

Name _____

Aging and the Immune System: A Tale of Change

Open-Ended Response Questions

1. Describe the changes that occur in the thymus gland as we age and how these changes impact immune function.
2. Discuss the concept of inflammaging and its implications for overall health in older adults.
3. How can lifestyle factors, such as diet, exercise, and sleep, influence immune function in aging individuals?
4. Explain how immunosenescence affects the immune system and its ability to respond to infections in older adults.

