## Anti-Aging Medicine Combined with Adequate Axes of Physiotherapy, Nutrition and Psychology would Bring Best-Aging

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## Editorial

ere was the meaningful book e ]rd Wave" published in 1980 by Alvin Tof er [1]. He described three types of societies, based on the concept of waves.

efrst wave was agricultural revolution, which came about 10,000 years ago a er the Neolithic period. Before that, human race had always fought with hunger; and hunt animals and could sometimes ate meat, bone, visceral organ and bone marrow ese were mainly protein and fat with less carbohydrate. Is is why human has only insulin that decreases blood glucose. e population on the earth increased explosively due to much cereal, and people had more carbohydrate and usually worked with sweat.

e second wave was Industrial society. It began in Western Europe with the Industrial Revolution in 18th century. As machines developed more, people tended to work with less physical labor:

e third wave has been information revolution due to prevalence of the computer. During this period, people in developed countries have su ered from obesity and metabolic syndrome due to less exercise and lifestyle.

Currently, we are in the fourth wave, which may be an era of integration and responsibility far beyond [2], and conceptual society. Because of covering almost kinds of work by the computer, only creative people might survive to work in the future. en, adaptation disorders from various stress would increase in our complex society.

Taking these circumstances into consideration, clinical and medical problems in recent years may be c'ass]fed into 3 fe'ds. ey would be 1) metabolic syndrome in internal medicine, 2) locomotive syndrome with fa]'ty in surgery or orthopedic medicine, 3) stress-induced disorders of young - middle generation and cognitive problem of the

In summary, practicing three axes for years would lead to anti-aging medicine. ere 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

- 1. Alvin Tofer (1981) e Jrd Wave, Pan Books Ltd, London.
- 2 Herman Maynard and Susan Mehrtens (1996) e Fourth Wave -Business in the 21st Century Berrett-Koehler Publishing Oakland,