**Aging**

**The average age of people worldwide is 23. *(L. M. Boyd)***

**Among people in their 30s, men tell pollsters old age begins in the late 60s, women say in the 70s. *(L. M. Boyd)*  
  
Your body parts don’t age at the same rate as one another, says a doctor.  Your teeth may be 30 when your hair is 55 or your lungs 40 when your legs are 60. *(L. M. Boyd)***

**The bowhead's aging secrets: In an effort to find keys to longer life, scientists at the University of Liverpool have sequenced the genome of the bowhead whale, which has an average life span of 200 years. The research has so far revealed several mutations in the whales' genes that are thought to be connected with repairing damaged DNA, an insight that may help explain why bowheads and other large marine mammals have such remarkably low rates of cancer. Other revelations from the bowhead genome may provide similar clues about the whale's cell cycles, body temperatures, and overall aging process. "Different long-lived species use different tricks to evolve long life spans," lead researcher Joao Pedro de Magalhaes tells Live-Science.com. "By identifying novel maintenance and repair mechanisms, we hope to learn the secret for living longer." *(The Week magazine, January 23, 2015)***

**What do Bedouins do with their old camels? Turn them loose, to find their own range. Their noses are pretty good at that. *(L. M. Boyd)*Eighty-one percent of all cancers are diagnosed after age 54. *(L. M. Boyd)***

**Once you pass age 65, your chances are 1-in-2 of reaching age 75. Once you pass age 75, your chances are 1-in-4 of reaching age 85. *(L. M. Boyd)***

**Winston Churchill, who lived long years despite alleged smoking and drinking indiscretions, exceeded life expectancy, but not life span. *(Betty Kamen, in Let’s Live magazine)***

**A six-year-old earthworm is about as old as it’s going to get. *(L. M. Boyd)***

**Currently, the fastest growing age group is 80 to 85. *(L. M. Boyd)***

**The latest book by Dr. Isadore Rosenfeld, Live Now, Age Later: Proven Ways To Slow Down the Clock, spells out step by step specific ways to hold back the aging process, symptom by symptom. Of course there’s nothing like good genes. But if you are not blessed like Winston Churchill -- who smoked, drank, overate, and was overstressed, yet lived into his 90s -- reading and heeding Dr. Rosenfeld may be the key. *(Parade)***

**Only one person in two billion will live to be 116 or older. *(Kids' Pages, 2007)*Nuns have an average life expectancy of seventy-seven years, the longest of any group in the United States. *(Noel Botham, in The World’s Greatest Book of Useless Information, p. 122)***

**Among people over 80, women outnumber men two to one. *(L. M. Boyd)***

**Pedestrians over age 60 are four times more likely than young people to make illegal risky crossings, reports a British researcher. *(L. M. Boyd)***

**A true measure of aging: Scientists have discovered a new biological clock ticking inside all our cells and figured out how to read it, the Los Angeles Times reports. UCLA researchers say this new "epigenetic clock" is calibrated by methylation, a natural process that modifies DNA over time by turning some genes on and others off. By studying some 8,000 methylated cell samples, geneticist Steve Horvath and his team mapped out how 353 DNA markers change throughout a lifetime in 51 different types of tissue. The calculations yielded some telling surprises. Women's breast tissue, for example, appears to age about two or three years faster than the rest of their bodies, and cancerous tissue look an average of 36 years older than healthy tissue. By contrast, people's cardiac muscles were found to have a biological age an average of ninety years younger than their birth dates would suggest. Horvath hopes that the new measuring technique may help predict whether a person's body is becoming susceptible to diseases such as cancer. "If we see a drastic acceleration in tissue aging, that would suggest we should start looking for clues to an underlying problem," he says. *(The Week magazine, November 8, 2013)***

**26.6 million: Number of Americans older than 55 who will be working by the end of this decade, according to the Bureau of Labor Statistics. That’s a 46 percent increase from 2000. The bureau says those older than 55, retires and baby boomers are the fastest-growing segment of the U.S. labor force. *(Rocky Mountain News, April 8,, 2004)***

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