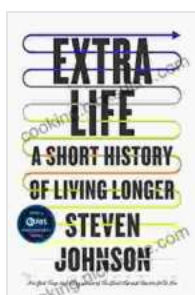


Extra Life: A Short History of Living Longer

The average life expectancy has increased dramatically over the last century. In 1900, the average life expectancy in the United States was 47 years. Today, it is 78 years. This increase is due to a number of factors, including advances in medical technology, improved nutrition, and better sanitation.



Extra Life: A Short History of Living Longer

by Steven Johnson

★★★★☆ 4.7 out of 5

Language : English
File size : 11721 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 320 pages



Advances in Medical Technology

One of the most important factors that has contributed to the increase in life expectancy is the development of new medical technologies. In the early 1900s, there were few effective treatments for infectious diseases. As a result, these diseases were a major cause of death. Today, we have antibiotics and other drugs that can effectively treat these diseases.

In addition to antibiotics, other medical advances have also contributed to the increase in life expectancy. These advances include the development of vaccines, surgical techniques, and imaging technologies. Vaccines have helped to prevent the spread of deadly diseases, such as smallpox and polio. Surgical techniques have improved, making it possible to perform more complex and life-saving procedures. Imaging technologies, such as X-rays and MRI scans, have made it possible to diagnose and treat diseases earlier.

Improved Nutrition

Improved nutrition has also played a role in the increase in life expectancy. In the early 1900s, many people did not have access to a healthy diet. As a result, they were more likely to suffer from malnutrition and other health problems. Today, we have a better understanding of the importance of nutrition. We also have access to a wider variety of foods.

The availability of affordable and nutritious food has helped to reduce the incidence of malnutrition and other health problems. This has led to an increase in life expectancy.

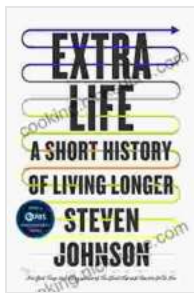
Better Sanitation

Better sanitation has also contributed to the increase in life expectancy. In the early 1900s, many people lived in unsanitary conditions. This led to the spread of waterborne diseases, such as typhoid fever and cholera. Today, we have better sanitation systems that have helped to reduce the incidence of these diseases.

The availability of clean water and sanitation has helped to improve the overall health of the population. This has led to an increase in life

expectancy.

The average life expectancy has increased dramatically over the last century. This is due to a number of factors, including advances in medical technology, improved nutrition, and better sanitation. These factors have helped to reduce the incidence of disease and improve the overall health of the population. As a result, we are living longer than ever before.

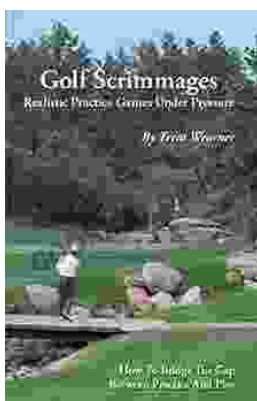


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