

CAN A HEALTHY LIFESTYLE GIVE LONGER AND HEALTHIER LIVES EQUALLY TO MEN AND WOMEN? IS THERE SCIENTIFIC EVIDENCE? A NEW STUDY SAYS: YES, BUT NOT EQUALLY!

By Ridwan Shabsigh, MD, FACS

Corresponding Author: rshabsigh@gmail.com

Published: June X, 2018.

A study published recently in the of the American Heart Association's prestigious medical journal *Circulation*¹ shows that pursuing a healthy lifestyle contributes positively to longevity. Using large databases of tens of thousands of people, 5 healthy lifestyle factors are investigated for their impact on life expectancy. These factors are: (1) eating healthy diet, (2) keeping healthy weight, (3) regular physical activity, 4() avoiding smoking, and (5) keeping alcohol intake in moderation. The results show that the projected life expectancy at age 50 years was on average 14.0 years longer among female Americans with 5 healthy lifestyle factors compared with those with zero healthy lifestyle factors. However, for men the difference was 12.2 years. The conclusions of

the study show that adopting a healthy lifestyle, can substantially reduce premature death and prolong life expectancy in USA middle aged men and women. However, the positive effect of healthy lifestyle is less for men compared to women.

The reasons for this gender disparity are not clear. Speculations may include genetic, environmental, occupational, and/or behavioural factors. One thing should be clear. More research is needed in men's health and gender disparities.

REFERENCES

1. Li Y, Pan A, Wang DD, et al. Impact of healthy lifestyle factors on life expectancies in the US population. *Circulation* 2018 Apr 30. pii: CIRCULATIONAHA.117.032047