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IS HEALTHY AGING CONNECTED TO THE GUT MICROBIOTA?



WHY DOES IT MATTER?

Gut microbiota plays a key role in **health, digestion** and **immunity**. Lifelong personal **lifestyles**, particularly **diet**, shape the composition and function of the microbiota in **seniors**.¹

DID YOU KNOW?



Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double **from 12% to 22%**.²

FACTORS THAT CAN IMPACT SENIOR'S GUT MICROBIOTA

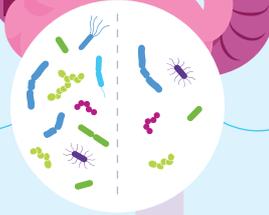
SOCIETAL AND ENVIRONMENTAL FACTORS³



PHYSIOLOGICAL FACTORS³



adult microbiota rich and diverse composition in a healthy adult⁴



senior microbiota
↓ bacterial diversity
↓ beneficial microorganisms
shifts in the dominant species⁵
↑ pro-inflammatory species⁶

Age-related diseases alter the gut microbiota⁷

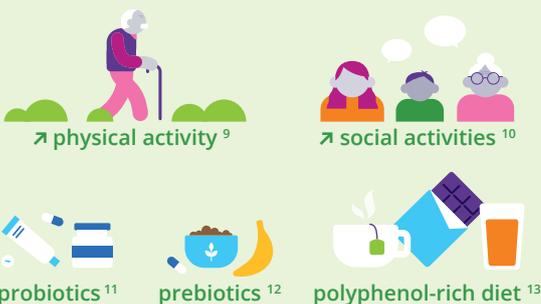
An unbalanced microbiota may start or aggravate age-related diseases⁷

AGE-RELATED CONDITIONS^{3,8}

neurodegenerative diseases
Alzheimer, Parkinson...
cardiometabolic diseases
hypertension, type 2 diabetes, obesity...
cancers
drugs intake
infections treatments, antibiotics, polypharmacy...



HOW TO PROMOTE HEALTHY AGING?



WHY SWITCHING TO A MEDITERRANEAN DIET?





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