Modern people live much longer than their ancestors. But they want to live even longer – and they want their life to be active and healthy. Gerontology is trying to answer both questions - how to increase human life expectancy and to reach a really old age, and how to slow down the processes of aging and to avoid age-related diseases.

*Advances in Gerontology* is the leading Russian journal covering these issues. In contrast to most currently known journals on gerontology and geriatrics, which focus on the clinical and experimental aspects, the Advances in Gerontology publishes reviews and research articles on biomedical aspects of aging, molecular and physiological mechanisms of aging, theoretical and fundamental issues of the biology of aging, mathematical simulation in gerontology, prevention of premature aging, ecological gerontology, the demography of aging, reviews of books on gerontology, and reports on Russian and international conferences on the biology of aging held in Russia.

The journal publishes papers by leading Russian and foreign gerontologists. Researchers from USA and Western Europe as well as former Soviet republics, including Ukraine, Belarus, Kazakhstan, Georgia, Uzbekistan, and Estonia, regularly submit their papers to the Advances in Gerontology.

The journal has been published since 1997.

On the homepage of *Advances in Gerontology* at [springer.com](http://springer.com) you can

- Read selected articles for free
- Sign up for our Table of Contents Alerts
- Get to know the complete Editorial Board
- Find submission information