

Age 105? Then you've a better chance of living even longer

Study suggests that death rates level off at this age threshold, but fuels fierce debate whether humans are approaching upper lifespan limit

France's Jeanne Calment, thought to be the longest living person, who died in 1997 aged 122. Photograph: Sipa Press/REX Shutterstock



It's considered an inescapable fact of life: the older you get, the more likely death becomes. But new research suggests that the chances of dying may level off – at least for those who make it to 105 years old.

The study found that death rates, which rise exponentially in adulthood, begin to decelerate after 80 years old and appear to eventually plateau, or even decline slightly, after the age of 105. By that point, the chances of passing away in a given year are approximately 50-50.

"It's the equivalent of tossing a coin each year," said Prof Jim Vaupel, a specialist in ageing at the Max Planck Institute for Demographic Research in Germany and one of the authors.

The findings add fuel to an unusually hostile debate between two camps of scientists, who are locked in an escalating dispute about whether humans are approaching their upper limit in terms of lifespan.

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[Age 105? Then you've a better chance of living even longer](#)

Alcohol's relationship with humanity is long — as is the history of research into its benefits and consequences. A new study takes a fresh look at alcohol, mortality, and cancer risk.



A new study looks at alcohol's interaction with longevity and cancer risk.

Drinking alcohol has been conclusively linked to many adverse health consequences. However, the exact relationship between lower levels of alcohol consumption and health outcomes is more complicated. Despite decades of investigation, whether any level of alcohol intake is "safe" is still hotly debated.

For instance, scientists have revealed that even low levels of alcohol intake can [raise the risk](#) of developing [cancer](#).

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By Amanda Barrell

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Tremors in the hands can occur without a cause or as a symptom of an underlying condition. Shaky hands is not a life-threatening symptom, but it can have an impact on daily activities.

Most people have a slight tremor in the hands, and it may be especially noticeable when holding the hands straight out in front of the body.

Tremors range in severity, and several conditions can cause more noticeable shaking.

In this article, we explore common causes of hand tremors and their treatments.

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By Jenna Fletcher

Reviewed by [Timothy J. Legg, PhD, CRNP](#)

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Alzheimer's disease is a type of dementia typically associated with older adults. However, early-onset Alzheimer's disease occurs before the age of 65.

Alzheimer's causes memory problems and a variety of related symptoms. It is a degenerative disease, which means the symptoms will get worse over time.

According to the [Alzheimer's Association](#), Alzheimer's is the most common form of [dementia](#), accounting for 60 to 80 percent of all known dementia cases.

Though there is no cure, there are some treatments available to ease symptoms and slow the disease's progression.

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