

**Life-Course Approach to Healthy Longevity**  
**&**  
**The Future of Preventative Medicine**

**Dr. Henry Dobson**  
**Research Fellow – Centre for Biomedical Ethics**  
**National University of Singapore**  
**Henry.d@nus.edu.sg**

# Overview

1. Paradigm shifts
2. The Life-Course Approach
3. Ethical Questions & Dilemmas

**Before we begin though... do you know when you will die???**



THE  
**DEATH  
CLOCK**  
*predicting the demise of others since 2006*



79,557,515 death projections and counting

## The Death Clock

Have you ever asked yourself 'when will I die?', our advanced life expectancy calculator AI will accurately\* predict your death date for you depending on where you live, how much you smoke and your lifestyle to show your own death clock countdown. [Get the test](#)

To predict your death date, simply input your date of birth, sex, smoking habits, your BMI and the country you live in. If you don't know your BMI simply use the BMI calculator form.





# THE DEATH CLOCK

*predicting the demise of others since 2006*



Test taken: Friday, 7th November 2025.

**At time of testing you are 40 years, 8 months and 28 days old.**

Current age in: Days: (14,879), Weeks: (2,126), Months: (496)

Based on our calculations you will die on: **Saturday, 7th June 2092**

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**You will live to be 107 years, 3 months and 28 days old!**

That's **24318** Days, **23** Hours, **44** Minutes, **46** Seconds remaining...

Or approx: **67 years**

Avg life expectancy of other Male testers from Australia with your BMI: **78.4** years old

[Send us your reaction](#) | [Retake your test](#)



our death date for you depending

1. If you don't know your BMI

[Buy me a coffee](#)

## Our top tips for a longer life

### 1) Maintain a Healthy Weight

Maintaining a healthy weight is vital to reduce the risk of developing diseases like diabetes, heart disease, and certain cancers.

### 2) Regular Exercise

Get moving for at least 30 minutes a day. Regular physical activity reduces the risk of chronic diseases like heart disease, diabetes, and certain cancers.

### 3) Stop Smoking

Avoid smoking and second-hand smoke. These can lead to various types of cancer, heart disease, and lung diseases.

### 4) Balanced Diet

Eating a balanced diet full of nutrient-rich fruits, vegetables, lean proteins, and whole grains is critical. Avoid consuming too much processed foods, refined sugars, and unhealthy fats.

### 5) Drink Less (or no) Alcohol

Limit alcohol intake. While occasional social drinking is usually okay, heavy or prolonged drinking can lead to a number of health issues including liver disease, cardiovascular problems, and cancer.

### 6) Good Sleep

Try to get a good night's sleep. Quality sleep is important for overall health and well-being. It affects mood, memory, and healing processes.

### 7) Regular Check-ups

Regular screenings and medical check-ups can help detect problems early. This is especially important for conditions that don't always show noticeable symptoms, like high blood pressure or high cholesterol.

### 8) Manage Stress

Long-term stress can lead to a number of health issues. Practice stress management techniques like mindfulness, meditation, yoga, or other relaxation exercises.

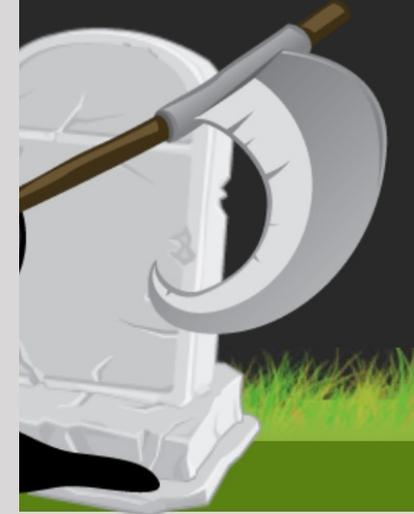
### 9) Maintain Social Connections

Relationships and social interactions are vital for mental health. Loneliness and social isolation can lead to depression and cognitive decline.

### 10) Lifelong Learning

Keep your mind active. Lifelong learning, reading, solving puzzles, or other brain-engaging activities can help to keep your mind sharp and potentially delay the onset of cognitive decline.

ts | Answers | Mail Us



ite for you depending

t know your BMI



# Online websites – Longevies.com



Sleep Fitness Nutrition Oral care Air & Water Recovery Cognitive Posture



## Self-assessment biological age calculator

Welcome to our Self-Assessment Biological Age [Calculator](#)! This tool is designed to provide insights into your current health and wellness practices, offering a unique perspective on your biological age compared to your chronological age. By responding to a series of questions regarding your lifestyle, habits, nutrition, physical activity, and emotional well-being, you will gain a deeper understanding of how these factors might be influencing your aging process. [Personalized age report](#)

This [calculator](#) aims to not only highlight areas where you are excelling but also identify opportunities where your lifestyle could be adjusted to support healthier aging. The questionnaire is divided into six sections, each focusing on different aspects of health and lifestyle that contribute to your overall biological age. As you proceed, try to answer each question as accurately as possible based on your typical behaviors and experiences.

