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The Biology of Human Longevity Human Longevity, Its Facts and Its Fictions *Aging and Human Longevity Lifespan Aging and Human Longevity Human Longevity Aging, Death, and Human Longevity Extending the Human Life Span Biomarkers of Human Longevity Human Longevity, Individual Life Duration, and the Growth of the Oldest-Old Population On Human Longevity, and the Amount of Life Upon the Globe The Quest for Human Longevity Genetic Determinants of Human Longevity The Abolition of Aging Human Longevity from Antiquity to the Modern Lab The Future of Human Longevity Human Longevity Brain and Longevity Human Longevity, Its Facts and Its Fictions Including an Inquiry Into Some of the More Remarkable Instances, and Suggestions for Testing Reputed Cases, Illustrated by Examples Human Longevity, Its Facts and Its Fictions Including an Inquiry Into Some of the More Remarkable Instances, and Suggestions for Testing Reputed Cases Human Longevity HUMAN LONGEVITY. Living 120 Years HUMAN LONGEVITY ITS FACTS & IT Longevity: To the Limits and Beyond Human Longevity Between Zeus and the Salmon Beyond Longevity How Far Should Science Extend the Human Lifespan? Outlive Rules For Humans Longevity The Philosophy of Health Modulating Aging and Longevity How Men Age Extending the Human Lifespan Human Longevity Exceptional Lifespans The philosophy of health; or, An exposition of the physical and mental constitution of man, with a view to the promotion of human longevity and happiness Human Longevity: Prolongevity*

Living 120 Years Feb 11 2021 You may think that aging is an unstoppable force - but there are brakes to slow its progress. Since 1900, average life expectancy around the globe has more than doubled, thanks to better public health, sanitation, and food supplies. But a new study of long-lived Italians and Japanese indicates that we have yet to reach the upper bound of human longevity. Human life expectancy is on the rise. Whereas the average person born in 1960 could expect to live to 55 years of age, someone born today has an average life expectancy between 79 and 83 years of age. The question many of us ask is: how far can we push the boundaries of our human lifespan? Scientists are still studying this question...

[Human Longevity, Its Facts and Its Fictions Including an Inquiry Into Some of the More Remarkable Instances, and Suggestions for Testing Reputed Cases](#) May 17 2021 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Extending the Human Life Span May 29 2022

Beyond Longevity Sep 08 2020 New science updates the "blue zones" secrets to healthy longevity with a flexible, holistic approach that incorporates epigenetics, nutrition, and mental health. Through his documentary film series, The Human Longevity Project, Jason Prall traveled to select regions around the world known for their long-lived, healthy populations. He sought to understand not only the longevity secrets of these societies but also the scientific basis underpinning their health wisdom. Through his travels, he came to the realization that while the pursuit of longevity is sexy, it's insufficient and hollow—what most of us really want is an extended life filled with vibrant health, meaning, and purpose. We

want to thrive as we age. This book combines his own personal experiences with the knowledge and wisdom gained from interviewing more than 100 health experts and dozens of amazing elders from around the world. You'll discover that when experiential wisdom is supported by the latest scientific research, a more integrated picture emerges of how you can most effectively increase your happiness, health, and longevity. Life is a mysterious process with a natural development, order, and cycle. It is lent to us for a brief moment before the physical body is left behind. If we wish to thrive in the modern world, we must create a mental, emotional, physical, and energetic environment that is congruent with this natural lifecycle. The reality that humanity has created, filled with next-generation technologies and increasing comforts, presents both unique opportunities and novel challenges. We have the option to choose a more harmonious path that establishes greater coherence within ourselves, one another, and the environment. This is the amazing opportunity that lies before us. When we live from alignment, all life benefits. [Human Longevity from Antiquity to the Modern Lab](#) Oct 22 2021 Product information not available. *Modulating Aging and Longevity* Apr 03 2020 After decades of systematic collection of data describing age-related changes in organisms, organs, tissues, cells and macromolecules, biogerontologists are now in a position to construct general principles of ageing and explore various possibilities of intervention using rational approaches. While not giving serious consideration to the claims made by charlatans, it cannot be ignored that several researchers are making genuine attempts to test and develop various means of intervention for the prevention and treatment of age-related diseases, for regaining the functional abilities and for prolonging the lifespan of experimental organisms. This book provides the most up-to-date information and a critical evaluation of a variety of approaches being tried for modulating aging and longevity, including dietary supplementation with antioxidants, vitamins and hormones, genetic engineering, life-style alterations, and hormesis through mild stress. The goal of research on ageing is not to increase human longevity regardless of the consequences, but to increase active longevity free from disability and functional dependence.

