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In California si studia la longevità del Cilento

- Corriere del Mezzogiorno (Campania)
- 5 Sep 2016
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Dalle università di San Diego in California e La Sapienza di Roma le ultime novità scientifiche sulla longevità che contraddistingue da secoli la vita nel Cilento dove si contano oggi oltre trecento ultracentenari. Lo studio pilota denominato CIAO (Cilento on Aging Outcomes Study) verrà presentato domani alle 9 presso il Castello Capano di Pollica. Al simposio dal titolo «Alla ricerca dell'invecchiamento in buona salute: il futuro della medicina?» interverranno Stefano Pisani, Fulvio Bonavitacola, David Brenner, Paola Antonini, Andreas Bergman, Giovanni D'Arena, Salvatore Di Somma e Nicola Ferrara.

En Italie, le secret des papys centenaires d'Acciaroli

Au sud de Naples, un village de 700 âmes abrite pas moins de 81 centenaires. Des équipes de scientifiques américains et italiens ont enquêté durant six mois pour percer leur secret.

- Le Parisien (Hauts de Seine)
- 5 Sep 2016
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LE DOUX SOLEIL du golfe de Salerne, du poisson frais arrosé d'un filet d'huile d'olive et de longues marches sur les pentes de la côte amalfitaine... les heureux habitants d'Acciaroli, au sud de Naples, ont sans doute trouvé le secret de l'élixir de jeunesse. Dans ce village niché entre mer et montagne, loin du stress et de la pollution, on dénombre 81 centenaires sur 700 âmes. Un record qui a attiré sur place des chercheurs de l'école de médecine de San Diego, en Californie, et de l'université de la Sapienza, de Rome.

Après six mois d'étude, les scientifiques ont exposé, hier, les grandes lignes de leurs travaux sur ce village de trompe-la-mort où l'on vit beaucoup plus vieux que partout ailleurs : 92 ans en moyenne pour les femmes et 85 ans chez les hommes. « Nous sommes le premier groupe de chercheurs à avoir étudié cette population », se réjouit Alan S. Maisel, spécialiste des maladies cardiovasculaires à l'université de San Diego.

« Beaucoup de personnes âgées semblent avoir une activité sexuelle » Alan S. Maisel, professeur de médecine

Sans surprise, l'étude, baptisée étrangement CIAO (Cilento on Aging Outcomes Study) explore la piste alimentaire. Les habitants d'Acciaroli sont de longue date des adeptes du régime méditerranéen, identifié d'ailleurs dans cette région du parc du Cilento par l'Américain Ancel Keys il y a près de soixante ans. « On ne mange que des choses saines »,

explique Antonio Vassallo, qui vient de souffler ses 100 bougies. Au menu, « beaucoup de poisson, de produits que l'on cultive nous-mêmes », ajoute son épouse, 93 ans. Et bien sûr l'huile d'olive, aux bienfaits avérés. « Cette variante italienne du régime crétois combinée à une activité physique régulière est un facteur important de longévité », confirme François Blanchard, professeur de gériatrie au CHU de Reims. Et les papys d'Acciaroli ne cessent de gravir les rues escarpées du village ou de jardiner. Ici, « beaucoup de personnes âgées semblent aussi avoir une activité sexuelle », souligne le professeur Maisel.

Autre explication avancée, les anciens d'Acciaroli bénéficieraient d'un excellent patrimoine génétique. Les centenaires pourraient avoir un gène profitant des effets bénéfiques de certains produits consommés au quotidien, « comme le romarin, qui améliore les capacités du cerveau », explique le professeur Maisel. D'ailleurs, sur les 80 personnes âgées ayant participé à l'étude, dont 25 centenaires, personne ne souffrait de la maladie d'Alzheimer. « L'hypothèse génétique peut expliquer une meilleure réparation des chromosomes », confirme le professeur Blanchard.

Même si le nombre de centenaires comme l'espérance de vie ne cesse de croître — elle a gagné trentecinq ans depuis 1900 en France — les chercheurs voient dans le cas d'Acciaroli, où la décontraction est érigée en art de vivre, un modèle à copier. Ils envisagent donc d'y édifier un centre international d'étude de la longévité. Quitte à troubler quelque peu la quiétude des centenaires des lieux.

ALEXANDRE MÉTIVIER MARC LOMAZZI

Un village dévoile le secret de sa longévité

Sur quelque 700 habitants, on compte 81 centenaires

- La Presse (Tunisie)
- 4 Sep 2016
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AFP — Acciaroli, un petit port de pêche entre mer et montagne au sud de Naples, dont plus d'un habitant sur dix est centenaire, devrait révéler aujourd'hui le secret de cette longévité exceptionnelle. Avec 81 centenaires début septembre, sur quelque 700 habitants, le village intrigue jusqu'aux scientifiques américains. Des chercheurs de l'université de San Diego en Californie, assistés par des collègues de l'université La Sapienza à Rome, sont arrivés au printemps pour étudier le mystère de ces trompe-la-mort et doivent publier leurs résultats aujourd'hui à Acciaroli. Sur place, cela semble naturel que les habitants vivent nettement plus vieux que la moyenne des Italiens. «On ne mange que des choses saines», explique ainsi à l'AFP Antonio Vassalo, qui a récemment soufflé ses 100 bougies. L'alimentation est une piste sérieuse pour les scientifiques. D'autant que le fameux régime méditerranéen a été identifié ici même, dans cette région du Cilento, par l'Américain Ancel Keys, il y a près de 60 ans. «On mange beaucoup de poisson, des produits de la campagne que l'on cultive nous-mêmes. On a nos propres lapins, nos poulets. Seulement des produits du terroir», renchérit l'épouse d'Antonio, Amina Fedollo, 93 ans.

