

DELAYING AGING FOR MEN

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Introduction: Men abuse their physical health more than women. In Iran, the average life span of men is about 3 years short of that of women. Content: Arguably women may have a long period of chronic illness, as life span is greater. The longevity of women is due to a verity of factors including genetics, better spiritual health, avoiding of alcohol and smoking, endocrine and perhaps life style, along with arguably better preventive screening programs. The genetic makeup of men and women is different. Perhaps the Y chromosome puts a limit on longevity. Women, by and large, visit doctors more frequently, partly because of the need for help with reproductive issues. Screening for comorbid status such as hypertension, hyper cholestromia, and diabetes occurs more frequently in women. In general, the four most important cause of death in Iranian men are cardiovascular disease, accidents, stroke and cancer. It is also interesting to know that life expectancy in Iran is 67.6 for men and 70.4 for women. Conclusion: This may give us insight as to life style factors such as diet and exercise. By and large, better life expectancy is the result of improvements in hyper cholestromia and arguably inflammatory process in the cardiovascular system and elsewhere can certainly decrease morbidity and mortality, and inturn result in enhanced longevity.