Mark Peterson, PhD, MS, Assistant Professor, Physical Medicine and Rehabilitation – Inflammaging and weakness as predictors of incident disability, multimorbidity and greater DNA methylation age

Using a population-representative sample of middle-age and older adults from the Health and Retirement Study, our proposed study will allow us to determine: the independent and joint effects of midlife muscle weakness and inflammation on later life physical and cognitive dysfunction; whether chronic inflammation mediates the effect of muscular weakness on poor physical and cognitive functioning; and if the presence of midlife weakness, inflammation, or both, contributes to accelerated biological aging, as determined by DNA methylation.