

Technology 'Could Lead to Longer, Better Lives'...*The Scotsman*

By Helen William, PA News

A brave new world in which science helps to push back barriers to ageing was revealed today.

More than 350 delegates, each paying £250 a ticket, packed out the capital's first International Anti-Ageing two-day conference in Kensington, south-west London.

The audience, consisting largely of medics from 20 countries, came to hear the message that science is extending life expectancy and quality of life from leading figures in the controversial but pioneering anti-ageing medicine industry – Chicago-based doctors Ronald Klatz and Robert Goldman.

Hollywood actress Brigitte Nielsen arrived, saying she wanted to get some helpful health tips and to boost her sex life.

Unzipping her trousers to reveal a tattoo on her hip emblazoned with "Mattia", the name of her Italian boyfriend, she joked: "My boyfriend is 26 years old and I need to keep up."

They met on April 26 and now have matching tattoos.

The 41-year-old continued: "It is important to eat well and stay healthy and I'm here to pick up some suggestions on how to do it because I'm not very good at it."

Dr Goldman, chairman of the American Academy of Anti-Ageing Medicine and founding president of the US National Academy of Sports Medicine, compared anti-ageing doctors with sports doctors, saying both are trying to improve performance.

But the main difference, he argued, is that anti-ageing doctors are driven by the desire to prevent rather than just treat disease.

"It's not a magic pill, potion or quick fix," he said.

"It is a detailed scientific approach like in sports."

In a speech illustrated with pictures of the bionic woman, aged athletes and technical detail, Dr Goldman spoke of anti-ageing medicine as a natural progression from sports medicine and a forerunner for treatments of human enhancement and augmentation.

In the future, genetic engineering, cloning and miniaturisation of drugs will be part of developments to aid the anti-ageing process, he forecast. Synthetic skin, artificial muscles, the internet and artificial intelligence are all hi-tech developments which are helping to improve the quality of life and, given time, extend life spans, he claimed.

In response to the controversy and criticism which this scientific field has stirred up, he said: "With the good

comes change but for us it (the controversy) is worth it because we are taking the latest technologies and moving them forward.

“There is no limit to where we can go with focus, determination and discussion and having our minds open to what we are doing and where we can be.”