

*“Aging represents a biological paradox that few people appreciate, and for such a nearly universal process, it is nearly limitless in its variety. A mayfly lives a day, a fly a week, a dog a decade, a human nearly a century, a tree a millennium or two. Salmon live a few years, then spawn and die within a few days. For turtles, to get older may be to get better. Is there a pattern here? What is it and why? Is the pattern fixed or can we alter it? Are there 150 or 160 year-old people in the world? Do men age more quickly than women? Do dolphins or gorillas get arthritis or Alzheimer’s disease, or are we the only lucky ones? Steven N. Austad, Why We Age*