

CAN YOU CHEAT DEATH?

NO, BUT YOU CAN NEGOTIATE ...

Life expectancy for the average American man is 75.2 years; for a woman, it's 80.4. Factors beyond our control—family medical history, nationality, geography—can stretch or shrink one's probable life span. But what's in your hands? If you want to eke out a few more birthday candles, start by flossing.

YEARS

<i>You have a blood relative who has lived to be 95 or older.</i>	+10	
<i>You regularly play puzzles like Scrabble or Sudoku.</i>	+5	
<i>You're a married man.</i>	+5	
<i>You take 81mg of aspirin a day.</i>	+5	
<i>You eat five servings of fruits/veggies daily.</i>	+3	
<i>You floss daily.</i>	+2	
<i>You regularly nosh on nuts.</i>	+2	
<i>You regularly go to church.</i>	+1.7	
<i>You're a married woman.</i>	+0	
	-0.5	<i>You drink more than five cups of coffee a day.</i>
	-1	<i>You get less than six to eight hours of sleep a night.</i>
	-1	<i>You have a family history of diabetes.</i>
	-2.5	<i>You don't wear sunscreen, and you're outdoors a lot.</i>
	-5	<i>You are slowly putting on weight.</i>
	-5	<i>You frequently feel stressed out.</i>
	-5	<i>You eat red meat more than twice a week.</i>
	-5	<i>You have less than 12 years of education.</i>
	-7	<i>You engage in unprotected sex with multiple partners.</i>
	-15	<i>You smoke.</i>
	-15	<i>You use IV drugs.</i>

SOURCES: THOMAS PERLS—LIVINGTO100.COM • GARY E. FRASER AND DAVID J. SHAVLIK, ARCHIVES OF INTERNAL MEDICINE, 2001 • KAY-TEE KHAW, NICHOLAS WAREHAM, SHEILA BINGHAM, AILSA WELCH, ROBERT LUBEN AND NICHOLAS DAY, PLOS MEDICINE, 2008 • DANIEL E. HALL, JOURNAL OF THE AMERICAN BOARD OF FAMILY MEDICINE, 2006

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