

**HEALTHY AGING AND  
LONGEVITY**  
**Third International Conference**



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**HEALTHY AGING AND  
LONGEVITY**

**Third International Conference**

*Edited by Noah J. Weller and Suresh I. S. Rattan*

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# HEALTHY AGING AND LONGEVITY

## Third International Conference

*Editors*

NOAH J. WELLER AND SURESH I. S. RATTAN

This volume is the result of a conference entitled **3rd International Conference on Healthy Ageing and Longevity**, held at the Melbourne Exhibition and Convention Centre, Australia, on October 13–15, 2006.

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## **Preface**

# **The International Research Centre for Healthy Ageing and Longevity (IRCHAL) & The International Conferences on Healthy Ageing and Longevity**

As the “baby boomers”, the largest generation in history, become elders, the unprecedented rise in the number of people aged over 60 years will dramatically expand market demand for medical and lifestyle solutions that will enable them to live healthier, longer and more active lives.

Now, more than ever, a critical need exists for the development of appropriate policies so that aging is seen as a resource and not as an isolating and segregating experience. Solid research elucidating the processes of aging must be translated into strategies for clinical practice in order to respond to the needs of an aging population.

This volume is the proceedings of the Third International Conference on Ageing and Longevity. The mission of this series of meetings is to promote healthy aging and longevity through interdisciplinary collaboration amongst the world’s leading experts on the science of health, aging, and longevity, and to disseminate evidence-based knowledge throughout the nations of the developed and developing world for the betterment of humankind.

Five basic domains that cover the key research areas of healthy aging and longevity have been identified:

1. Biological mechanisms of healthy aging and longevity,
2. Healthy aging and longevity determinants,
3. Interventions in aging and age-associated disease,
4. Care and support of the aging and elderly,
5. Policies and strategies for an aging society.

At every level, the various issues and domains listed above pose clear challenges for individuals, families, communities, and societies that require informed and evidence-based policy responses. Although the domains are relatively self-contained, particular issues may overlap several domains. This highlights the importance of maintaining a strong emphasis on a holistic overview.

For this reason, in organizing this conference series, we have endeavored to seek out and disseminate information on specialist activities while also

fostering awareness of how seemingly disparate areas of knowledge can come together in a total perspective on healthy aging and longevity.

The full spectrum of proven and potential aging interventions were explored at this international meeting which successfully brought together over 100 high-profile speakers representing 20 countries, with the addition of 50 poster presenters who also made an important contribution to the programme. The topics covered in the program included the following:

- 1) Basic Science and Mechanisms of Aging and Longevity
- 2) Health and Wellbeing in Older Age
- 3) Challenges for Aging Individuals, Families, Communities and Societies that require Informed and Evidence-Based Policy Responses
- 4) Depression and Dementia – Current Knowledge
- 5) Biological Predictors of Healthy Aging and Longevity
- 6) Changing Trends in the Quest for Healthy Aging and Longevity
- 7) Promoting Balance and Preventing Falls in an Aging Population
- 8) Hormone and Metabolic Interventions in Aging
- 9) Sustaining Optimal Aging: Inner Strength and Mutual Support
- 10) The New Caring: Financial and asset management, and substitute decision making by and for older people
- 11) Population Aging in Developing Countries
- 12) Baby-Boomer Work Force Participation
- 13) Natural Approaches to Age-Associated Disorders
- 14) Frontiers of Knowledge in Biogerontology
- 15) Wellbeing, Retirement Planning and Expectations of the Baby-Boomer Generation
- 16) Quality of Care and Quality of Life for the Elderly
- 17) Evidence-Based Medicine in Older People
- 18) Nutritional Interventions in Aging and Age-Associated Disease: Diet and Supplements
- 19) Psychosocial Predictors of Healthy Aging and Longevity – Lessons learned from Longitudinal Studies
- 20) Respecting the Elders in our Care
- 21) Behavioural and Social Interventions for Healthy Aging and Longevity
- 22) Quality of Care and Quality of Life for the Elderly

The concluding session of the conference was an interactive panel discussion involving a diverse panel of international experts, which resulted in a general consensus on “The Top 10 Tips for Healthy Ageing and Longevity” based upon the main findings uncovered during the event.

The International Conferences on Healthy Ageing and Longevity have achieved recognition as significant world forums that bring together key opinion leaders from a diverse range of fields to share their ideas and exchange knowledge in an open and harmonious environment. The sponsor, the International Research Centre for Healthy Ageing and Longevity (IRCHAL) has conducted two previous conferences in Sydney (2004) and Brisbane (2005),

and is committed to facilitating a further 10 such world forums. Further information can be found online at [www.longevity-international.com](http://www.longevity-international.com) and [www.irchal.org](http://www.irchal.org).

The conference programs are designed to stimulate discussion, debate, collaboration and the exchange of ideas – creating fertile ground for forward thinking and decision making as the baby-boom generation population inevitably moves through the age structure.

The conferences explore the full spectrum of proven and potential aging interventions including pharmaceutical, nutritional, clinical, educative, policy, complementary, preventive and restorative means and the scientific underpinnings supporting them. At the same time the conferences recognize the diversity of aging individuals, cultures, and methods within all communities and across the globe.

All three conferences have been successful in attracting a wide cross section of delegates including scientists, academics, educators, policy makers, doctors and allied health professionals, students and the general public.

In recognition of the quality of this series of conferences, the second and third conferences were co-sponsored by the World Health Organization (WHO), consistent with its view that they were recognized as an important world forum on healthy aging and longevity. The second and third conferences were also endorsed by the United Nations Focal Point on Ageing, the Prime Minister of Australia and the Australian Federal Government, and the Australian State Governments of Victoria and Queensland. This support is gratefully acknowledged.

We would also like to acknowledge the following members of IRCHAL's International Advisory Council for their excellent contribution to the planning and success of the Third International Conference on Healthy Ageing and Longevity:

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It is our hope that this volume will be one of many to come contributing to the goal of disseminating evidence-based knowledge throughout the nations of the developed and developing world in order to achieve a healthier aging population.

—NOAH J. WELLER, JOHN D. WELLER & CHRISTIAN J. WELLER

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