# Ageing: what the Smurf?



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# A general presentation of ageing



# Intuitive definition of ageing



## **Intuitive definition of ageing**







"..the time-dependent functional decline that affects most living organisms [..], leading to impaired function and increased vulnerability to death."

López-Otín et al, 2013

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López-Otín et al, 2013



figure adapted from Guimarães et al, 2021

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figure adapted from Guimarães et al, 2021









Legend		
Mortality	Humans	Trees
E - Alla	Other mammals	Other plants
Fertility	Other vertebrates	Algae
Survivorship	Invertebrates	
	Legend Mortality Fertility Survivorship	Legend Mortality Humans Other mammals Other vertebrates Survivorship Invertebrates





	Legend		
<u>x dN</u> dt	Mortality	Humans	Trees
ut	E- dillo	Other mammals	Other plants
	Fertility	Other vertebrates	Algae
	Survivorship	Invertebrates	





 $\frac{-1 \text{ x}}{N} \frac{dN}{dt}$ 

Legend

Mortality

Humans

Trees





Legend

Mortality

Humans

Trees

 $\frac{-1 \text{ x} dN}{N dt}$ 

## Ageing: a matter of reliability?



### Mathematical modeling of ageing: Gompertz-Makeham



## How is ageing affected by environmental conditions?



# Lifespan, healthspan and life expectancy

The survival curve for England & Wales – the share of individuals surviving up to a certain age Our World Data from 1851 to 2011



# Studying ageing experimentally: a continuous process



# **Classical approach for studying ageing**



## Hallmarks of ageing in a continuous ageing process



## Continuous changes

# Hallmarks of ageing in a continuous ageing process



# Hallmarks of ageing in a continuous ageing process



# Theories of ageing: why and how



## Theories of ageing and its evolution: based on age changes

### Structural stabilization and cross-linkage theories

Accumulation of heterogeneous cross-links	Bjorksten (1958, 1974); Sinex (1964)	Age changes at genetic and cellular level	
Accumulation of cross-links in collagen Stabilization and inactivation (insolubilization) of	Verzar (1956, 1957) Nagorny (1940)	Accumulation of somatic mutations and chromosomal aberrations	Szilard (1959); Failla, (1960); Curtis (1966)
intercellular structural proteins Accumulation of -S-S, inter- and intra- molecular bonds	Oeriu (1964)	Selective loss of ribosomal RNA genes Accumulation of transposable elements in somatic cells	Johnson <i>et al.</i> (1972) Murray & Kirkwood (1984)
Accumulation of protein-DNA cross-links and	Nikitin (1954); von Hahn (1966, 1970)	Loss of adaptive cellular mechanisms Accumulation of viral genomes	Adelman (1975) Gaidusek (1972)
progressive stabilization of chromatin complexes Cross-links between DNA molecules	Cutler (1976)	Accumulation of insoluble waste products (lipofuscin and others) in differentiated cells The mitochondrial theory	Sheldrake (1974); Sohal (1981); Yiengst <i>et al.</i> (1959); Strehler (1964) Miguel <i>et al.</i> (1980); Harman (1983); Rochter
Structural post-translational changes	and modifications in proteins		(1988)
Progressive demethylation of proteins Progressive deamination of glutaminyl and asparaginyl	Parhon & Oeriu (1962) Robinson (1974); McKerrow, (1979)	The cell membrane theory	Carpenter & Loynd (1968); ZsNagy (1978, 1987)
residues in proteins		Loss and irreplaceable cells and stem cells	Kohn (1965); Hayflick (1975); Rohme (1981)
The age-altered enzymes theory (age-related accumulation of conformational changes in protein leading to the inactivation of enzymes)	Gershon (1979); Rothstein (1979, 1984)		
Decrease of phosphorylation and acetylation of chromatin proteins as the cause of defects and decline	Kanungo (1980)		
in transcription			
Theories based on quantitativ	ve changes of proteins		
Loss of irreplaceable molecules or enzymes	Butschli (1882): Sinex (1957)	Age changes at orga	n and functional levels
Relative increase of inactivated non-renewable	Nagorny (1940)	Immunobiological theories	Walford (1969); Burnet (1970)

