

In summary, practicing three axes for years would lead to anti-aging medicine. There was an eminent Japanese physician Shigeaki Hinohara, MD, PhD who lived up to 105 years (1911-2017) [28]. He was chairman emeritus of St. Luke's International University and honorary president of St. Luke's International Hospital [29]. He continued 3 axes and developed New Elderly Association (NEA) with the philosophy of best-aging [29-31]. By the Hinohara-ism, we can give adequate treatment with broad various cares to all people and patients how to get best-aging [32].

References

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