Lessons from Japan about the Biology of Aging

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Respect for the Elderly Day

Third Monday of September

Individualist versus more Collectivist Cultures

Relative importance of Family or Autonomy as we age.

March 11, 2011

Response to Earthquake & Tsunami
Response to Medical Needs of the Elderly

MIDUS and MIDJA

Obesity and Type 2 Diabetes
(Adult-onset Insulin Resistance)

Prevalence of Diabetes

Japan grows old. Japan's percentage of population over 65 is growing faster than any other nation.
It's not just about being overweight.

Sedentary Life Style

It is also about what we eat.

Glycosylated Hemoglobin (HA1c)

% Hgb

High HA1c
Insulin Resistance
Elevated Glucose
Type 2 Diabetes

Increased HA1c with Age

Prevalence of Diabetes

Diabetes and Body Mass Index

Only 3% of Japanese BMI > 30
But 25% now have a: BMI > 25
