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A groundbreaking book on the science of longevity

AGE LATER

Health Span, Life Span, and the New Science of Longevity

Nir Barzilai, M.D.

Praise

“In this technical but promising book, Barzilai, founding director of the Institute for Aging Research at the Albert Einstein College of Medicine, scrutinizes the lives of centenarians to find the key factors behind their healthy longevity. Readers who enjoy learning the science behind medical theories will be fascinated.”

--*Booklist*

Nir Barzilai, M.D., founder of the Institute for Aging Research at the Albert Einstein College of Medicine and Scientific Director of the American Federation for Aging Research (AFAR), is at the forefront of the science of aging. His mission is to give everyone more years of healthy, active life. In his new book, **AGE LATER: Health Span, Life Span, and the New Science of Longevity** (St. Martin's Press; On-sale: June 16, 2020), he lays out his years of research into targeting the process of aging and his quest to increase healthspan and lifespan. Dr. Barzilai believes that aging is as preventable as other diseases and should be treated as such. His combination of scientific discoveries and insights into rethinking aging is ground-breaking.

The COVID-19 pandemic has hit the elderly especially hard. In light of this reality, Dr. Barzilai sees an urgent need to “hack the biology of aging.” In **AGE LATER**, he outlines how a combination of lifestyle changes and medication, specifically the drug Metformin, can help older people become less susceptible to illnesses like COVID by increasing not only their immunity but also the overall ability for their body to be able to survive a serious illness. Rather than seeing serious viruses and other diseases as discreet threats, viewing them through the lens of aging enables a holistic and preventative approach.

So how do some people avoid the slowing down, deteriorating, and weakening that plagues many of their peers decades earlier? Is it possible to grow older without getting sicker? What if you could look and feel fifty through your eighties and nineties? Dr. Barzilai, one of the pioneers of longevity research, is tackling the challenges of aging to delay and prevent the onset of all age-related diseases including “the big four”: diabetes, cancer, heart disease, and Alzheimer’s.

One of Dr. Barzilai’s most fascinating studies features volunteers that include 750 SuperAgers—individuals who maintain active lives well into their nineties and even beyond—and, more importantly, who reached that ripe old age never having experienced cardiovascular disease, cancer, diabetes, or cognitive decline. In **AGE LATER**, Dr. Barzilai reveals the secrets his team has unlocked about SuperAgers and the scientific discoveries that show we can mimic some of their natural resistance to the aging process. This eye-opening and inspirational book will help reframe aging not as a certainty, but as a phenomenon that can be targeted, improved, and even cured.

ABOUT THE AUTHOR

Nir Barzilai, M.D., is the founding Director of the Institute for Aging Research at Albert Einstein College of Medicine and the Nathan Shock Center for Excellence in the Basic Biology of Aging and the Einstein Glenn Center for the Biology of Human Aging and Scientific Director of the American Federation for Aging Research (AFAR). Dr. Barzilai discovered the first longevity gene in humans and has since discovered several others. He is also the co-founder of CohBar, a clinical biotechnology company focused on increasing healthspan by developing treatments for age-related diseases. This is his first publication for consumers.

For more information, or to set up an interview with Nir Barzilai, contact:
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Healthspan, Life Span, and the New Science of Aging
By Nir Barzilai, M.D.
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Also available as an ebook and an audiobook.

Takeaways from AGE LATER

- Aging has a biology that is flexible and can be targeted. Aging can be delayed, stopped and potentially reversed.
- The maximal life span of humans as a species is approximately 115 years yet people live on average less than 80 years. Everyone should be able to realize their potential to have a better lifespan, right now.
- Centenarian's aging is usually slowed by longevity genes. This means that they have gene variants that translate to abnormal proteins that have different functions. This knowledge has, and can, lead to drug developments that slow aging.
- The Food and Drug Administration does not recognize aging as a condition that can be prevented. That means that healthcare providers would not need to pay for treatment that delays aging. Scientists are launching a study to prove that by targeting aging, age-related diseases can be prevented. This study will repurpose the drug Metformin that is in use against diabetes (TAME-Targeting Aging by Metformin). Fast-tracking this research is critical to strengthening the older population so they become less susceptible to viruses like COVID-19.
- The centenarians from Dr. Barzilai's studies not only live longer lives but at the end of their life, they are much less sick. This is part of the concept of "longevity dividend". This concept suggests that even a moderate increase in healthspan of two to three years will contribute trillions of dollars to the economy by preventing ALL age-related diseases.
- Exercise and diets can influence health significantly, but most of the world population does not adhere to it. Exercise has the most profound effects on health and of all diets, intermittent fasting (16 hours fasting and 8 hours eating window) has the best chance of slowing aging.
- Those who survive cancer because of radiation or chemotherapy, HIV patients, and the disabled are rapidly aging. These individuals can most benefit from a drug to target aging.

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