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**Scientists say they can reverse ageing process – 25th November, 2020**

## **Level 0**

Scientists did tests to try to reverse ageing. The test was a simple one. It used oxygen to slow down what happens to cells as they age. Two processes related to ageing and illnesses slowed down. The scientists did tests on 35 adults over the age of 64 five times a week for three months.

A professor explained how important the research is. He says we may be able to stop cells from getting shorter. If we can do this, the cells will not age. Researchers want to make the cells longer so they do not age. The professor said young scientists want to make ageing a reversible disease."

## **Level 1**

Scientists from Israeli universities did tests to try to stop and reverse ageing. The researchers said the tests were simple - they used oxygen to slow down what happens to cells as they age. The scientists said two processes related to ageing and illnesses slowed down. The scientists did tests on 35 adults over the age of 64 five times a week for three months. The study is published in a magazine called "Ageing".

A professor explained how important the research is. He says the ageing process can be reversed. He says we may be able to stop cells from shortening and that if we can do this, the cells will not age. Researchers are trying to develop drugs to make cells longer so cells do not age. The professor added: "The study gives hope, and opens the door for a lot of young scientists to target ageing as a reversible disease."

## **Level 2**

Scientists have conducted tests to try to stop and reverse the ageing process. The tests were part of a joint project by Israeli universities. The researchers said the science was very simple - they used oxygen to slow down what happens to cells as they age. They used the oxygen on cells in a pressure chamber. The scientists said two processes related to ageing and illnesses slowed down. The scientists did tests on 35 adults over the age of 64 for 90 minutes a day, five times a week for three months. The study is published in the magazine "Ageing".

A professor explained how important the research is. He says the study shows that the ageing process can be reversed at the cell level. He says we may be able to stop cells from shortening. The shorter cells become, the more we age. If we can stop them getting shorter, cells will not age. The professor said: "Shortening is considered the 'Holy Grail' of the biology of ageing." Researchers are trying to develop drugs to make cells longer. The professor added: "The study gives hope, and opens the door for a lot of young scientists to target ageing as a reversible disease."

## **Level 3**

Scientists in Israel say they have conducted tests to successfully stop and reverse the biological ageing process. The tests were part of a joint project by Tel Aviv University and the Shamir Medical Center. The researchers said the science behind their experiments was very simple - they used only oxygen to slow down and turn around what happens to cells as they age. They used high-pressure oxygen on cells that were in a pressure chamber. The scientists said two processes related to ageing and illnesses slowed down. The scientists did tests on 35 adults over the age of 64 for 90 minutes a day, five times a week for three months. Their study was published in the magazine "Ageing" on November the 18th.

A lead scientist explained how important his team's research was. Professor Shai Efrati says the study shows that the ageing process can be reversed at the cellular level. He says we may be able to stop telomeres from shortening. Telomeres are inside cells. The shorter they become, the more we age. If we can stop them getting shorter, cells will not age. Professor Efrati said: "Today telomere shortening is considered the 'Holy Grail' of the biology of ageing. Researchers around the world are trying to develop [drugs] that enable telomere lengthening." He added: "The study gives hope, and opens the door for a lot of young scientists to target ageing as a reversible disease."