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enlightening, straightforward way. Masking won't be understood or tolerated by all residents. Seeing others covered might be confounding or startling to intellectually debilitated inhabitants. Leadership needs to investigate alternative options. Keeping a confined area is the most

dysfunction, further compromising the body's ability to mount effective immune responses. Additionally, the decline in immune surveillance contributes to the increased risk of developing malignancies and reduced vaccine efficacy in older individuals [13].

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Addressing immunosenescence requires a multifaceted approach. Lifestyle modifications, such as regular exercise and a healthy diet, can support immune function. Vaccination strategies tailored to the specific needs of the elderly, such as higher antigen doses or adjuvants, can improve vaccine responses. Promising research focuses on immune rejuvenation through stem cell therapies, modulation of senescence-associated signaling pathways, and immune-enhancing interventions. Moving forward, further research is needed to identify specific biomarkers of immunosenescence, develop targeted interventions, and explore potential rejuvenation strategies. By enhancing our understanding of immunosenescence and its consequences, we can improve the quality of life for the aging population and reduce the burden of age-related diseases.

Acknowledgment

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References

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