

# Conceptualisations of successful ageing and leads for lifestyle modification

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## Propositions

1. "You don't stop because you get older, you get older because you stop" - Seat, 2019
2. "Good health is mere the slowest possible rate at which one can die"
3. "The convergence of advances in systems medicine, big data analysis, individual measurement devices, and consumer-activated social networks leads to a vision of healthcare that is predictive, preventative, personalised and participatory"- Hood, 2011
4. It is difficult to see the forest through the health trees of life.
5. "Let food be thy medicine and medicine be thy food"- Hippocrates
6. COPD is like a game of blackjack, know the rules and know your cards, and you can win, else everything is left to the dealer.
7. The future of personalised medicine will likely be determined by machine learning algorithms if not hindered by ethical barriers.
8. Food can fix it; Changes in dietary patterns can not only aid in promoting health and longevity it can encourage the development of a more sustainable world.