Antidepressants extend life span of roundworms

Researchers and scientists have been looking for a way to extend the human lifespan for a very long time. They have succeeded in this, as with modern medicine, we have outlived most of our ancestors. There is no drug that ensures a longer life, but we know that eating healthy and taking care of ourselves can contribute. But what if there was a pill that made us live longer? Well, scientists have recently discovered in a study with roundworms, that a common antidepressant led to a long life span. How is this possible? Gene expression. You are born with a certain genotype, but your phenotype doesn't necessarily have to be reflective of that. Mianserin, an antidepressant, changed the gene expression of the roundworms. The genes involved in aging were switched, so the genes that expressed themselves turned off, and then genes that were off, turned on. The scientists gave doses of mianserin at different points in the roundworms development. The worms who were given mianserin at earlier stages, lived longer and had the most profound changes in gene expressions. Potentially in the future, they will be able to apply this to humans.

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