

Latest advances in antiaging medicine

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(Received for publication on January 17, 2005)

(Revised for publication on March 22, 2005)

(Accepted for publication on April 23, 2005)

Abstract. Rapid progress is being made in our ability to modify the aging process. Rather than serving as a period of debility and decreasing health, for many people, the later years of life are becoming a period of continued productivity, independence and good health. Progress is also being made in increasing average lifespan. The leading causes of death (cardiovascular disease, cancer, lung disease, diabetes) are the end result of decades-long processes. With current knowledge, it is possible to delay the onset of these diseases. This can be assisted by lifestyle choices incorporating healthful diet, exercise, stress management, and nutritional supplementation. Emerging genomics technology will allow individuals to establish personalized programs, while early detection of heart disease and cancer will contribute to longevity. Biotechnological therapies involving stem cells, recombinant DNA, proteomics, therapeutic cloning and gene-based therapies are expected to play major roles in promoting successful aging. We are at the threshold of artificial intelligence (AI) and nanotechnology (NT). AI will allow for a merging of our biological thinking with advanced forms of non-biological intelligence to vastly expand our ability to think, create and experience. NT will ultimately allow us to build devices able to build molecules much like our current cellular machinery does, one atom at a time. It is the goal of today's antiaging medicine to forestall disease and aging long enough for people to utilize the powerful biotechnology and nanotechnology therapies that will be developed over the decades ahead. These future therapies have the potential to greatly extend longevity. (*Keio J Med* 54 (2): 85–94, June 2005)

Key words: antiaging, longevity, genomics, biotechnology, nanotechnology

People are very interested in learning what they can do to live longer as well as to remain healthy during their later years. Numerous books have written about this topic, and, in fact, I have contributed to the growing number of titles by writing two books specifically addressing this topic, *The Baby Boomers' Guide to Living Forever* (Hubristic Press, 2000) and *Fantastic Voyage: Live Long Enough to Live Forever* (Rodale Press, October 2004), which I coauthored with Ray Kurzweil.

Changing Views of Aging

Views about aging are changing rapidly. The old view of aging was that much of one's latter years were basically spent in a state of disability. Conventional wisdom was that seniors of advanced age (the "oldest of the old") would spend their final years unable to

contribute to society, with several of these years often requiring skilled care such as a nursing home. The new view of aging is that people will remain physically and mentally healthy until very old age. This is what people today are looking for in their later years: to remain vibrant and in very good health, as contributing members of society. This paradigm shift is possible for many people today with present-day strategies, so this is a realistic goal for many people.

We have the technology and medical knowledge to enable a significant portion of the population to live to more than 100 years of age already. Several factors are intersecting to create a scenario where this will become increasingly common in the years ahead.

It is even possible that within the next few decades, life spans of 100 years may appear quite short. Today, human life expectancy has been steadily increasing by about 2.2 months per year.¹ This progress has been

Presented at the 1372nd Meeting of the Keio Medical Society in Tokyo, September 22, 2004

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Advances In Antiaging Medicine

Peipei Pang



Advances In Antiaging Medicine:

This book delves into Advances In Antiaging Medicine. Advances In Antiaging Medicine is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Advances In Antiaging Medicine, encompassing both the fundamentals and more intricate discussions.

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