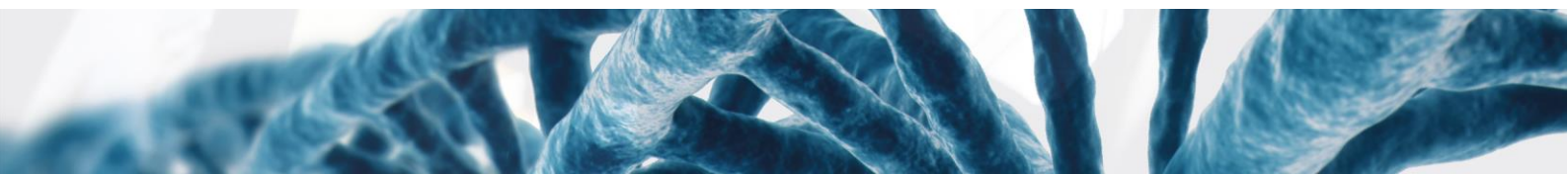


LONGEVITY WORLD FORUM



#LONGEVITY19
CONCLUSIONS



The symposium that opened the second edition of the **Longevity World Forum** began with a piece of data: Spain is the fourth longest-living country in the world and it is estimated that by the year 2040 it will be the first. If one thing has been made clear during this congress it is that longevity is not positive in itself unless it is accompanied by good health. Therefore, our objective is to pool all our knowledge and knowhow to favour **healthy longevity**. To this end, we brought together representatives from all the sectors involved: science, industry, society and institutions.

In a society with an increasing chronological age, and taking into account that age is the main risk factor for all chronic diseases, urgent action is needed. At the Longevity World Forum 2019 we have learnt that **possible actions are beginning to arise, based on scientific evidence, to slow down or delay aging**, because eternal youth is not a realistic objective.

Calorie restriction is profiled as a good strategy that has given positive results on animal models and in preliminary trials with humans. Likewise, we have seen that the **control of senescence** plays an important role and senolytic molecules or senescence modulators are now available that have provided very promising results on cells or animal models. Their effects on humans have yet to be assessed.

Furthermore, we have seen that it is necessary to continue the research because a person's **sex, their genetic composition, their diet or even the moment when a therapeutic intervention is carried out, can influence the degree of success of the strategies to slow down aging**. In this respect, therefore, everything points to the essential role of **precision medicine** in the near future.

Moreover, **it is becoming increasingly clear that breakthroughs in longevity will come not only from biology, but also from engineering and technology**. In recent years tools have been developed to detect and evaluate aging: to calculate biological age, to assess the frailty and sarcopenia we have heard so much about. We need to know how a person is in order to be able to take decisions regarding which strategies to use. Furthermore, **artificial intelligence** will play a more relevant role in the interpretation of data. In these aspects, especially, industry plays an important role, both in contributing to the development of research into longevity and in transferring scientific discoveries into clinical practice.

Current life expectancy in our species imposes important changes not only in society, but also in the **fields of economy and health**. The conclusions of the social and economic analysis are clear:

- It is necessary to support research in the area of aging to be able to survive the **“silver tsunami”** expected in forthcoming decades and ensure that the increase in the number of people of advanced age is not accompanied by a rise in age-associated diseases.
- We need to invest in **public policies** that ensure good quality of life in an increasingly elderly society.

Growing older, chronologically and biologically, is something that affects everybody. Therefore, this Longevity World Forum has looked at some of the **myths** surrounding longevity

and has dedicated a special session to the **guidelines for healthy aging**. In this respect, what lessons have we learned?

- Aging is modifiable.
- Healthy aging is promoted throughout life.
- We have examples of nutrition, physical exercise and lifestyle that promote just this, health aging.
- Informing and motivating people are key steps towards promoting a change in lifestyle patterns.

All in all, as **final conclusions** of the congress we can highlight:

- It is possible to increase healthy life expectancy.
- Longevity requires a multidisciplinary focus.
- Prevention is crucial to delay aging.
- Social and economic changes can be introduced with specific public policies.

In short, **aging is complex, but also modifiable. To this end, it is necessary to monitor it and to act early, before the onset of frailty or sarcopenia, with a view to lengthening the duration of healthy life and thus preventing the decline in functions in advanced old age.** Furthermore, we need to consolidate an increasingly customised intervention, which involves listening to patients and providing constant information to ensure that they are aware at all times of how to influence greater longevity.