



# Alterungsprozesse und Neurodegeneration: Ein Überblick (essentials) (German Edition)

*Tilman Grune*

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**Alterungsprozesse und Neurodegeneration: Ein Überblick (essentials) (German Edition)** Tilman Grune  
?Das Essential behandelt in leicht verständlicher, komprimierter Weise die Grundlagen altersbedingter Zellveränderungen, die unter Umständen zur Neurodegeneration führen können. Der Autor erläutert, wie der Alterungsprozess und die Neurodegeneration durch oxidativen Stress und dabei entstehende Schäden beeinflusst werden. Unter diesen Schäden nimmt die Bildung von Proteinaggregaten, die hier besonders ausführlich beschrieben werden, eine Schlüsselstellung ein. Darüber hinaus werden einige Aspekte der Ernährung im Alter und ihre möglichen Auswirkungen auf die Entstehung von neurodegenerativen Erkrankungen vorgestellt.

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