Successful Aging
How to Live Better As You Get Older
James W. Jones, MD, PhD, MHA

Successful Aging
Nothing to Disclose

Successful Aging
Aging doesn’t have to be a 4 Letter word.
Unless you make it so, by accelerating the process.

Successful Aging
Chronic (Aging-Related) Diseases
• 70% of all deaths
• 92% of deaths in >65
• 99% of suffering
• They are preventable

Successful Aging
50% in US are Health Illiterate

Successful Aging
Live Better While You Age
Tips and Tools for a Healthier, Longer Life
James W. Jones, MD
Successful Aging
Arrangement of 18 Chapters:
Part 1: The Aging Body
Part 2: Lifestyle Changes
Part 3: Medical Management
215 References Cited

Successful Aging
Aging is:
• Molecular
• Incremental
• Cumulative
• Minimally Genetic
  Therefore Behavioral

Successful Aging
Danish Twin Study
• 2,872 Identical Twin Sets
• Followed >94 years
• Genetic vs Environment
• Female 77%; Male 74%
  Herskind 1996

Successful Aging
Microscopic Signs of Aging
• Telomere Shortening
• Cellular Senescence
• Apoptosis

Successful Aging
Main Ways to Age:
• Respiration
• Inflammation
• Stress Response

Successful Aging
The terminus of Aging is disease.
The end-stage of disease is illness.
We put the toothpaste back in the Tube.
Successful Aging

Live Better While You Age

Aging successfully insures your work will last longer

Successful Aging

Thank You

Successful Aging