

## Preface

The word "longevity" is sometimes used as a synonym for "life expectancy" in demography. However, the term *longevity* is sometimes meant to refer only to especially long-lived members of a population, whereas life expectancy is always defined statistically as the average number of years remaining at a given age. For example, a population's life expectancy at birth is the same as the average age at death for all people born in the same year (in the case of cohorts). Longevity is best thought of as a term for general audiences meaning 'typical length of life' and specific statistical definitions should be clarified when necessary.

Reflections on longevity have usually gone beyond acknowledging the brevity of human life and have included thinking about methods to extend life. Longevity has been a topic not only for the scientific community but also for writers of travel, science fiction, and utopian novels. In fact the legendary fountain of youth appeared in the work of the Ancient Greek historian Herodotus.

There are many difficulties in authenticating the longest human life span ever by modern verification standards, owing to inaccurate or incomplete birth statistics. Fiction, legend, and folklore have proposed or claimed life spans in the past or future vastly longer than those verified by modern standards, and longevity narratives and unverified longevity claims frequently speak of their existence in the present.<sup>i</sup>

In the present book, twelve typical literatures about health longevity published on international authoritative journals were selected to introduce the worldwide newest progress, which contains reviews or original researches on health longevity. We hope this book can demonstrate advances in health longevity as well as give references to the researchers, students and other related people.

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<sup>i</sup> <https://en.wikipedia.org/wiki/Longevity>