

## Biological aging and coronary artery disease

### *Biyolojik yaşlanma ve koroner arter hastalığı*

Atherosclerotic vascular disease is strongly associated with aging, whether it is peripheral, cardiovascular, or cerebral vascular. There are multiple risk factors involved besides just aging. Cardiac vascular disease can be tested in the event of death (1), coronary artery disease (CAD) (2) or coronary atherosclerotic burden as this reviewed paper did. Aging signs that have been tested most are gray hair, baldness, and earlobe crease, etc. A variety of genetic, metabolic, nutritional, and acquired disorders result in hair color changes (3). In this issue of the Anatolian Journal of Cardiology, Kocaman et al. (4) focuses on two aspects: 1. atherosclerotic burden in cardiovascular disease, and 2. biological rather than chronological aging factors, especially gray hair.

The authors greatly improved their article in response to a suggestion. They explained the lack of women cases in the study, provided the time period of their data collection, described clearly parameters such as hair loss score, xanthelasma, hair thinning, etc. in the section on methods, and ably supported their conclusion that hair whitening score (HWS) is preferable to chronological aging, comparing different HWS to the degree of CAD and others factors.

All these have been well explained at the end. But, yet there are still two aspects that the authors can do to improve this article even more: firstly, smoking is another strongly associated risk factor, but in this article, it showed no significant difference; secondly, there was good correlation of CAD with the degree of gray hair, except at the highest grade: pure white.

Bulpitt et al. (5) observed that smoking was associated with an increase in apparent age over actual age. An observation

study by Mosley et al. (6) suggested a link between smoking and gray hair in both men and women and between smoking and baldness in men, without demonstrating a causal link.

Finally, as the authors postulated, a new scoring system of multiple risk factors concerning premature gray hair and biochemical proof of the link between gray hair and vascular atherosclerosis are exciting prospects to be addressed.

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