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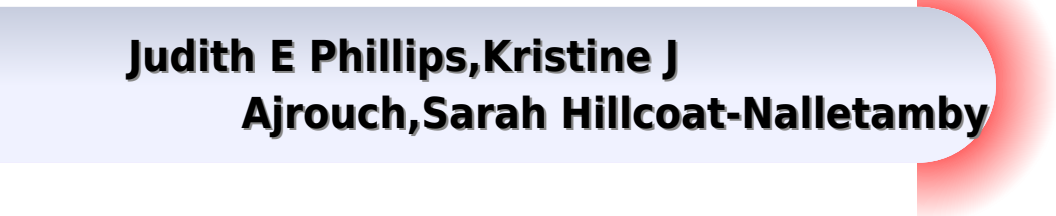
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Longevity Past Present And Future

**Judith E Phillips, Kristine J
Ajrouch, Sarah Hillcoat-Nalletamby**



Longevity Past Present And Future:

American Longevity Samuel H. Preston,1996 **Human Longevity, Individual Life Duration, and the Growth of the Oldest-Old Population** Jean-Marie Robine,Eileen M. Crimmins,Shiro Horiuchi,Yi Zeng,2007-03-21 Old age survival has considerably improved in the second half of the twentieth century Life expectancy in wealthy countries has increased on average from 65 years in 1950 to 76 years in 2005 The rise was more spectacular in some countries the life expectancy for Japanese women rose from 62 years to 86 years during the same period Driven by this longevity extension the population aged 80 and over in those countries has grown fivefold from 8.5 million in 1950 to 44.5 million in 2005 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 such diverse fields as biology medicine epidemiology demography sociology and mathematics they report on recent cutting edge studies about essential issues of human longevity such as evolution of lifespan of species genetics of human longevity reasons for the recent improvement in survival of the elderly medical and behavioral causes of deaths among very old people and social factors of long survival in old age **Biology of Longevity and Aging** Robert Arking,2019-01-10 An introductory text to the biology of aging and longevity offering a thorough review of the field **The Longevity Nutrient** Stephanie Venn-Watson,2025-03-25 Unlock the secret to longevity with Dr Stephanie Venn Watson s groundbreaking research revealing an essential fat that can improve your health and increase your lifespan Role of Sex and Gender in Aging and Longevity Calogero Caruso,2025-08-06 Role of Sex and Gender in Aging and Longevity aims to shed light on the complex interplay between sex and gender differences in the aging process and longevity of individuals While biological sex differences have long been recognized as influencing various aspects of aging this book includes how gender also plays a significant role in shaping these processes accelerating aging or favoring longevity By acknowledging the influence of both biological and socially constructed factors this book offers a comprehensive understanding of why individuals may experience different aging trajectories and have divergent longevity outcomes This book explores the intricate ways in which gender norms roles and expectations shape individual experiences of aging and delves into the social determinants of health that can interact with biological factors to influence the aging process and longevity outcomes By examining these interactions this book aims to provide a nuanced understanding of the multifaceted nature of aging and longevity and how sex and gender contribute to these complex phenomena laying the groundwork for future aging research and providing significant implications for disease prevention screening diagnosis and treatment of age related conditions Explores the distinct significance of sex and gender and their interrelation with aging and longevity Offers an in depth overview of the sex and gender specific biological and medical aspects of human aging and longevity Provides the tools required to understand the challenges posed by aging and longevity in individuals and how to approach solving them **The Omega Voyage** Pasquale De Marco,2025-04-08 Drawing inspiration from the vastness of space and the boundless potential

of human ingenuity The Omega Voyage transports readers on an intellectual odyssey that explores the profound questions surrounding our existence Through a series of thought provoking essays and insightful analyses this book delves into the depths of human consciousness the mysteries of time and space and the transformative power of technology In The Omega Voyage readers will embark on a journey that transcends the limitations of conventional storytelling Each chapter is a standalone exploration of a captivating topic inviting readers to ponder the intricacies of emortality the convergence of science and spirituality and the evolving landscape of human society With meticulous research and captivating prose this book offers a unique blend of knowledge inspiration and introspection As readers navigate the chapters of The Omega Voyage they will encounter thought provoking insights into the human condition They will contemplate the ethical implications of extending human lifespans the impact of technology on our sense of identity and the delicate balance between progress and preservation Through these explorations readers will gain a deeper understanding of themselves their place in the universe and the choices that shape their destinies The Omega Voyage is not merely a collection of essays it is an invitation to embark on a personal voyage of discovery With each turn of the page readers will uncover new perspectives challenge their assumptions and expand their intellectual horizons This book is a testament to the boundless capacity of the human mind to explore to question and to envision a future filled with limitless possibilities Prepare to be captivated by the profound insights and thought provoking ideas that await you within The Omega Voyage This book is a must read for anyone seeking to expand their understanding of the universe their place within it and the boundless potential of the human spirit If you like this book write a review