Start the test

× [Calculator](#)

Live chat <sup>1</sup>

Feedback

# Clinics:

[Blog](#) > [Longevity](#)

## Biological Age Test Australia, Calculate Your Bio Age in 1 Minute

Our Locations

### Neko Health Centres

[Book a Scan](#) →

Neko Health Centres are conveniently located in the heart of London, Manchester, and Stockholm, with plans to open more locations soon.

[Stockholm](#) [London](#) [Manchester](#)

Slow Down Biological Age. Live with Vitality.  
Prioritise healthy longevity.

# Wearables:

[Support](#) [Refer a Friend](#) [Become a wholesaler](#)



## Turn Back the Clock, One Habit at a Time

Discover which daily habits speed up or slow down aging, so you can make smarter health choices, extend your healthspan, and enjoy more of life's best moments.



Why

OURA

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SINGLES' DAY SALE

## Up to \$100 off titanium styles



WHOOP

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# The wearable proven to build better health

WHOOP combines 24/7 health insights with personalized coaching to help you improve how you sleep, train, and feel — starting day one.

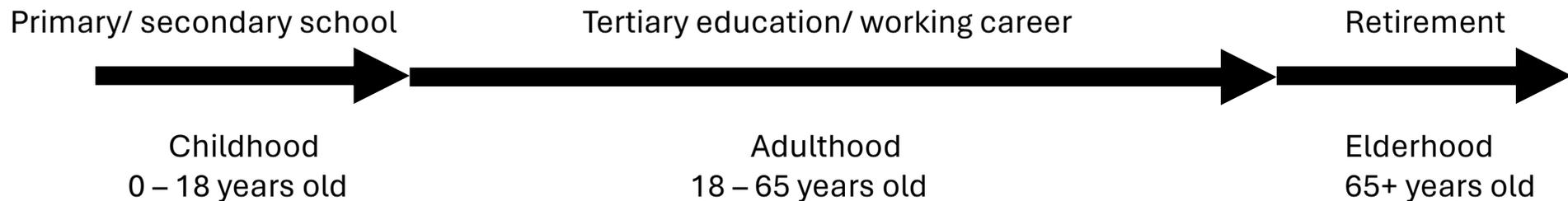
[CHOOSE MEMBERSHIP](#)

# Paradigm Shifts

- ***Patients*** are becoming ***clients*** – they possess biometric information via wearables, develop their own health protocols (via influences) and conduct their own research (via Google, ChatGPT, etc.)
- ***Physicians*** are becoming ***health coaches, advisors*** – they no longer play the “traditional” role of a physician (i.e., diagnosing/ treating symptoms). Instead, they will have to listen and understand their patients’ protocols and recommend changes to or strategies around health optimization
- ***Artificial Intelligence*** will play an ever-greater role in the “doctor/client” relationship. Numerous ethical concerns exist here but outside the scope of this talk.

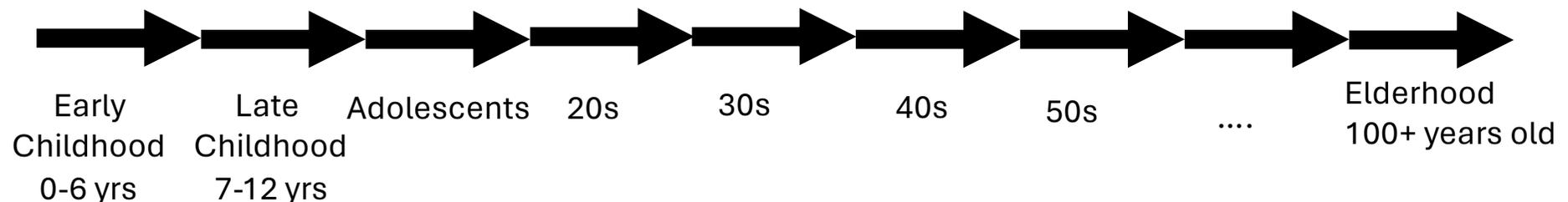
# Traditional Life Stages

- Tripartite in stages, i.e., i) childhood, ii) adulthood, iii) elderhood
  - i) Primary/Secondary schooling; ii) Tertiary school/ career; iii) Retirement
- Reactive medicine (as opposed to preventative)
  - Post-facto medical treatment/ attention once symptoms arise
- General ignorance of predispositions for chronic illness and disease
  - We tend not to worry about illness and disease until it occurs