Aging and Human Longevity Sep 01 2022 The proportion of elderly people continues to increase in the western world—nearly a quarter of the population will be over 65 years by the year 2050. Since aging is accompanied by an increase in diseases and by a deterioration in well-being, finding solutions to these social, medical and psychological problems is necessarily a major goal for society. Scientists and medical practitioners are therefore faced with the urgent task of increasing basic knowledge of the biological processes that cause aging. More resources must be put into this research in order to achieve better understanding of the cellular mechanisms that underlie the differences in life span between species and to answer the difficult questions of why some individuals age more quickly than others, and why some develop liver problems, some have heart problems, and others brain problems. The results of such a wide program of research will provide important information about the causes of many life-threatening and/or debilitating diseases of old age; it will help find ways to prevent some of the ailments that result from aging, and it may well lead to discoveries enabling the prolongation of human life.

Lifespan Oct 02 2022 An exploration of human longevity discusses the real link between good health and lifespan, the role of genes in lifespan, the danger of infectious disease, and diet and life expectancy

Human Longevity, Its Facts and Its Fictions Dec 04 2022

Between Zeus and the Salmon Oct 10 2020 Demographers and public health specialists have been surprised by the rapid increases in life expectancy, especially at the oldest ages, that have occurred since the early 1960s. Some scientists are calling into question the idea of a fixed upper limit for the human life span. There is new evidence about the genetic bases for both humans and other species. There are also new theories and models of the role of mutations accumulating over the life span and the possible evolutionary advantages of survival after the reproductive years. This volume deals with such diverse topics as the role of the elderly in other species and among human societies past and present, the contribution of

evolutionary theory to our understanding of human longevity and intergenerational transfers, mathematical models for survival, and the potential for collecting genetic material in household surveys. It will be particularly valuable for promoting communication between the social and life sciences.

The Philosophy of Health May 05 2020

The Future of Human Longevity Sep 20 2021

Outlive Rules For Humans Jul 07 2020 Written by a visionary physician and prominent longevity specialist, this manifesto on living better and longer challenges conventional medical thinking on aging and shows a new way to prevent chronic disease and enhance long-term health. A manifesto that questions the mainstream medical perspective on aging and presents a new strategy for preventing chronic disease and prolonging longevity "One of the most important books you will ever have the opportunity to read."

Wouldn't it be great if you could live longer? And better? In this guide to living a long and healthy life, Dr. Peter Attia presents fresh approaches to nutrition, strategies for obtaining optimal levels of activity and rest, and tools for addressing concerns connected to emotional and mental health based on the most recent scientific findings. Despite its many accomplishments, traditional medicine has not achieved considerable progress against age-related disorders such as coronary heart disease, cancer, Alzheimer's disease, and type 2 diabetes, which account for the bulk of deaths. Too often, it intervenes with drugs that are too late to be effective, extending lifespan at the expense of healthspan or quality of life. Dr. Phillip believes that we must forsake this antiquated structure in favor of a personalized, preventative strategy for longevity, one that needs immediate action rather than inaction. This is science, not "biohacking" a well-founded strategic and tactical approach to extending the human lifespan while simultaneously enhancing our physical, cognitive, and emotional health. Dr. Phillip's objective is not so much to instruct you on what to do as to teach you how to consider your long-term health in order to design the plan that is best suited for you as an individual. Outlive readers will learn the following: Why the cholesterol test you receive at your annual physical doesn't tell you nearly enough about your lifetime risk of suffering a catastrophic heart attack - You may already be suffering from a highly widespread but undiagnosed liver ailment that may be a precursor to age-related chronic diseases; this condition may contribute to your future risk of getting these diseases. - Why physical activity is the most effective "medication" for extending life, and how to start training for the "Centenarian Decathlon." Why You should forget about diets and instead focus on nutritional biochemistry, personalizing your eating pattern with the aid of technology and data in order to meet your specific nutritional requirements. Why Focusing entirely on one's physical health and longevity at the expense of one's emotional health may be the greatest error one can make. We have substantially more power than we give ourselves credit for over how we age and how long we live; our destinies are not set in stone. If you have the proper knowledge, you can reroute your life to outlive your genes and ensure that each decade of your life is more gratifying than the last.

