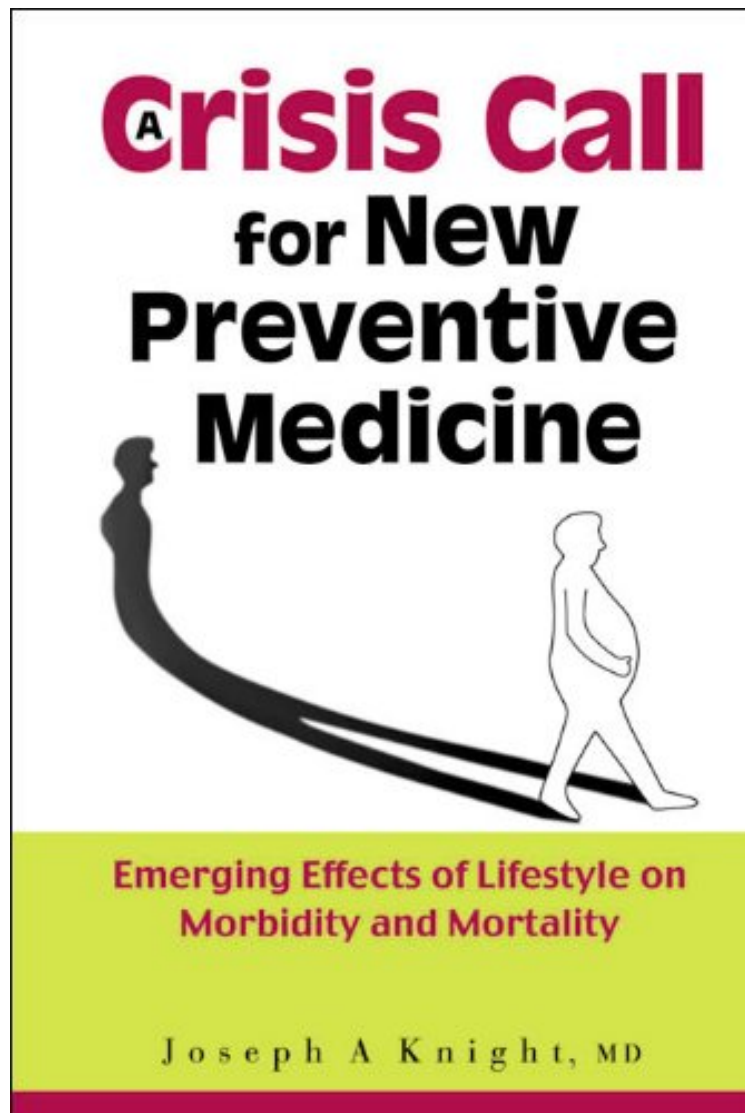


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Crisis Call for New Preventive Medicine, A: Emerging Effects of Lifestyle on Morbidity and Mortality

Joseph A Knight

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Of the ten most common causes of death in industrialized countries, at least two-thirds are lifestyle related (i.e. poor nutrition, physical inactivity, overweight/obesity, cigarette smoking, alcohol/drug abuse and the environment, among others). The rapidly expanding elder population will put further demands on health care systems already burdened by the elderly and the poor. However, increasing age need not be associated with expanding health care costs if people improve their lifestyles. Healthier lifestyles would significantly reduce the incidence of coronary heart disease, cerebrovascular disease, cancer, type 2 diabetes, hypertension, peripheral vascular disease, cataract and macular degeneration, among others. Moreover, they would significantly increase life expectancy and the quality of life. This invaluable book reviews the scientific medical evidence for the benefits of healthy lifestyles on aging, numerous diseases/disorders, and reduction of medical costs.

..," a major contribution to current debates about life-style factors in relation to human health and longevity.?