



Long-Term Care NINE

Gli Stati Generali dell'Assistenza a lungo termine

EDIZIONE 2024

Perché siamo longevi e come riuscirci

Roberto Bernabei

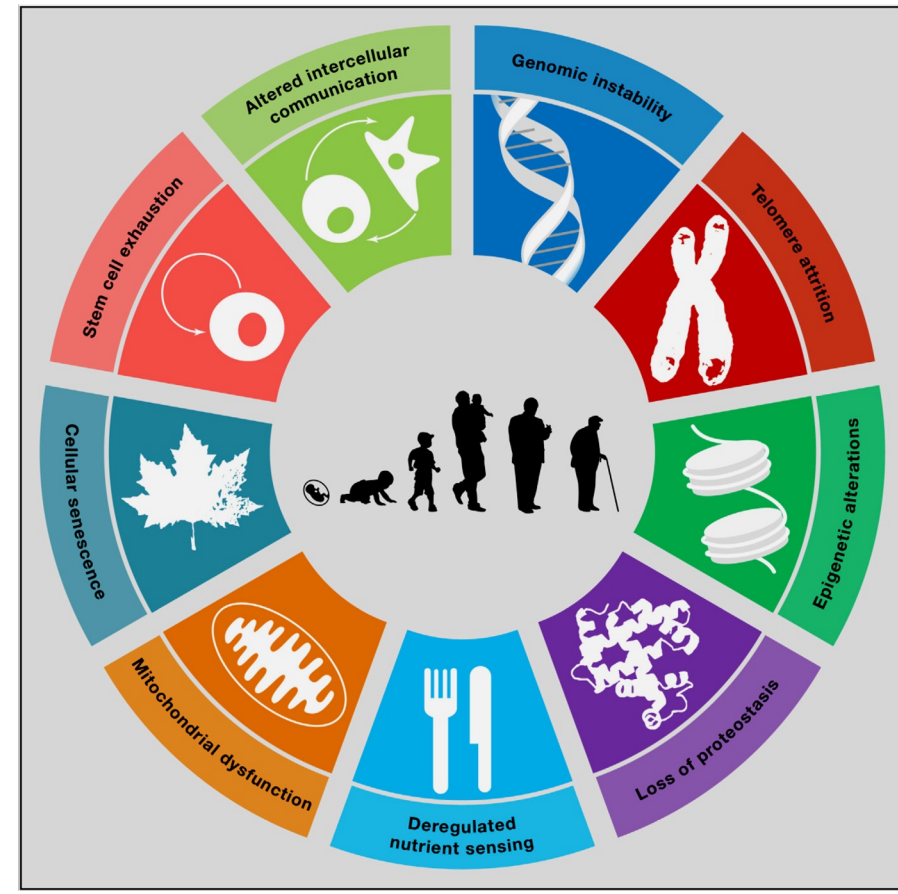
Presidente Italia Longeva

ROMA, 16 - 17 Luglio 2024
Ministero della Salute

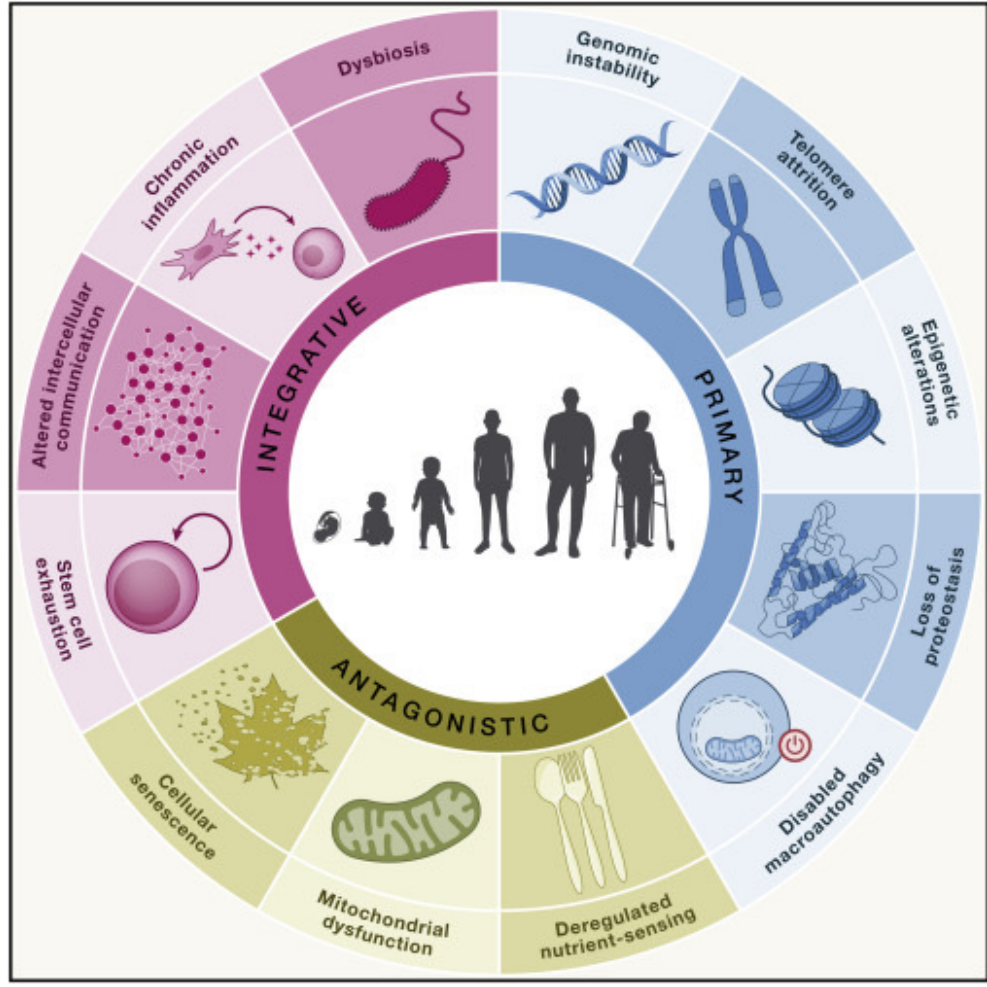
ITALIA LONGEVA
PER L'INVECCHIAMENTO E LA LONGEVITÀ ATTIVA

The Hallmarks of Aging

Carlos López-Otín,¹ Maria A. Blasco,² Linda Partridge,^{3,4} Manuel Serrano,^{5,*} and Guido Kroemer^{6,7,8,9,10}