Human Longevity: Sep 28 2019

Longevity Jun 05 2020 Despite our deep interest in mortality, little is known about why some individuals live to middle age and others to extreme old age. Life span, mortality, and aging present some of the most profound mysteries in biology. In *Longevity*, James Carey draws on unprecedented data to develop a biological and demographic framework for identifying the key factors that govern aging, life span, and mortality in humans and other animals. Carey presents the results of a monumental, twelve-year, National Institute on Aging-funded research project on the determinants of longevity using data from the life tables of five million Mediterranean fruit flies, the most comprehensive set of life table studies ever on the mortality dynamics of a single species. He interprets the fruit fly data within the context of human aging and the aging process in general to identify the determinants of mortality. Three key themes emerge: the absence of species-specific life span limits, the context-specific nature of the mortality rate, and biodemographic linkages between longevity and reproduction. A powerful foundation for the emerging field of biodemography and a rich framework for considering the future of human life span, *Longevity* will be an indispensable resource for readers from a range of fields including population biology, demography, gerontology, ecology, evolutionary biology, and medical research.

The Biology of Human Longevity Jan 05 2023 Written by Caleb Finch, one of the leading scientists of our time, *The Biology of Human Longevity - Inflammation, Nutrition, and Aging in the Evolution of Lifespans*

synthesizes several decades of top research on the topic of human aging and longevity particularly on the recent theories of inflammation and its effects on human health. The book expands a number of existing major theories, including the Barker theory of fetal origins of adult disease to consider the role of inflammation and Harmon's free radical theory of aging to include inflammatory damage. Future increases in lifespan are challenged by the obesity epidemic and spreading global infections which may reverse the gains made in lowering inflammatory exposure. This timely and topical book will be of interest to anyone studying aging from any scientific angle. * Author Caleb Finch is a highly influential and respected scientist, ranked in the top half of the 1% most cited scientists * Provides a novel synthesis of existing ideas about the biology of longevity and aging * Incorporates important research findings from several disciplines, including Gerontology, Genomics, Neuroscience, Immunology, Nutrition
Prolongevity Aug 27 2019 Descriptions of experiments, interviews with key researchers, and explanations of underlying theories comprise reportage on new discoveries and implications involving the probable slowing down and probable reversal of the aging process.

Human Longevity, Individual Life Duration, and the Growth of the Oldest-Old Population Mar 27 2022 Old-age survival has considerably improved in the second half of the twentieth century. Why has such a substantial extension of human lifespan occurred? How long can we live? In this book, these fundamental questions are explored by experts from diverse fields. They report on recent cutting-edge studies about essential issues of human longevity and social factors of long survival in old age.

