

THE TOP TEN LONGEVITY TRENDS

- 1.** Within ten years, humans routinely living beyond one hundred will be an accepted reality.
- 2.** Longevity Medicine will postpone aging and promote health, enabling people to be more active, more productive, and enjoy longer lives.
- 3.** Health-enhancement rights, fueled by the wealth of aging baby boomers and the fusion of nano, bio, IT and neuro innovations, will become fierce social issue.
- 4.** Mapping personal DNA profiles, and linking that knowledge to prevent illness, will radically change medicine, making it boldly predictive.
- 5.** Health enhancement via biotech, stem cells, and genomic drugs will enhance human intelligence.
- 6.** Supercomputers, artificial intelligence, and advanced medical information technology will usher in a new era that will empower doctors to extend the quality of life.
- 7.** Personalized DNA diets will greatly enable longevity as people learn which foods enhance their health and prevent illness.
- 8.** Life-extension treatments, from genetic vaccines and designer DNA "surgery" to smart drugs and neuro-medical devices, will augment health, improving intelligence, and maximizing beauty.
- 9.** Cognitive brain-science breakthroughs will protect the aging mind, refreshing vital memories, improving physical agility, and promoting human performance enhancement.
- 10.** The evolutionary transformation of human beings, via emerging breakthroughs in Longevity Medicine, will provide vast new choices of an astounding and alarming nature for individuals and society.