

Name _____

Aging and the Immune System: A Tale of Change

Short Answer Key

1. The thymus gland shrinks in size and becomes less efficient at producing new T cells with age.
2. Inflammaging is a state of chronic low-grade inflammation associated with aging and is linked to various age-related diseases.
3. Maintaining a healthy lifestyle, including regular exercise, a balanced diet, and adequate sleep, can support immune function in older adults by promoting overall health and reducing inflammation.
4. Immunosenescence is the gradual deterioration of immune function that occurs with age, leading to a decline in the ability of immune cells to communicate and coordinate their responses effectively.
5. Memory cells are immune cells that provide long-term immunity against pathogens encountered earlier in life and may remain relatively stable or even increase in concentration in older adults.

