Ah, aging. Why is it that some of us tend to look better with age, while others... don't? There are two basic reasons. One has to do with your genetics, which is a complex issue. The best way to understand it simply is to look at how your parents and grandparents have shown their signs of aging. The other has to do with how well you take care of your skin, which if done diligently, can supplant a genetic predisposition toward early signs of aging.

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Abstract
This paper argues that the goal that the proponents of radical life extension wish to attain is in fact unattainable and that therefore, with regard to this goal, the whole project of conquering ageing and death is likely to fail. For what we seek to achieve is not the prolongation of life as such, but rather the prolongation (or ...
Seemingly every week, a new anti-aging product comes on the market, promising a new, special ingredient that turns back the hands of time. Should "The 'ageing-related' extension code gives the opportunity to link various outcomes to aging-related causes," said John Beard, MBBS, Ph.D., director of WHO's Department of Ageing and Life Course. "It will be interesting to see how widely it is applied." [can't wait to see the data over the next few years.]

Life expectancy is an average for all people in the population — including those who die as infants and children, those who die in early adulthood, those who die in middle age, and those who live until old age. Maximum lifespan, on the other hand, is an upper bound of life. The maximum number of years any human has lived is 122.