The Quest for Human Longevity Jan 25 2022 Many scientists today are working to retard the aging process in humans so as to increase both life expectancy and the quality of life. Over the past decade impressive results have been achieved in targeting the mechanisms and pathways of aging. In *The Quest for Human Longevity*, Lewis D. Solomon considers these scientific studies by exploring the principal biomedical anti-aging techniques. The book also considers cutting edge research on mental enhancements and assesses the scientific doubts of skeptics. *The Quest for Human Longevity* is also about business. Solomon examines eight corporations pursuing various age-related interventions, profiling their scientific founders and top executives, and examining personnel, intellectual property, and financing for each firm. Academic scientists form the link between research and commerce. Solomon notes that the involvement of university scientists and researchers follows one of two models. The first is a traditional model in which scientists leave academia to work for a corporation or remain in academia and obtain business support for their research. The second is a modern model in which scientists use their intellectual property as a catalyst for acquiring equity interests in the firms they organize. Critics have pointed to the dangers of commercialized science, but Solomon's analysis, on balance, finds that the benefits outweigh the costs and that problems of secrecy and conflicts of interest can be addressed. If scientists succeed in unlocking the secrets of aging and developing drugs or therapies that will allow us to live decades longer, the consequences for society will include profound social, political, economic, and ethical questions. Solomon deals with the public policy aspects of significant life extension and looks at the conflict between those who advocate the acceptance of mortality and the partisans of life. *The Quest for Human Longevity* will be of interest to policymakers, sociologists, scientists, and students of business, as well as general readers interested in these compelling issues. Lewis D. Solomon is Theodore Rinehart Professor of Business Law at George Washington University Law School. A prolific author on legal, business, public policy, and religious topics, he has written over fifty books and numerous articles. He is an ordained rabbi and interfaith minister.

Longevity: To the Limits and Beyond Dec 12 2020 Why longevity? For a number of years, the Fondation IPSEN has been devoting considerable effort to the various aspects of ageing, not only to age-related diseases such as Alzheimer's, but also to the Centenarians, the paragon of positive ageing. The logical continuation of this approach is to address the question of longevity in global terms. Behind the extreme values, what span is accessible to all of us and likely to directly concern most of our contemporaries? The individual and collective increase in the duration of life is one of the most striking phenomena of our time. It could be one of the most significant events in the "bio-social" history of humanity. The increase in life expectancy at old age, which started a few decades ago only, is going on. The most well-advised observer had not foreseen or even dared hope for this increase which will drastically affect our everyday life, our habits and our behavior. In the fragment of human history we are living in, it is our responsibility to deal

with this major transformation for the species. Such a transformation needs an effort from all to adapt to the new conditions. This transformation has to be managed rather than simply experienced, anticipated rather than followed, in order to avoid any attempt to pervert this major step forward. All that was present during the first symposium of the new series on longevity of the Colloques Medecine et Recherche convened by the Fondation IPSEN.

Aging, Death, and Human Longevity Jun 29 2022 Annotation Life expectancy increasing dramatically for both social and scientific reasons. This book explores the arguments for and against increasing the length of human life and proposes a progressive social policy for responding to a longer-lived population.

HUMAN LONGEVITY ITS FACTS & IT Jan 13 2021

Human Longevity Nov 10 2020 Two thousand years ago, the average life expectancy from birth to death of a Roman citizen, an individual better off than most people at that time, was about 22 years (wars, infectious diseases, trauma, etc.). This progressively increased to about 47 years in the U.S. and most European countries by 1900. Today, the average life expectancy in the U.S. is 78 years (women about five years more than men). However, unless the obesity pandemic is reversed and lifestyles improved, the average life expectancy will likely decrease significantly. conversely, if our lifestyles improve, the average life expectancy could reach 85 or more years. Growing older does not necessarily mean growing sicker. Thus, "don't just add years to your life, add life to your years" (Hans Selve). Indeed, of the 15 major causes of death in the U.S., 65-70% are lifestyle-related. In this book, the following documented topics that are associated with diseases and mortality are discussed in detail: theories of aging; diseases and mortality associated with obesity, physical inactivity and poor nutrition; psychological stress (anxiety, depression); addiction (alcohol, tobacco, drugs); violence (suicide, homicide); food-borne and infectious diseases (viral, bacterial, parasitic); and various other conditions (air pollution, asbestosis, trace metals).

