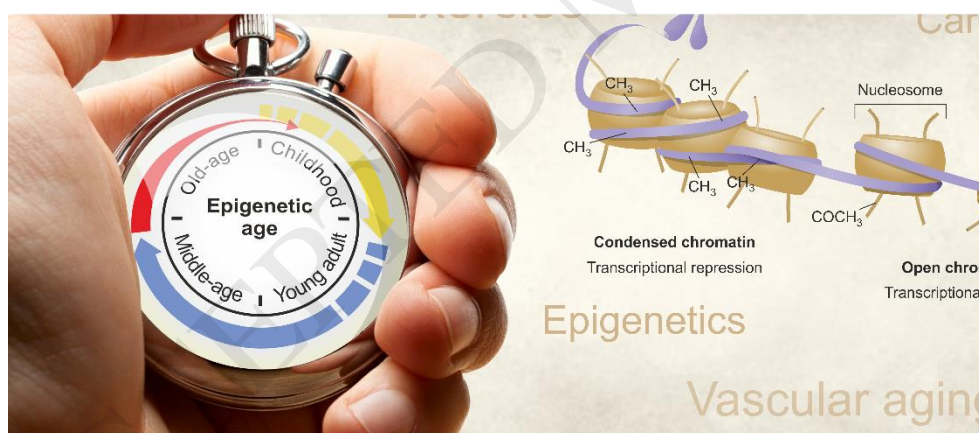
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Graphical Abstract



Highlights

- This review brings together the dual concepts of epigenetics and vascular aging.
- It describes the concept of epigenetics, and goes on to elaborate on the mechanisms at play.
- It communicates the importance of vasculature and age-associated chronic illness.
- The epigenetic “clock” is described in relation to vascular aging.
- The impact of lifestyle factors, predominantly exercise and nutrition, in relation to vascular and healthy aging are investigated.
- Two original figures illustrate the concepts detailed in the review.
- A graphical abstract is included.

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