#### Changes in protein biosynthesis (translation)

Accumulation (gradual) of random errors of protein syn-	Medvedev (1961, 1962)
thesis	
The error catastrophe theory	Orgel (1963)

metaplasmic proteins

### Age changes of RNA and DNA

#### Vilenchik (1970), Price & Makinodan (1973), Accumulation of single and double breaks and other changes of DNA Chetsanga et al. (1975) Decrease of DNA methylation Holliday (1985) Accumulation of metal ions and adducts in DNA Goldstein et al. (1968); Cutler (1976) Age changes of RNA processing Medvedev (1986)

Endocrine theories Hormone/neurotransmitter, receptor changes theories The connective tissue changes theory Impairment in physiological control mechanisms Failure of the adaptive physiological mechanisms

Korencheysky (1961) Finch (1976); Roth (1979); Frolkis (1982) Bogomolets (1947) Shock (1974, 1977) Frolkis (1968)

## Theories of ageing and its evolution: primary damages

Wear-and-tear theories Damage factors of metabolic origin and toxic theories Ageing is a result of autointoxication General toxic theory of ageing

Waste products theory of ageing Calciphylaxis (calcium petrification) Absence of perfect coordination between different metabolic pathways Errors of protein synthesis Side-reactions of intermediate metabolites Side reactions and leaks of lysosomal proteases and DNAases Sacher (1966)

Metchnikoff (1904, 1907) Muhlmann (1924); Metalnikov (1937); Korenchevsky (1956) Sheldrake (1974) Selye (1962) Komarov (1966)

Medvedev (1962); Orgel (1963) Milch (1963) Allison & Paton (1965); Hansford (1983)

Damage factors intrinsic for chemical and biological reactions in general

The general free radical theory of ageing	Harman (1956, 1981)
Oxygen radical-mitochondrial injury and other variants of the free-radical theory	Miguel-Fleming (1986)
Micro-thermal releases during chemical reactions as age-damage factor	Strehler (1959)
Ageing as entropy	Sacher (1967); Bortz II (1986)
The 'hit' theory and somatic mutation theories	Szilard (1959); Curtis (1966)
External and environmental damage factors	
Damaging effects of heavy water ( $D_2O$ ) on metabolic	Hakh & Westling (1934); Griffith (1973)

reactions	International Control Control of Sector Control Contro
Damaging effects of D-isomers of normal metabolites	Alpatov (1948); Kuhn (1955); McKerrow (1979)
Cosmic and environmental radiation	Alexander (1957)
Damages from ions of heavy metals	Eichorn (1979)
The stress damage theory	Selve (1970)

## Theories of ageing and its evolution: genetic programs

#### Active morphogenetic programme switched on by reproduction processes

Suggested for monocarpic plants, some invertebrates (octopus), some fish species (Pacific salmon, freshwater eels, etc.), Australian marsupial mouse

Orton (1929); Woolhouse (1967); Berdyshev & Protsenko (1972); Kirkwood & Cremer (1982); Diamond (1982)

Active morphogenetic programme of ageing linked to changes of environment

Seasonal factors (shorter days, dry season, temperature) switch on ageing of tree leaves, many insects and other invertebrates)

Krenke (1940); Leopold (1961); Woolhouse (1967); Rockstein et al. (1977)

Evans & Womersley (1980);

Hedgecock et al. (1983)

#### The programmed suicide

Suggested as an explanation of nematode death by cell suicide, or formation of adult forms (from larva) with some functions (eating) missing

