

PLENARY

P2 Healthy Aging: Biological Versus Chronological Age

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“Greying of the Nations” was the term used at the National Congress of Aging at Austria. As more people are living longer with life spans of 80 years and beyond, it has been interesting to note that the chronological age is not what determines how healthy and independent an older person is. Today we use terms like Biological age, Functional age and Psychological age. It was in the 19th century that Gompertz-Makeham postulated that after a certain age, ageing doubles every eight years. Was this due to genes or are there other factors involved? Can we determine what this other factors are and then by reversing these factors, can we slow or even reverse aging? Looking at the various published clinical studies done on aging and having identified biomarkers of aging including history, physical examination and comprehensive blood and urine tests (total of 145 tests), and then using a sophisticated software system, we tried to calculate the biological and aging rates. Interestingly, we noted that most people in their seventies and eighties were biologically more than one hundred years old. It will be interesting to try to validate this Biological Assessment score and in future we can identify risk factors for aging and disease and plan management accordingly. The idea has been to improve quality of life rather than just the quantity.