**CARDIOVASCULAR AGING AND BIOLOGICAL PATHS TO RESILIENCE**

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Cardiovascular aging is ideally characterized using a variety of measures and metrics performed on the same individuals assessed longitudinally over an extended period of time. Patterns of both cardiac and vascular aging that are representative of persons with accelerated versus delayed aging phenotypes - especially exceptionally delayed aging phenotypes which may be models of resilience - have yet to be established. However, ongoing epidemiological as well as physiological investigations are making progress in this regard. In addition to the logistics needed to phenotype cardiovascular aging traits, there are parallel challenges related to deciphering potential underlying mechanisms. To this end, a promising approach is the longitudinal study of molecular markers representing aggregate measures of impactful life course exposures. In particular, emerging data suggest that upstream mediators of chronic inflammation, including bioactive lipid effectors of both pro- and anti-inflammatory activity, can elucidate potential mechanisms driving the development of age-related cardiometabolic disease states that tend to manifest in some but not all older adults living in the community. Future work will be needed to investigate the efficacy of therapies for potentially modulating variation in these molecular markers and associated age-related disease outcomes.