

International Conference on **ALZHEIMER AND DEMENTIA**

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Aging and genetic predisposition are the biggest risk factors to dementia and alzheimer's disease**Girish J Kotwal***University of Massachusetts, USA*

Every person born with normal genes has the potential to live past 100. In the USA, only 1 in 5,700 does live to 100 while 1 in 100 lives past 100 in certain geographical areas of the world such as Bapan village in China. Why such a difference in survival? A study of the lifestyle of all those who have lived past 100 so far and better understanding how to dodge death due to all the causes of death and especially the 10 leading causes of death can hold keys to longevity. Adults who are currently living past a century and born during the Spanish flu pandemic of 2018-2019 will have survived 7 viral pandemics and several other viral, bacterial, fungal and parasitic infections. Getting age appropriate immunizations in a timely manner and meticulously following hygienic practices as well as safe sex most likely is a major factor in death prevention due to infections. Another significant way to continue living is to ensure healthy heart, liver, lungs, kidneys, brain, GI tract, bone health, eye health, dental health, foot health etc. Cancer has taken significant number of lives in the past 100 years but we did not know what causes cancer a century ago. Now we know and cancer prevention in this century has evolved from extreme measures like breast removal due to genetic predisposition to stopping smoking of tobacco products and avoiding secondhand smoke. Mind is a terrible thing to waste. Although Alzheimer's disease (AD) has been the leading cause of death, understanding the risk factors of AD such as ageing and genetic predisposition can enable early diagnosis and intervention. Falls commonly hasten death among those who pass 80 and have a weaker lower limb structure. Avoiding falls has to be one of the proprieties. Depression culminating in suicides is a major cause of death among those approaching the 90s. Optimal social interactions and state of the art on demand health care either in homes or nursing home towards end of life needs to be significantly improved. Quest to live past 100 is not child's play but should begin from childhood. The older one gets the, harder it gets to do what it takes to score a century. 10 parameters should always be in the normal range or treated to be brought in the normal range. Blood pressure, blood glucose, body mass index, waistline, lipid profile, comprehensive metabolic panel, bone density, oxygen pressure, temperature and heart rate. Health consciousness, balanced diet, vigorous physical activity, mental exercises, healthy social interactions are pillars of longevity and living past 100.

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