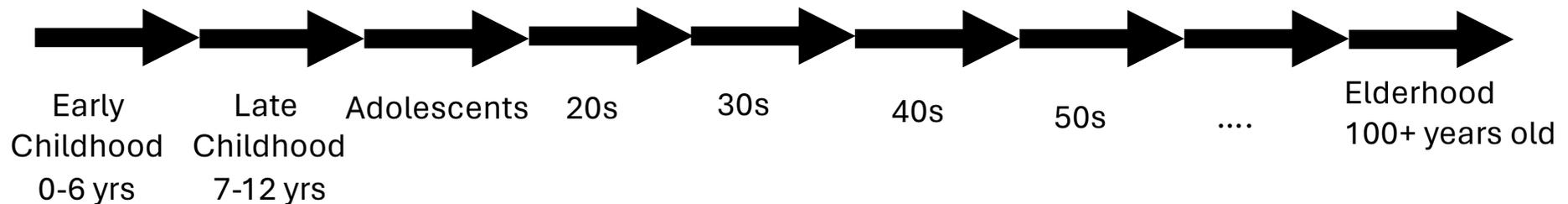
# Life-course Approach (driven by Healthy Longevity medicine)

- Multiple stages, leading to a very long life (100+ years *vis-à-vis* my death clock!)
- Preventative, personalized approach to health
  - Driven by individual interest in maintaining good health for as long as possible
- Greater awareness (less ignorance) of our health condition/ biological age
- Increasing exposure to digital insights and health information
  - Obtained via smartphones, wearables, health check-ups, healthcare system



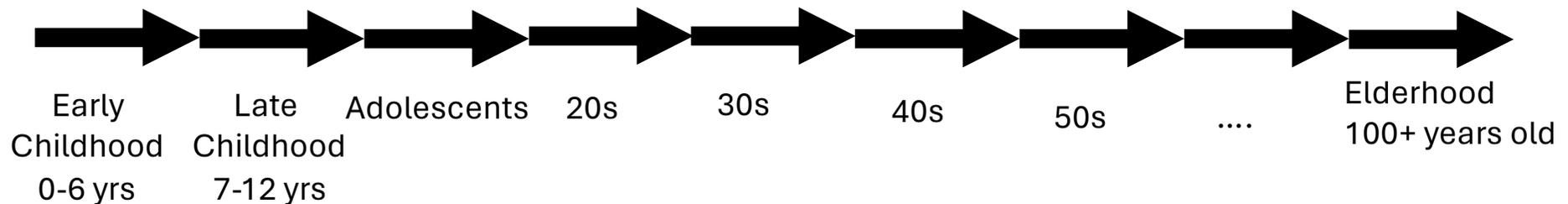
# Ethical questions & concerns

- **Preventative, personalized approach to health**
  - What is the **role** of doctors/ physicians/ GPs in the future?
  - What **pressures** does healthy longevity put on medical professionals?
  - How do individuals **know** if they following appropriate medical advice?
  - How do we **trust** the digital platforms/ technology companies to provide reliable and accurate health insights and information that is relevant to each individual?



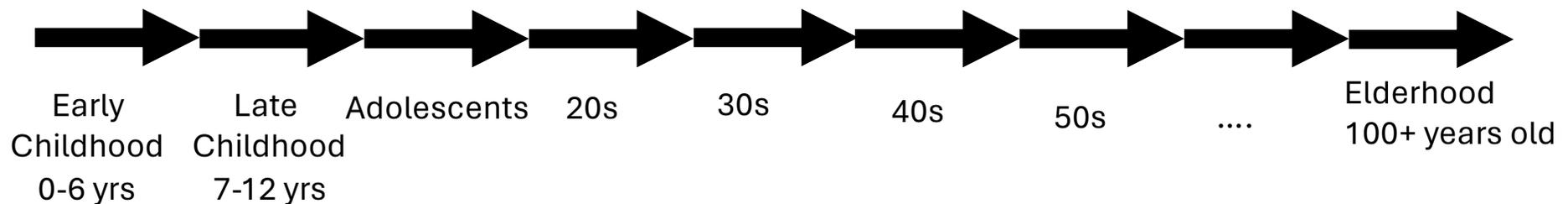
## Ethical questions & concerns cont.

- **Greater awareness (less ignorance) of our health condition/ biological age**
  - Do parents have a “**right to know**” about their child’s health profile for the purposes of extending their child’s healthspan/ lifespan?
  - Might parents have a “**right to *not* know**” health profile?
    - Can children **blame** their parents if they chose not to know about their biological condition?



## Ethical Questions & Concerns cont.

- Increasing exposure to digital biomarkers and health information
  - **Lack of scientific validation** (i.e., biomarkers, biological clocks, smart-devices)
  - **Differences in output** (i.e., different devices give different readings, leading to inaccurate readings, insights, information)
  - **Misleading biometric information** and health advice
    - Am I really going to live to 107 years old???
    - How might this information affect the way we plan out our lives?



Thank you! 😊

Henry.d@nus.edu.sg