

Social heterochronic parabiosis

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Due to increasing emergence of nuclear families and a higher divorce rate, older adults living alone are increasing and the concomitant loneliness is associated with depression and cognitive dysfunction.

Heterochronic parabiosis has been known to be capable of reversing age-related structural erosion and molecular changes in the muscle, bone, liver, and nervous systems of older parabionts.

Similarly, contact and communication with children could be effective on older adults. Communication with children enables older adults maintain a sense of identity, relieve loneliness, depression and psychological well-being for older adults. Surprisingly, just the proximity to an elementary school, was shown to be associated with improved quality of life in older adults. Therefore, I would like to name this intergenerational non-volunteering contact as ‘social heterochronic parabiosis’ compared to the ‘(biological) heterochronic parabiosis’.

The (biological) heterochronic parabiosis is senescence-promoting on young parabiont. On the contrary, the social heterochronic parabiosis seems to be beneficial on both sides of old and young parabiont and most of all.

Therefore, increasing the relation of grandparents-grandchildren and developing an environment to bring together older adults and children is important for the health of older adults and the growth development of children. More evidence-based researches are needed for intergenerational intervention programs and the so called ‘social heterochronic parabiosis’.