

Download Programmed Senescence Theory

Programmed Theories of Aging In addition to damage-based theories, a second class of theories of aging defends that aging is a genetically-determined, programmed process. In this essay, I present and review the most important concepts and theories in this context. Organismal senescence involves an increase in death rates and/or a decrease in fecundity with increasing age, at least in the later part of an organism's life cycle. Senescence is the inevitable fate of all multicellular organisms with germ-soma separation, but it can be delayed. Now let's let Frank explain programmed theories. Programmed theory is the idea that aging is genetically programmed to occur with time, and this process of deterioration eventually leads to death. That means that aging and death, according to this theory, are not a result of wear and tear or exposure, but are a programmed, natural and necessary part of genetics. In short, we are genetically programmed to age and die.