As we age, our genomes become less stable

As all humans carry “parasitic” strands of DNA that, when not suppressed, copy themselves and spread throughout the genome, these have the potential to affect human health.

According to researchers at Brown University, they found that “retransposable elements” were increasingly able to break free of the genome’s control in cultures of human cells. Now researchers found that RTEs are increasingly able to break free and copy themselves in tissues of mice and other aging animals. Other experiments from biologists also showed that activity was really apparent in cancerous tumors that may also be reduced by restricting caloric intake.

Read the full, original story: Parasitic DNA Expands Growth in Aging Tissues