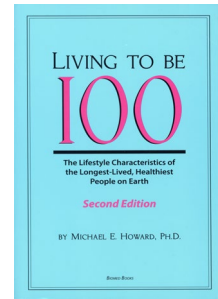


## Living to be 100



### Definitions

*Gerontology* is the scientific study of aging and longevity.

*Aging* is the deteriorative changes with time during post-maturational life.

*Longevity* is the potential maximum age an individual of a species can attain.

*Life expectancy* refers to the expected average life span of an entire population.

*Life span* is a measure of the actual length of an individual person's life.

*Health span* is the number of years of an individual person's life without significant disability.

*Maximum life span* is the highest number of years of life observed in a species. For women, the maximum recorded life span is 122.5 years; for men, 116 years.

*Centenarian* is a person who lives to be 100 years old.

*Supercentenarian* is a person who lives beyond 110 years of age.

*Super-supercentenarian* is a person who lives to be 115 years of age. There are only about 45 persons documented worldwide to have lived to be at least 115.

### Some points about aging

1. There is no such thing as normal aging.
2. Real aging begins at the end of reproductive life, so keep reproducing, or trying to!
3. Genes affect aging, but life style is more important to aging.
4. Only 3% of Americans practice the four basic behaviors that add many healthy years to one's life span:
  - (A) Not smoking;
  - (B) Eating a "nutritious" diet, like the Mediterranean diet;
  - (C) Exercising "regularly", i.e. at least 140 minutes/week, i.e. 20 minutes per day; and
  - (D) Maintaining a "normal" weight for one's sex and height, as shown in the Body Mass Index (BMI) charts posted by the National Institutes of Health (NIH).
5. Aging does not kill most of us. The top ten diseases before covid do. They are:
  - 1<sup>st</sup>, Heart disease;
  - 2<sup>nd</sup>, Cancer;
  - 3<sup>rd</sup>, Chronic obstructive pulmonary disease (COPD);
  - 4<sup>th</sup>, Stroke;
  - 5<sup>th</sup>, Accidents;
  - 6<sup>th</sup>, Alzheimer's disease;
  - 7<sup>th</sup>, Diabetes;
  - 8<sup>th</sup>, Kidney disease;
  - 9<sup>th</sup>, Pneumonia and flu; and
  - 10<sup>th</sup>, Suicide.

### The five “blue” zones

There are five worldwide geographic areas which have a very high incidence of centenarians. They are called “blue” zones because one of the researchers who identified them had the habit of circling the areas on a world map with a blue ink pen.

1. Okinawa, Japan, mainly populated by peasant farmers;
2. Loma Linda, California, primarily populated by Seventh-Day Adventists who do not smoke, do not drink alcohol, and eat a mostly vegetarian diet;
3. Nicoya Peninsula, Costa Rica, where hard-working villagers consume a largely vegetarian diet;
4. Icaria Island, Greece, where the people walk almost everywhere and eat a diet of garden-grown vegetables and fruits growing wild;
5. Barbagia, Sardinia, where male centenarians outnumber female centenarians by about nine to one because the men work hard as farmers and shepherds while the women are sedentary but stressed by running their households.

### First 6 of 16 Life Style Characteristics of Centenarians

1. Maintain low blood sugar.
2. Maintain low blood pressure.
3. Have low low-density lipoproteins (LDL) & low total cholesterol.
4. Keep weight in the normal range and steady.
5. Eat few calories.
6. Eat a mostly vegetarian Mediterranean diet with coffee or tea.

