

AGING AND FITNESS

In 1957, Williams (1) proposed that mutations contributing to aging could be positively selected if they are advantageous early in life, promoting earlier reproduction or more offspring. This antagonistic pleiotropy hypothesis is now a leading theory on the evolutionary origin of aging.

Long and Zang (2) tested this hypothesis by mining the UK Biobank (276,406 individuals). They found a strong, negative genetic correlation between reproductive traits and life span.

1. <https://onlinelibrary.wiley.com/doi/10.1111/j.1558-5646.1957.tb02911.x>
2. <https://www.science.org/doi/10.1126/sciadv.adh4990>