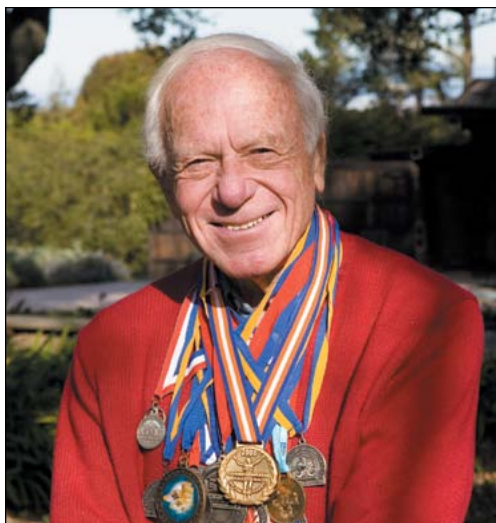


Aging.

Fate or Choice?

By Dr. Walter M. Bortz, II, M.D.



Secrets of Longevity



**Aging, like death,
is *inevitable*.
But it is *negotiable*.**

Back a few years, my maternal grandparents died at 59 and 63, more or less standard for those times.

My paternal grandparents Bortz lived until they were in their 70s. They were thought to be very old. I recall comments when they died "aren't we fortunate to have had them so long?"

Now a casual review of obituaries reveals that people are living longer, much longer. I am now 83. My dad died at 74. Am I living on borrowed time?

Mother lived until she was 95. Which course will I follow?

I of course have a major advantage over both of my parents and indeed, this advantage is over everyone who has lived before.

I, we, now know what aging is. It is no longer "Fate." It is Choice. And this choice is enabled by knowledge. Not only do we know how long life can be and should be, we also know how to live our allotted 100 years.

Almost all illness is preventable but our medical system is misdirected because it targets repair as its modus operandi. It should adopt prevention as its focus.

We are all extremely privileged to be living in that transformative time when we pass from ignorance to knowledge, from Fate to Choice. Aging, now, is a Choice.

Carl Sagan wrote, "understanding is a form of ecstasy."

And you wonder why I wander around smiling all the time?

Dr. Walter M. Bortz, II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including "Dare to Be 100" and "Next Medicine." To learn more, visit walterbortz.com or email: DRBortz@aol.com.