### Passive, slow morphogenetic ageing

Theories of ageing as a continuation of differentiation, deterministic mechanism of ageing, ageing as over- differentiation, ageing as an increase of gene repres- sion	Minot (1908); Metalnikov (1937); Vilenchik (1971); Krooth (1974)
Theory of random (noisy) residual morphogenesis due to uncomplete repression of developmental	Medvedev (1964, 1966)
programme	
Theory of ageing as dysdifferentiation, or loss of gene repression, 'leaky' genes, dysregulation of sequential transcription, etc.	Kanungo (1980); Smith & Lumpkin (1980); Cutler (1982, 1985); Sarkander (1984)
Codon restriction theory of development and ageing	Strehler et al. (1971)
Theories of existence of specific	and non-specific genes of ageing
Late acting pleiotropic deleterious genes as a cause of ageing	Medawar (1957); Williams (1957)
Ageing rate as a balance between action of mutator and anti-mutator genes	Presber et al. (1976); Lints (1978); Deerberg et al. (1980).
Programmed synthesis of mitotic inhibitor and transcription and translation inhibitors which switch on function deterioration	Strehler (1980)
Identification of ageing accelerating mutations	Brown (1979)

Theories of genetic syndromes of premature ageing (Progeria, Down, Werner, and other syndromes)

Brown (1979) Martin (1978); Umansky (1982) Theories of the existence of specific genes of longevity (longevity determinant genes, anti-ageing genes)

Identification of genes prolonging life in low eukaryotes	Lints (1978); Munkres et al. (1984)
Theories which show that the substantial increase of human longevity in evolution of primates was linked with only a few new genes	Sacher (1975); Cutler (1975); Strehler (1979)
Theories which try to identify genes of longevity in mammals by hybridization selection and other methods	Clarke & Maynard Smith, (1955); Russell (1978); Cutler (1982)
Existence of genetic programme for extra-correction which is switched on in germ cells and in immortal cell lines	Orgel (1973); Kirkwood (1977)
Theories of existence of biological	clock (pace-maker) for ageing
Temporal genes theory. Ageing as the loss of temporal organization. Relations between biological rhythms and ageing	Samis (1968); Samis & Capobianco (19 Flodin (1984); Brock (1985)
The endotomy theory. Shortening of DNA during replication or marginotomy in post-mitotic cells as a	Olovnikov (1971, 1973); Smookler, Reis & Goldstein (1980)

hepothalamic timer of ageing

### ace-maker) for ageing

Temporal genes theory. Ageing as the loss of temporal organization. Relations between biological rhythms and ageing	Samis (1968); Samis & Capobianco (1977); Flodin (1984); Brock (1985)
The endotomy theory. Shortening of DNA during replication or marginotomy in post-mitotic cells as a timer	Olovnikov (1971, 1973); Smookler, Reis & Goldstein (1980)
Sequential methylation of repeated DNA sequences as a molecular timer	Holliday & Pugh (1975)
Finite replication capacity of Protozoa. Limited potential of cell division <i>in vitro</i> and <i>in vivo</i> as a cell clock	Maupas (1888); Hayflick (1965, 1977, 1980)
The commitment theory of cellular ageing	Holliday et al. (1977)
Theories of neuroendocrine master clock or	Frolkis (1982); Everitt (1980)