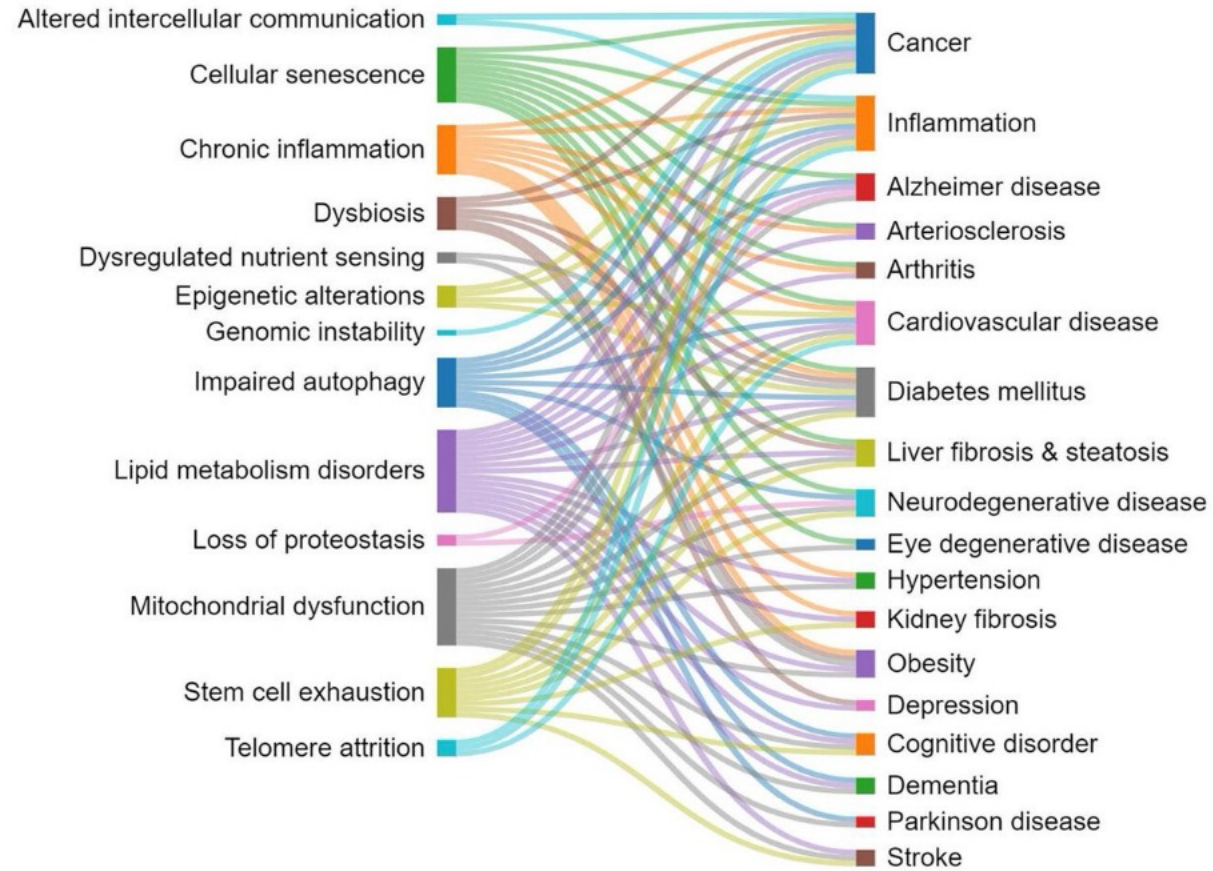


The hallmarks of aging



Lopez-Otin, Cell, 2023

Hallmarks and diseases



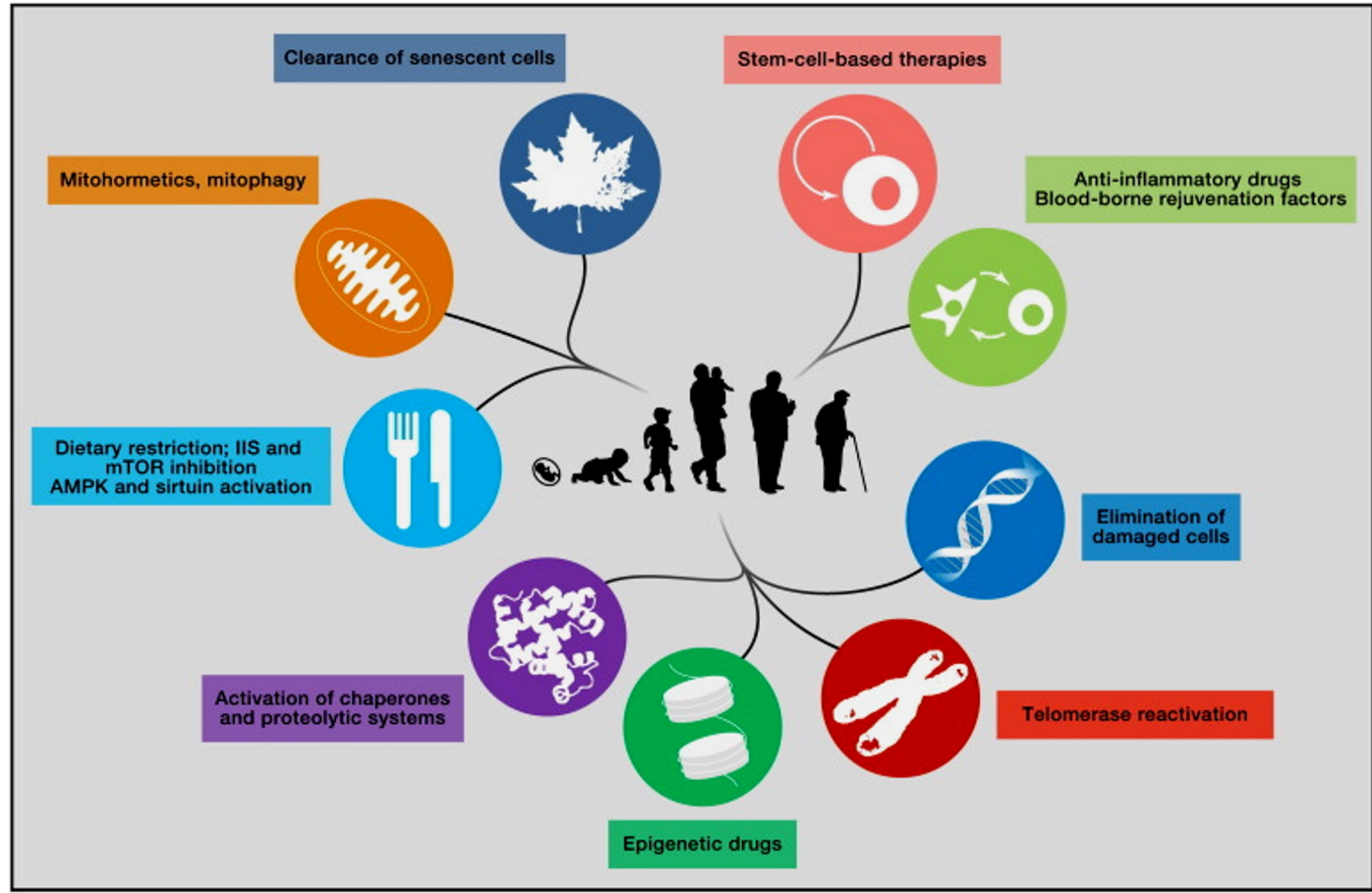
Geroscience:

Treat the biology of aging rather than trying to cure individual age-related diseases

- Prevent, delay or ameliorate multiple debilitating, chronic degenerative diseases;
- Avoid spending the rest of your life with «ologists»;
- Avoid polipharmacy;
- Reduce halthcare costs.

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Live Longer, Better



- Sardinia (Italy)
- Okinawa (Japan)
- Ikaria (Greece)
- Nicoya (Costa Rica)
- Loma Linda (Ca – USA)



Genetics explains 25% of longevity

