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The role of androgens and estrogens on healthy aging and longevity.

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"Changes in hormone levels contribute to the process of aging because the endocrine system plays a major role in cellular interactions, metabolism, and growth. More specifically, there is a strong clinically important relationship between decreases in androgens and estrogens with age, age-related decline in muscle and bone mass and strength, and eventually health span in humans."

"If initiated carefully in the appropriate clinical population, hormone replacement therapies in men and women may prevent and reverse muscle and bone loss and functional declines and perhaps promote healthy aging and longevity."