## Theories of ageing and its evolution: species-specific difference

		The hypothesis which suggests hi syntheses of macromolecules in i	igher fidelity of longer-lived species	Kirkwood & Holliday (1979)	
		Immortal germ cells may have more repairs and may have higher acc	ore comprehensive uracy of synthesis	Kirkwood (1977, 1981); Medvedev (1981)	
The rate of living th	eories of longevity	than somatic cells The officiency of the DNA remain	annalatan manitizala	Hart & Satlow (1074); Hart at al (1070 a b)	
Theories of inverse correlation between lifespan and metabolic rate per unit of growth rate	Rubner (1908); Pearl (1928); Sacher (1959); Sahal (1976)	with species-specific longevity Correlations between ageing rate a		Hart & Sellow, (1974), Hart et al. (1979a,0)	
Inverse correlation between environmental	Strehler (1959, 1961);			and changes at the genetic level	
temperature and lifespan in poikilothermous animals. Life-extension effects of stupor and hibernation	perature and lifespan in poikilothermous animals. Maynard Smith (1962); -extension effects of stupor and hibernation Shaw & Bercaw (1962); Sucher (1967) Higher rate of ageing		correlates with	Curtis (1966)	
Theories originated from the increase of maximal lifespan in rodents by calorie restricted diets	McCay (1934, 1939)	<ul> <li>39)</li> <li>Longer-lived species may have higher levels of redundancy of vital genes. Correlation betwo genome size and longevity.</li> </ul>		Medvedev (1972, 1983); Cutler (1974)	
Theories which suggest correlation b	etween growth rate and ageing rate	Theory of the life assurance gene	s	Sacher (1968); Hart & Turturro (1981)	
Ageing of mammalians is more rapid after the growth cessation: longer growth period or growth delaying diet increases lifesnan	McCay <i>et al.</i> (1935); Sacher (1965, 1975); Comfort (1979)	The longer-lived species have a higher number of beneficial genes (the genetic instability theory)		Strehler (1986)	
diet increases mespan		Lifespan correlations at the cellular level			
Positive correlation between the dur	ration of development and lifespan	Polyploidization (hepatocytes and other cell types) increases the lifespan of differentiated cells	Gahan (1977); Uryvaeva (	(1981)	
Longer-lived species develop at slower rates. (Species with a longer period of development and maturation need longer lives to provide parental care and protection.)	Sacher (1975); Cutler (1976); Economes (1982 <i>ab</i> ); Dilman (1986)	Correlation between maximal longevity potential and the activity of anti-oxidant enzymes (superoxide dismutase, etc.) Correlation between the intracellular and extracellular concentration of natural antioxidants (urate, ascorbate, carotene, vitamin E, etc.) and longevity	Tolmasoff <i>et al.</i> (1980); Cutler (1982, 1984) Harman (1981, 1982); Cu	tler (1982, 1984)	
Size-lifespan correlation theories		Correlation between lifespan and species-specific Pashko & Schwartz (198 activity of detoxification enzymes (longer-lived		)	
Body weight correlates positively with the longevity in mammals	Sacher (1959)	animals have higher efficiency of detoxification and are more resistant to environmental toxins)			
Brain size-lifespan correlations. Larger brains make	Sacher (1975)	Correlation between the lifespan variations and	d the tissue regeneration, cell	lular proliferation	
Positive correlation between size, height and longevity among tree species. Protective role of large sizes	Todd (1978)	invertebrates) show a complete loss of cell proliferation activity. Longer-lived species have cellular turnover in most of their tissues			
from disease, predators, etc.		Role of informational functional and organ redundancy. The overlap of functions between tissues and more than one organ with similar functions are typical for longer-lived species	Strehler & Freeman, (1980	o); Cutler (1984)	
		The disposable soma theory. Some repair-and-error correction systems are switched off in somatic cells for energy saving reasons	Kirkwood (1977); Kirkwood & Holliday (10	979, 1981)	
		Limited stem cell proliferation, capacity as an evolutionary clock that times senescence. Longer- lived species have higher cell doubling potential	Hayflick (1965, 1977, 1970 Hayflick <i>et al.</i> (1974); Cr Rohme 1981)	2); ristofolo (1972);	

Lifespan correlations with changes at the molecular level

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## **Allometry and ageing : size matters**



# Allometry and ageing : energy dissipation



# Allometry and ageing : reduced oxidative stress?



# Allometry and ageing : reduced mutation rates?



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Cagan et al., 2022

## **Classical model: ageing is a by-product of evolution**



## **Classical model: ageing is a by-product of evolution**



# Introduction on ageing: summarizing questions

- are all individuals affected equally?



