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One of the keys to longevity is state of the art on demand healthcare for the 80+ elderly, same as that given to younger individuals

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Longevity is multi-factorial and complex; but researching the lives of a number of persons who have lived well into the 90s or made it to 100 and beyond, there are few essential keys to longevity. They include absence of defective genes and alleles that can give rise to health risks, a balanced diet appropriate for age, a high level of physical and mental activity during all stages of life, wholesome social interactions, and state-of-the-art on demand health care accompanied by regular checkups, immunizations, hygiene, living in sanitary conditions, monitoring and observation. Based on studies of the medical and dietary records in the public domain of the world-renowned personality Nelson Mandela, who passed away at the age of 95, observations have been made which can be inferred as follows. The interruption of medical care and intake of a balanced diet can result in chronic conditions and shortening in life. In addition, in another case by depriving a person following the age of 80 or some arbitrary cutoff year, treatments such as hip or joint replacement when the organ health and general health is that of a much younger person greatly causes debilitating conditions which hamper the quality of life. With the advancement in the field of pharmacogenomics, one can predict the risk for predisposition and progression to diseases like Alzheimer's disease, but what if anything can be done to stall such a progression. Biomedical research should enable such prophylactic treatment to be developed.

Biography

Girish J Kotwal received his PhD from McMaster University, Hamilton, Canada and Postdoctoral training from National Institutes of Health, Bethesda, MD, USA. He is an Adjunct Professor of Medicine at UMass Medical school and President of InFlaMed Inc., and Kotwal Bioconsulting, LLC. He has published more than 100 papers in PubMed listed journals and has half a dozen patents.

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