[Biomarkers of Human Longevity](#) Apr 27 2022 There is perhaps no other single technology or industry subsector, with the exception of AI, that has more potential to accelerate the realization of real-world impacts in Longevity across the full scope of its sectors and domains - industry, policy, investment, entrepreneurship, policy, and governance - than Biomarkers of Human Longevity. Given the unique confluence of Biomarkers of Human Longevity's disruptive impact and accelerative potential, on the one hand, and the high degree of disharmonization in terms of what they are and how they could and should be used, on the other hand, it is clear to me that there is a pressing unmet need for the production of a dedicated book that takes Biomarkers of Longevity as its central concern and major fulcrum, identifying the true potential that this technology has to increase individual and national Health-Adjusted Life Expectancy (HALE) and Quality-Adjusted Life Expectancy (QALY), optimize strategic decision-making for start-ups and corporations, de-risk investment, provide for the first time a tangible framework for company valuation, due diligence based on human validation, enable reliable forecasting clinical outcomes, serve as an effective platform for safe self-experimentation and personalized therapeutic fine-tuning, and pave the way for a much more tangible, stable and scalable Global Longevity Industry, where Longevity's socially-inclusive humanitarian impact is maximized and its potential ethical and socioeconomic concerns are neutralized. Deep Knowledge Group and its Longevity-focused subsidiaries and affiliates, including its analytical subsidiary Aging Analytics Agency, its specialized investment arm Longevity.Capital, its portfolio companies Longevity Banking Card and Longevity Financial Advisors and the international non-profit consortium Longevity.International, have prioritized the pressing need and the extreme potential of Biomarkers of Human Longevity (and integrated them in various ways into its overall scope of activities and strategic agenda) for several years now, and are expertly positioned to provide a tangible understanding of the major challenges and opportunities to be faced within this domain, and how they can be applied by individuals, institutions and even entire governments in order to achieve their maximum benefits while neutralizing potential pitfalls and issues.

Human Longevity Apr 15 2021 More than 7 billion people inhabit the earth and all of them are subject to aging. This book is aimed at persons interested in a molecular explanation of how our cells age. Human Longevity: Omega-3 Fatty Acids, Bioenergetics, Molecular Biology, and Evolution is built on the proposition that we age as our mitochondria age. It suggests a revised version of Harman's famous hypothesis featuring mitochondrial oxidative and energy stresses as the root causes of aging. Human cells are protected from

the ravages of aging by a battery of defensive systems including some novel mechanisms against membrane oxidation introduced in this book. This concept is consistent with recent discoveries showing that mitochondria-targeted antioxidants prevent Huntington's disease, Parkinson's disease, and traumatic brain disease in animal models of neurodegeneration. This book explores a unified theory of aging based on bioenergetics. It covers a variety of topics including an introduction to the science of human aging, the Darwinian selection of membranes enabling longevity, a revised mitochondrial membrane hypothesis of aging, and various mechanisms that protect human mitochondrial membranes, thereby enabling longevity. **How Far Should Science Extend the Human Lifespan?** Aug 08 2020 Provides essays that cover varying opinions on the extension of human life, discussing its pros and cons, the capacity for misuse of life-extending technologies, and the ethical issues involved.

HUMAN LONGEVITY. Mar 15 2021

Human Longevity Jul 31 2022 This absorbing, balanced account of human longevity draws together information from the fields of medicine, biology, demography, epidemiology, gerontology, and sociology. It describes the history and present status of human longevity and deals in logical sequence with the questions this subject raises. The book illustrates how life expectancy has increased in most countries due, in part, to changing causes of death. It examines the biological determinants of longevity and analyzes social and behavioral factors that may reduce longevity. The book covers the reasons why women live longer than men. It asks why the maximum human life span is nearly twice that of any other warm-blooded animal and much longer than required for reproductive success, and it discusses factors that were involved in the evolution of longevity. It presents predictable increases in human life expectancy and explores the possibility that the maximum human life expectancy may become even longer. Accessible, comprehensive, and original, this book provides a multidisciplinary synthesis of ideas and conclusions about human longevity. It will have wide appeal to professionals in the many areas concerned with longevity as well as lay readers.

Human Longevity Aug 20 2021 Human Longevity - Its Facts and its Fictions is an unchanged, high-quality reprint of the original edition of 1873. Hansebooks is editor of the literature on different topic areas such as research and science, travel and expeditions, cooking and nutrition, medicine, and other genres. As a publisher we focus on the preservation of historical literature. Many works of historical writers and scientists are available today as antiques only. Hansebooks newly publishes these books and contributes to the preservation of literature which has become rare and historical knowledge for the future.