The Longevity Code Olivia Parker,2024-10-11 The Longevity Code presents a fascinating exploration of the science behind aging and the potential to extend our healthspan This comprehensive guide delves into three key areas genetic factors lifestyle choices and emerging medical technologies that influence longevity By examining cutting edge research in gerontology the book challenges the notion that aging is an uncontrollable process and offers readers practical strategies to potentially add healthy years to their lives The book s unique approach lies in its ability to translate complex scientific concepts into actionable advice It covers intriguing topics such as longevity genes epigenetic modifications and the impact of diet and exercise on aging For instance readers will learn about the role of telomeres in cellular aging and how lifestyle choices can influence their length The author also explores promising developments in senolytic drugs and stem cell therapies providing a glimpse into the future of anti aging interventions Progressing from genetic factors to lifestyle choices and finally to emerging technologies The Longevity Code offers a well structured journey through the multifaceted world of longevity science By combining scientific rigor with accessibility this book serves as an invaluable resource for health conscious individuals and professionals alike empowering them with knowledge to make informed decisions about their health and longevity

Key Concepts in Social Gerontology Judith E Phillips,Kristine J Ajrouch,Sarah Hillcoat-Nalletamby,2010-03-18 Far from a dictionary the concepts are portrayed as complex and conflicting

definitions and usages are both noted and evaluated Each article includes a necessarily selective set of references and cross references to other concepts included in the book Moreover the coverage and evaluation of the concepts is right at the current leading edge in a rapidly moving field Victor Marshall Department of Sociology and Institute on Aging University of North Carolina at Chapel Hill The concepts are very clear and very relevant and fantastic for my group of undergraduate students I found each concept to be succinctly and simply captured holding enough information to satisfy initial cravings and complex enough to tempt further reading I had originally thought that this book would provide supplementary reading as part of my Healthy Ageing course but have changed my mind to essential reading now I have had the opportunity to read the entire book Dr Meredith Tavener Groningen University Social gerontology is a new and dynamic field reflecting the increasing interest in ageing across the world This book provides a readily accessible guide to well established and contested issues as well as new concepts emerging through cutting edge research in the discipline The entries give concise lucid knowledge on what constitutes the building blocks of social gerontology and sets out a clear review of the core concepts both classic and emerging in this subject area Each concept is explored in terms of its history application usefulness to theory and research and significance in practice They go beyond simple definitions of the concepts to look at how each issue has shaped the discipline of social gerontology today This book is authored by social gerontologists from the UK and the USA Together they present an interdisciplinary perspective and reflect a global approach to the presentation of key concepts in social gerontology

Global Ageing in the Twenty-First Century Zachary Zimmer, 2016-04-22 Population ageing a growth in the proportion of a population that is in older age is now occurring in every region and nearly every country of the world Indeed the growth of older populations is among the important global phenomena of the twenty first century It poses both opportunities and challenges for societies and policy makers but these are far from uniform worldwide Dynamic factors are at work impacting on how ageing will influence people places and policies and there are large variations in the rate and timing of population ageing across countries owing to differing social health and economic circumstances and a variety of policy options from which to choose Given this variation in the context of global ageing as a backdrop this edited book focuses on three overarching themes that are among the most critical to understand if societies are to age successfully in the twenty first century and beyond Healthy ageing and health care the ageing workforce retirement and the provision of pensions shifting intergenerational relations These three themes are cross cut by other dimensions that are intertwined with the dynamic processes of ageing such as immigration emigration contrasting policy regimes and global and national economic forces This ground breaking book will be of interest to all scholars students and policy makers working within this area of study

Chemically Modified Minds Matthew Hall, Mark Forshaw, Catharine Montgomery, 2020-10-30 This innovative edited collection brings together leading international academics to explore the use of various non prescription and prescription substances From a psychosocial perspective the authors discuss the complex reasons behind their adoption

the ways in which they are misused and links between use and cognitive enhancement While studies on substance use to date have examined the aetiology and effects in the context of sporting performance addiction and recreational use there has been little work which explores their wider misuse to improve cognitive enhancement With medical sociology and social psychology at its core this important volume shows the complex reasons behind the misuse of various substances how these are connected to contemporary desire for increased mental performance and why the potential health risks and possibly harmful side effects do not act as deterrents

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