

Can humans healthily live to 150?

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.

[W]hile a long life of good health, good spirits and physical activity is worth living, few would opt to extend a life that is full of age-related disease and disability.

“What we want is to live longer, healthily,” Steven Austad, Ph.D., said...“Because we’re getting so good at delaying death, we face a future of increasing misery,”...unless science finds ways to eliminate, delay and compress what are now considered “normal” processes of aging.

...

Austad’s own research focuses on the question of why animals, including humans, age.

“There are many animals out there much better at resisting aging than others,” he said. “We should study them and learn how they do it.”

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Studying individual diseases is one way to maintain health over a long life, [Austad] said, but “the 21st century approach is to look for the underlying cause, and the primary one here is aging ... If we can treat the underlying cause, there is every reason to think we can delay the onset of all these diseases.”

Read full, original post: [Live long, live healthy, live to 150? Scientists on MDI say it can be done.](#)