Human Longevity, Its Facts and Its Fictions Including an Inquiry Into Some of the More Remarkable Instances, and Suggestions for Testing Reputed Cases, Illustrated by Examples Jun 17 2021 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Exceptional Lifespans Nov 30 2019 How long can humans live? This open access book documents, verifies and brings to life the advance of the frontier of human survival. It carefully validates data on supercentenarians, aged 110+, and semi-supercentenarians, aged 105-109, stored in the International Database on Longevity (IDL). The chapters in this book contribute substantial advances in rigorously checked facts about exceptional lifespans and in the application of state-of-the-art analytical strategies to understand trends and patterns in these rare lifespans. The book includes detailed accounts of extreme long-livers and how their long lifespans were documented, as well as reports on the causes of death at the oldest ages. Its key finding, based on the analysis of 1,219 validated supercentenarians, is that the annual

probability of death is constant at 50% after age 110. In contrast to previous assertions about a ceiling on the human lifespan, evidence presented in this book suggests that lifespan records in specific countries and globally will be broken again and again as more people survive to become supercentenarians.

How Men Age Mar 03 2020 While the health of aging men has been a focus of biomedical research for years, evolutionary biology has not been part of the conversation--until now. "How Men Age" is the first book to explore how natural selection has shaped male aging, how evolutionary theory can inform our understanding of male health and well-being, and how older men may have contributed to the evolution of some of the very traits that make us human. In this informative and entertaining book, renowned biological anthropologist Richard Bribiescas looks at all aspects of male aging through an evolutionary lens. He describes how the challenges males faced in their evolutionary past influenced how they age today, and shows how this unique evolutionary history helps explain common aspects of male aging such as prostate disease, loss of muscle mass, changes in testosterone levels, increases in fat, erectile dysfunction, baldness, and shorter life spans than women. Bribiescas reveals how many of the physical and behavioral changes that we negatively associate with male aging may have actually facilitated the emergence of positive traits that have helped make humans so successful as a species, including parenting, long life spans, and high fertility. Popular science at its most compelling, "How Men Age" provides new perspectives on the aging process in men and how we became human, and also explores future challenges for human evolution--and the important role older men might play in them.

Aging and Human Longevity Nov 03 2022 The proportion of elderly people continues to increase in the western world--nearly a quarter of the population will be over 65 years by the year 2050. Since aging is accompanied by an increase in diseases and by a deterioration in well-being, finding solutions to these social, medical and psychological problems is necessarily a major goal for society. Scientists and medical practitioners are therefore faced with the urgent task of increasing basic knowledge of the biological processes that cause aging. More resources must be put into this research in order to achieve better understanding of the cellular mechanisms that underlie the differences in life span between species and to answer the difficult questions of why some individuals age more quickly than others, and why some develop liver problems, some have heart problems, and others brain problems. The results of such a wide program of research will provide important information about the causes of many life-threatening and/or debilitating diseases of old age; it will help find ways to prevent some of the ailments that result from aging, and it may well lead to discoveries enabling the prolongation of human life.

Brain and Longevity Jul 19 2021 In this third volume on longevity Fondation Ipsen has again collected the most recent results in research on genes and diet in the evolution of human longevity, educational level and longevity, cognitive impairment and survival at older age and other contributions. The preponderance of relatively short - compared to long-lived organisms suggests that morphogenesis is easier to accomplish than is maintenance of soma, whereas the broad range of longevities of organisms demonstrates that maintaining soma for extended periods of time is possible. The underlying assumption of "disposable soma" theory of aging is that the expense of maintaining somatic cells depends on their contribution to the welfare of the germ cells.

