



Difficulties in Increasing Life Expectancy

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A new study titled "**Implausibility of Radical Life Extension in Humans in the Twenty-First Century**" reveals that the [steady rise in life expectancy](#) driven by medical and technological **advancements is now slowing down.**

- **About the study:**

- Researchers examined **life expectancy at birth data from 1990 to 2019, focusing on regions with the highest life expectancy**, such as Australia, France, South Korea, Spain, Sweden, and Switzerland.

- **Key Findings:**

- The study suggests that the life expectancy in the longest-living regions increased by only **6.5 years between 1990 and 2019.**
 - There is a **need for groundbreaking new medicines** that can **slow the ageing process**, rather than simply enhancing treatments for widespread fatal conditions like **heart attacks and cancer.**
- Current estimates indicate that **girls have a 5.3% chance, and boys have a 1.8% chance, of reaching 100 years of age** in those regions.
 - However, even if common diseases are eradicated, the **decline of organs due to ageing continues** to limit significant lifespan extension.
- Several **drugs are being tested to extend lifespan**, including **metformin, a low-cost diabetes drug**, which has been shown to slow ageing in male monkeys.

Read more: [Human Development Report 2023-24](#)

PDF Reference URL: <https://www.drishtias.com/printpdf/difficulties-in-increasing-life-expectancy>