# Introduction on ageing: summarizing questions







100

Percent survival

20

Age (days)
#### Introduction on ageing: summarizing questions



- is ageing really a by-product of evolution?

- what is hiding behind allometric properties?



## Studying ageing as a two-phase, discontinuous process



#### A Simple Assay To Identify Individuals About To Die Of Natural Causes



- in vivo
- measurement of intestinal permeability
- non-toxic food dye
- non-absorbed food dye
- 'Smurf' phenotype

#### Smurfness is an age-dependent phenotype



The proportion of Smurfs increases with time...

#### Smurfness is a « physiological age »-dependent phenotype



... the rate of increase is a function of physiological age

### **Every individuals turns Smurf prior to death**



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Tricoire and Rera, 2015

#### **The 2-Phase Model Of Ageing**



#### Hallmarks of ageing in the 2-Phase Model



#### Hallmarks of ageing in the 2-Phase Model



#### Hallmarks of ageing in the 2-Phase Model



#### An age-related phenotype predicting CONSTANT risk of impending death



#### An age-related phenotype predicting CONSTANT risk of impending death



#### Our approach separates chronology and physiology



#### Our approach separates chronology and physiology



#### There is a Smurf-specific signature



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Zane et al., in preparation

#### Aged non-Smurfs are close to Smurf



#### **Smurfness recapitulates transcriptional ageing signature**



3108 Differentially Expressed Genes (DEGs) / 15364 identified genes

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Zane et al., in preparation

#### **Smurfness recapitulates transcriptional ageing signature**



3108 Differentially Expressed Genes (DEGs) / 15364 identified genes

#### Ageing non-Smurf transcriptome accumulates expression noise



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Zane et al., in preparation

#### Ageing non-Smurf transcriptome accumulates expression noise



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Zane et al., in preparation

### **Changing paradigm**

# Classic framework



#### 2-phase ageing framework



### **Changing paradigm**



### **Changing paradigm**



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## Is the model evolutionarily relevant?



The 2-Phase Model of Ageing is evolutionarily conserved



Drosophila

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The 2-Phase Model of Ageing is evolutionarily conserved



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The 2-Phase Model of Ageing is evolutionarily conserved



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#### Validating the two-phase model in mice



#### **Stable physiological parameters as a function of time**



#### Show a biphasic behaviour as a function of physiological age



#### The 2-Phase Model of Ageing applies to mice



**Lobortion of Smurfs** 

0

#### The 2-Phase Model of Ageing applies to mice



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**Loportion of Smurfs** 0.4

#### Relevance of the model to the human risk of impending death



#### Relevance of the model to the human risk of impending death



#### Relevance of the model to the human risk of impending death

# Grip Strength Predicts Cause-Specific Mortality in Middle-Aged and Elderly Persons

Hideo Sasaki, MD, PhD,<sup>a,b</sup> Fumiyoshi Kasagi, PhD,<sup>c</sup> Michiko Yamada, MD, PhD,<sup>a</sup> Shoichiro Fujita, PhD<sup>d</sup>



Biomarker Profiling by Nuclear Magnetic Resonance Spectroscopy for the Prediction of All-Cause Mortality: An Observational Study of 17,345 Persons

Krista Fischer 🚳 🖾, Johannes Kettunen 🚳, Peter Würtz 🚳 🖾, Toomas Haller, Aki S. Havulinna, Antti J. Kangas, Pasi Soininen, Tõnu Esko, Mari-Liis Tammesoo, Reedik Mägi, Steven Smit, Aarno Palotie, Samuli Ripatti, [...],

Andres Metspalu \*

#### [ view all ]

Published: February 25, 2014 • DOI: 10.1371/journal.pmed.1001606

#### Expression of specific inflammasome gene modules stratifies older individuals into two extreme clinical and immunological states

