



## Longevity: Myths and Facts (Paperback)

By Kaup Shetty

Lulu.com, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What affects our longevity? Weight control with a balanced diet, regular exercise, and social interaction in old age extends life span. No medication is shown to extend longevity, but statins in cardiovascular disease (CVD) and metformin in metabolic syndrome may prolong life. Vitamins and antioxidants in pill form seem to increase the incidence of CVD and cancer as excess may stimulate cells. Our diet has adequate vitamin D and calcium; experts advocate against over treatment. Fish oil does not seem to prevent heart attacks and strokes. Indiscriminate cancer screening is harmful and leads to over diagnosis and over treatment. Immunotherapy against cancer is a major advancement. Growth hormone, testosterone, and estrogen replacement in the elderly shows minimal benefit, but has the potential for significant side effects including CVD and cancers. The author has 40 years as a Geriatrician, Internist and Endocrinologist, plus teaching and medical research. Proceeds go to the American Red Cross.



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