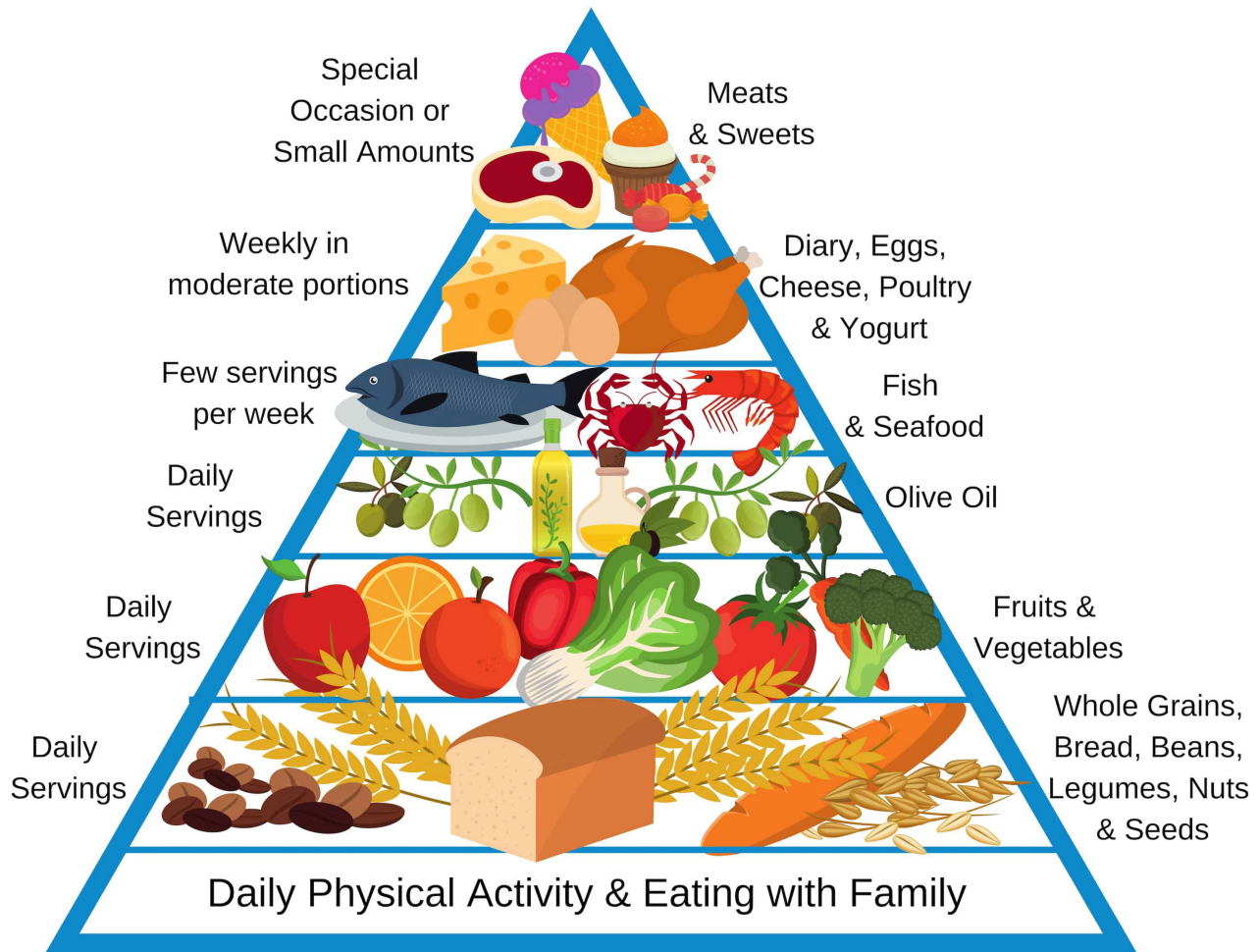
### Last 10 of 16 Life Style Characteristics of Centenarians

7. Avoid nutritional deficiencies in vitamins A, B, C, D, E, & K.
8. Exercise regularly, be active, & stay busy after retirement.
9. Do not smoke or quit smoking if you do smoke.
10. Avoid alcohol or have less than one drink per month.
11. Get regular & restful sleep.
12. Maintain healthy gums.
13. Challenge your mind daily.
14. Stay positive in attitude; avoid anxiety & depression.
15. Manage stress & be resilient.
16. Stay socially connected, like through memberships in clubs like this one, with serenity & a purpose to your life.

### How to purchase “Living to be 100” (2<sup>nd</sup> edition, 2018)

Send check or money order for \$35 to: Biomed General Co., Post Office Box 5727, Concord, CA 94524

Or, call with your credit or debit card ready to 1 (925) 288-3500 from noon to 8 p.m. eastern time, Monday through Friday. The book is not designed to substitute for professional medical advice. Always consult your primary care physician before making major changes in your eating habits, starting an exercise program, or taking vitamin supplements. Please note that I make no commission on the sale of this book.



## MEDITERRANEAN DIET