The philosophy of health; or, An exposition of the physical and mental constitution of man, with a view to the promotion of human longevity and happiness Oct 29 2019

On Human Longevity, and the Amount of Life Upon the Globe Feb 23 2022

Extending the Human Lifespan Jan 31 2020 "At Issue: Extending the Human Lifespan: Books in this anthology series focus a wide range of viewpoints onto a single controversial issue, providing in-depth discussions by leading advocates, a quick grounding in the issues, and a challenge to critical thinking skills"--

The Abolition of Aging Nov 22 2021 Within our collective grasp dwells the remarkable possibility of the abolition of biological aging. It's a big "if," but if we decide as a species to make this project a priority, there's around a 50% chance that practical rejuvenation therapies resulting in the comprehensive reversal of aging will be widely available as early as 2040. People everywhere, on the application of these treatments, will, if they wish, stop becoming biologically older. Instead, again if they wish, they'll start to become biologically younger, in both body and mind, as rejuvenation therapies take hold. In short, everyone

will have the option to become ageless. The viewpoint just described is a position the author has reached following extensive research, carried out over more than ten years. His research has led him to become a strong supporter of what can be called "the rejuvenating project" a multi-decade cross-disciplinary endeavour to engineer human rejuvenation and thereby enable the choice to abolish aging. But this viewpoint frequently encounters one of two adverse reactions. First, people say that it's not possible that such treatments are going to exist in any meaningful timescale any time soon. In other words, they insist that human rejuvenation can't be done. It's wishful thinking to suppose otherwise, they say. It's bad science. It's naively over-optimistic. It's ignorant of the long history of failures in this field. The technical challenges remain overwhelmingly difficult. Second, people say that any such treatments would be socially destructive and morally indefensible. In other words, they insist that human rejuvenation shouldn't be done. It's essentially a selfish idea, they say - an idea with all kinds of undesirable consequences for societal harmony or planetary well-being. It's an arrogant idea, from immature minds. It's an idea that deserves to be strangled. Can't; shouldn't - this book argues that both these objections are profoundly wrong. It argues instead that rejuvenation is a noble, highly desirable, eminently practical destiny for our species - a "Humanity+" destiny that could be achieved within just one human generation from now. In the author's view, the abolition of aging is set to take its place on the upward arc of human social progress, echoing developments such as the abolition of slavery, the abolition of racism, and the abolition of poverty. This is a discussion with enormous consequences. Changes in the public mood regarding the desirability of rejuvenating could trigger large reallocations of both public and private research expenditure. In turn, these reallocations are likely to have major implications in many areas of public well-being. Clearly, these decisions need to be taken wisely - with decisions being guided by a better understanding of the rich landscape of rejuvenating possibilities. Due to complexities and unknowns, no one can be sure of the outcome of this project. Despite what some rejuvenation enthusiasts may suggest, there's nothing inevitable about the pace of future medical progress. That's why the author gives the probability of success as only around 50%. Although the end outcome remains unclear, the sense of discovery is increasing. The underlying scientific context is changing rapidly. Every day brings its own fresh firehose of news of potential breakthrough medical approaches. In the midst of so much innovation, it behoves us to seek clarity on the bigger picture. To the extent that this book can provide that bigger picture, it will have met at least some of its goals. Armed with that bigger picture, readers of this book will, hopefully, be better placed to find the aspect of the overall rejuvenating project where they can make their best contributions. Together, we can tilt that 50% success probability upwards. The sooner, the better. Note: For advance feedback on this book, see <https://theabolitionofaging.com/>.

Genetic Determinants of Human Longevity Dec 24 2021 In the last two decades, due to the continuous increase of lifespans in Western societies, and the consequent growing of the elderly population, have witnessed an increase in the number of studies on biological and molecular factors able to promote healthy aging and reach longevity. The study of the genetic component of human longevity demonstrated that it accounts for 25% of intra population phenotype variance. The efforts made to characterize the genetic determinants suggested that the maintenance of cellular integrity, inflammation, oxidative stress response, DNA repair, as well as the use of nutrients, represent the most important pathways correlated with a longer lifespan. However, although a plethora of variants were indicated to be associated with human longevity, only very few were successfully replicated in different populations, probably because of population specificity, missing heritability as well as a complex interaction among genetic factors with lifestyle and cultural factors, which modulate the individual chance of living longer. Thus, many challenges remain to be addressed in the search for the genetic components of human longevity. This Special Issue is aimed to unify the progress in the analysis of the genetic determinants of human longevity, to take stock of the situation and point to future directions of the field. We invite submissions for reviews, research articles, short-communications dealing with genetic association studies in human longevity, including all types of genetic variation, as well as the characterization of longevity-related genes.

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