

Determinants of Healthy Ageing:
Studies of Disability and Survival among the Elderly

By
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1. The obesity epidemic will lead to an expansion of morbidity not to a reduction in life expectancy. (this thesis)
2. Intense physical activity, not mere window shopping, is required to achieve compression of morbidity. (this thesis)
3. Neuronal plasticity and higher order brain function may hold the key to ageing and longevity. (this thesis)
4. Ageing is more than disease, because disease does not describe the whole ageing process. (this thesis)
5. Gender differences in mortality cannot be explained by differences in disease. (this thesis)
6. "Denken heißt Vergleichen!" Walther Rathenau (1867-1922)
7. The education you get is more important for your health than the genes you are born with.
8. Democracy is not a given, it is a constant fight against our instincts and the influence of evolution.
9. "Ego vero me minus diu senem esse malle quam esse senem ante quam essem." You must become an old man in good time, if you wish to be an old man long" Cicero 106BC-43BC in CATO MAIOR DE SENECTUTE
10. "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" World Health Organization
11. Common sense, whatever it may be, is the solution to most problems not only in the health science but for society as a whole.