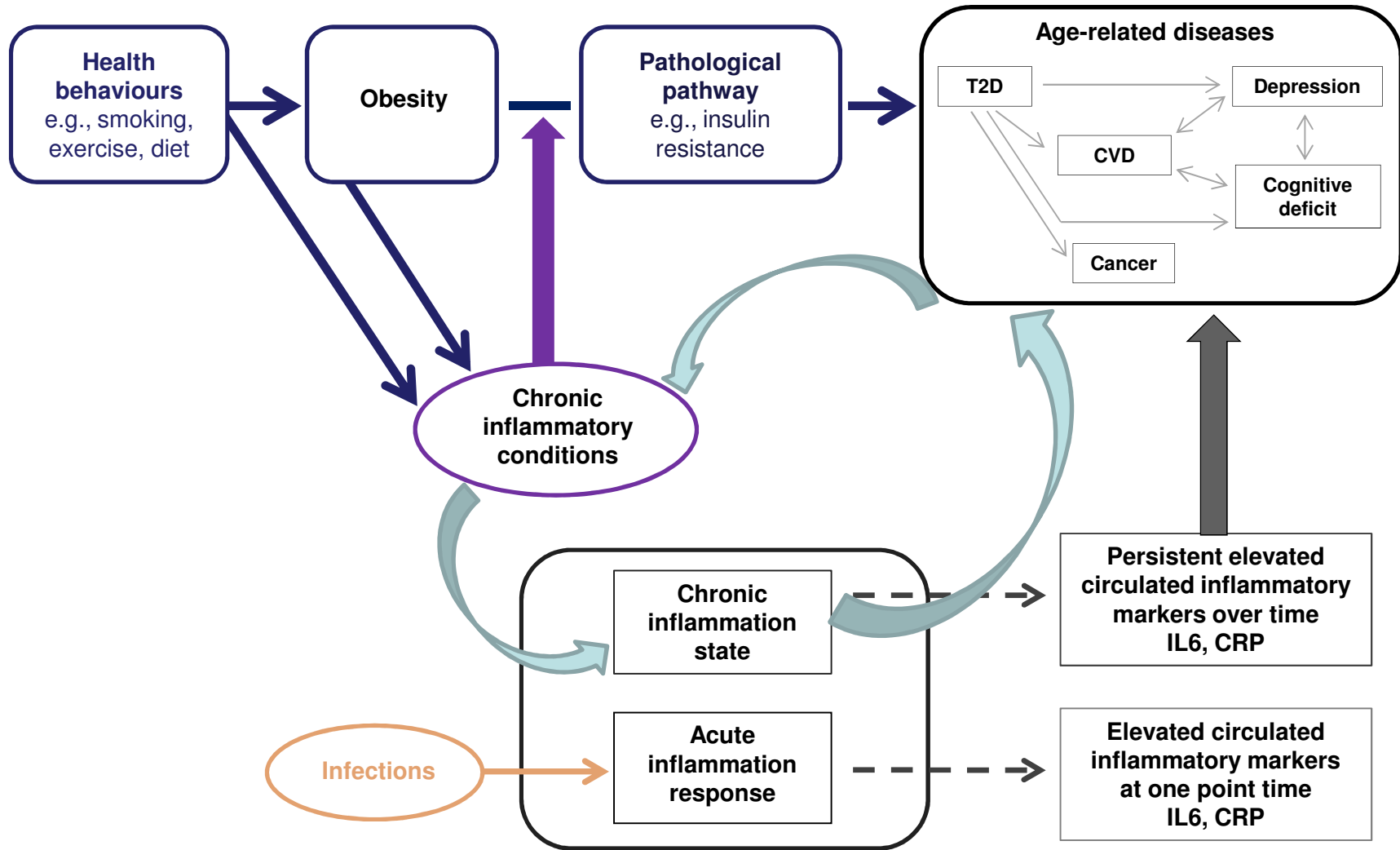


**Appendix 1:** Schematic model of the relationships between inflammation and age-related chronic diseases.



T2D = type 2 diabetes; CVD = cardiovascular disease; IL6 = interleukin-6; CRP = C-reactive protein.