David Furman<sup>1,2</sup>, Junlei Chang<sup>3</sup>, Lydia Lartigue<sup>4</sup>, Christopher R Bolen<sup>5,11</sup>, François Haddad<sup>6</sup>, Brice Gaudilliere<sup>5</sup>, Edward A Ganio<sup>5</sup>, Gabriela K Fragiadakis<sup>5</sup>, Matthew H Spitzer<sup>5</sup>, Isabelle Douchet<sup>7</sup>, Sophie Daburon<sup>7</sup>, Jean-François Moreau<sup>7</sup>, Garry P Nolan<sup>5</sup>, Patrick Blanco<sup>7</sup>, Julie Déchanet-Merville<sup>7</sup>, Cornelia L Dekker<sup>8</sup>, Vladimir Jojic<sup>9</sup>, Calvin J Kuo<sup>3</sup>, Mark M Davis<sup>1,10</sup> & Benjamin Faustin<sup>7</sup>
# Relevance of the model to the human risk of impending death



Clément Dubost Réa Bégin

### - ICU patients, Smurfness and ICU scores



- Scientific council IHA Bégin
- Research division SSA

- IRB (CPP)





- is ageing really a by-product of evolution?

- what is hiding below allometric properties?







- are all individuals affected equally ?

- is ageing really a by-product of evolution?

- what is hiding below allometric properties?



- is ageing really a by-product of evolution?

- what is hiding below allometric properties?

- can we model survival differently?



### A two-phase mathematical model of ageing





# **Rethinking the mathematical structure of ageing**



## **Rethinking the mathematical structure of ageing**



## A new powerful mathematical model







#### daily failure rate



*Effects of the parameter* <u>A</u> *on* 





#### failure tolerance









### *Effects of the parameter* <u>k</u> *on curves*

H. Tricoire, M. Rera 2015

## Improving the model



# Improving the model



JM Di Meglio, unpublished

### Is a two-phase ageing process selected for by evolution?



# **Classical model: ageing is a by-product of evolution**



# Classical model: ageing is a by-product of evolution but...



# Classical model: ageing is a by-product of evolution but...



## Can a two-phase ageing process appear and be selected for?



## Can a two-phase ageing process appear and be selected for?



## **The Lansing effect**



Lansing, 1954



# **Proposing a simple birth-death model**



# **Reproduction rules**





# **Reproduction rules : implementing the Lansing effect**





# **Evolution of the system**



# **Evolution of the system : with Lansing effect**



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Roget et al., 2019; biorxiv Roget et al., 2022

## **Evolution of the system : without Lansing effect**



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Roget et al., 2019; biorxiv Roget et al., 2022

# **Evolution of the system : implications for living organisms**



# **Evolution of the system : implications for living organisms**



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Roget et al., 2019; biorxiv Roget et al., 2022

# **Evolution of the system : implications for living organisms**



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Roget et al., 2019; biorxiv Roget et al., 2022
#### **Evolution of the system : implications for living organisms**



Sire families

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biorxiv Roget et al., 2022







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biorxiv Roget et al., 2022

	ā. 6		2			Mutation probability				
		0	0.1	0.5	1	0	0.1	0.5	1	
		La	Lansing/non-Lansing collapsed population				Lansing/total population size			
Competition	9.10-5	-	-	-	-	0.57	0.64	0.62	0.59	
	9.10-4	1.02	0.62	0.56	0.66	0.49	0.62	0.60	0.55	
	9.10-3	1.00	1.05	1.13	1.03	-	0.43	0.44	0.49	





#### **Fitness landscape of non-Lansing populations**



biorxiv Roget et al., 2022

SmurfsInTheWild Conclusion III

# **Fitness landscape of Lansing populations**



#### **Comparing fitness landscapes**



#### How to explain this relative success? Ageing increases fitness gradient!



SmurfsInTheWild Conclusion III











#### What's next?

- make evo2PAC, diploid, sexual

- make 2PAC for real populations

- implement population health prediction based on field assessment of Smurf proportion

- what is the impact of ageing on populations dynamics and evolution?

