

# 一億総活躍社会実現のための アンチエイジング

Yoshikazu Yonei 米井 嘉一

(同志社大学大学院生命医科学研究科アンチエイジングリサーチセンター)

E-mail : yyonei@mail.doshisha.ac.jp

### Key Words

- 糖化ストレス
- 機能性食品
- 認知症
- ロコモティブシンドローム
- 介護離脱

### Summary

This section describes the role of Anti-Aging Medicine in health promotion which is essential and important for promoting “Dynamic Engagement of All Citizens”, a policy by Japanese Government in 2016. For the evaluation of aging, we examine the functional age of skeletal muscle, blood vessels, nervous system, hormonal system and bone, and the risk factors for aging. When we find the weak point in aging, to which we give priority, treat preferentially and restore body balance. We have formulated the hypothesis that it is possible to shorten the difference between average life expectancy and average healthy life expectancy by measuring the functional age of the body system, detecting weak points of aging, and attempting anti-aging and rejuvenation in all the people.

For realization of the Government policy, it is necessary to improve the health of the elderly and utilize their labor power. Younger people’s separation from their labor for the purpose of caring for their older family members should also be prevented. Metabolic syndrome, locomotive syndrome (disturbance of motor function) and cognitive impairment, which are rapidly increasing recently, should also be prevented at an early stage. In other words, the goal is to create a system in which the elderly require no care. The reduction of public medical costs can also be expected through the health promotion of the elderly. Furthermore, the new concept of Anti-Aging Medicine can contribute to produce new business for dynamic engagement.



著者プロフィール  
米井 嘉一

同志社大学大学院生命医科学研究科アンチエイジングリサーチセンター教授

1982年 慶應義塾大学医学部卒業,  
1986年 慶應義塾大学大学院医学研究科  
内科学専攻博士課程修了の後, UCLA 留  
学。1989年 日本鋼管病院内科, 人間ドッ  
ク脳ドック室部長などを歴任。2005年  
同志社大学アンチエイジングリサーチセ  
ンター教授, 2008年 組織改変を経て現  
在に至る。