

## Blood transfusions from young people unlikely to have much-hyped anti-aging effects

The author of a [study](#) published [Nov. 22] cautioned against the idea that transfusions of “young” blood can reverse the aging process, a notion that has captured the public imagination and motivated startups.

In the new research,...scientists replaced half of the blood in old mice with blood from young animals, and did the opposite swap in young mice, giving them old blood. They found that the younger mice experienced symptoms associated with aging...[a]nd the old mice seemed younger in some respects....

Senior coauthor Irina Conboy, an assistant professor of bioengineering at the University of California Berkeley, said that the negative effects of old blood on the young were more pronounced, and that she did this study in part to tear down what she perceives as a public narrative holding up transfusions of “young” blood as a rejuvenative cure-all.

...

Conboy said that that future research should focus on determining what might be in old blood that causes detrimental effects. Conboy said that there are a handful of proteins in old blood that might be contributing to the aging process....

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Study raises caution about anti-aging benefits of blood transfusions from the young](#)**