Source de jouvence

Et l'huile d'olive, dont on dit qu'elle est source de jouvence ? «Nous consommons celle que nous produisons», ajoute-t-elle. Outre des analyses sanguines poussées (ADN, métabolisme, etc.), les chercheurs ont procédé à des contrôles cardiaques et neurologiques, explique Alan S. Maisel, professeur de médecine cardiovasculaire à San Diego. Car à côté de l'alimentation, la génétique est une bonne piste. Les centenaires pourraient avoir un gène qui tire des effets bénéfiques de certains produits consommés au quotidien, «comme par exemple du romarin, qui améliore les capacités du cerveau», explique le professeur Mazel. D'ailleurs, sur les 80 personnes âgées ayant participé à l'étude, dont 25 centenaires, personne ne souffrait de la maladie d'Alzheimer. En revanche, ils pratiquaient encore tous une activité physique quotidienne comme la pêche, la marche dans ce village escarpé ou encore tout simplement l'entretien de leur potager... «Beaucoup de ces personnes âgées semblent avoir une activité sexuelle», note aussi le professeur Maisel. Le secret de cette longévité serait donc aussi simple que cela: une vie saine, au grand air, un peu d'activité physique et une forme de décontraction toute méditerranéenne ? Les scientifiques ne sont pas loin de le penser et cherchent à Acciaroli un modèle, pourquoi pas exportable dans le monde, pour vivre mieux et plus vieux. «Ce que nous aimerions faire au final, c'est créer un tableau clinique établissant une sorte de score à maintenir», explique Salvatore Di Somma, professeur de médecine à Rome. L'idée serait d'établir le type d'alimentation, le type d'activité physique, le type de vie en société, voire le genre de philosophie qui sont à la base de cette longévité exceptionnelle, a-t-il expliqué à l'AFP. Mais il ne sera pas simple de reproduire à l'envi un cadre comme Acciaroli, petit village coincé entre la mer et un parc naturel, loin de toute source de pollution, où la lenteur reste un art de vivre.

La ciencia busca en un pueblo de Italia el secreto de la longevidad

Investigan por qué más del 10% de los habitantes logra superar los 100 años

- La Nación
- 5 Sep 2016
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MARiO

IAPOrtA/AfP Antonio Vassallo, de 100 años, y su mujer, Amina Fedollo, de 93, en su casa en Acciaroli, en el sur de Italia

En Acciaroli, más del 10% de la población supera los 100 años.

ACCIAROLI, Italia (AFP).— En Acciaroli, un pequeño pueblo de pescadores entre el mar y la montaña en el sur de Nápoles, más de un habitante de cada diez es centenario. La longevidad de los vecinos llamó la atención de científicos norteamericanos que estudian el misterio que encierra esta localidad que consigue burlar a la muerte.

Investigadores de la Universidad de San Diego en California, con la colaboración de la Universidad de La Sapienza en Roma, se trasladaron a Acciaroli esta primavera boreal realizar sus investigaciones.

“Somos los primeros científicos que recibimos permiso para estudiar a los habitantes de Acciaroli”, dijo Alan S. Maisel, profesor de medicina cardiovascular en San Diego.

En el pueblo hay 81 personas centenarias, entre tan sólo 700 habitantes, pero nadie se asombra. “Sólo comemos cosas sanas”, explica Antonio Vassallo, que festejó hace poco sus 100 años.

La alimentación es un indicio importante para los científicos. Sobre todo porque la famosa dieta mediterránea fue identificada en esta misma zona, en la región del Cilento, por el estadounidense Ancel Keys, hace casi 60 años.

El norteamericano Key, biólogo, fisiólogo y “padre” de la dieta mediterránea bautizó esta zona del sur de Italia como el “triángulo de la larga vida”.

“Comemos mucho pescado, productos del campo que cultivamos nosotros mismos. Tenemos nuestros propios conejos, nuestros pollos. Todo son productos de la tierra”, revela la mujer de Antonio, Amina Fedollo, de 93 años.

Respecto del aceite de oliva, del que se dice que es fuente de juventud, la anciana reitera: “Consumimos el que producimos”. Además de avanzados análisis sanguíneos (ADN, metabolismo, etc.), los investigadores realizaron controles cardíacos y neurológicos, explica Maisel.

La genética, junto con la alimentación, es otra buena pista para dilucidar la misteriosa longevidad de los habitantes de Acciaroli. Las personas centenarias podrían tener un gen que logra extraer las propiedades beneficiosas de ciertos productos consumidos regularmente, “como el romero, que mejora las capacidades del cerebro”, precisa el profesor Maisel.

Entre las 80 personas ancianas que participaron en el estudio, 25 de las cuales eran centenarias, ninguna sufría la enfermedad de Alzheimer.

Eso sí, todas practicaban una actividad física a diario, como la pesca, el mantenimiento de su huerto o el paseo, en este pueblo de calles escarpadas.

“Muchas de estas personas parece que mantienen una actividad sexual”, agrega el investigador. ¿Sería entonces el secreto de esta longevidad algo tan simple como una vida sana, al aire libre, un poco de actividad física y un estilo de vida mediterráneo?

Los científicos siguen estas hipótesis y buscan crear un modelo en Acciaroli, un ejemplo que podría exportarse a otras partes del mundo, para vivir mejor y durante más tiempo. “Lo que nos gustaría hacer al final es crear un cuadro clínico que establezca una especie de puntuación que se debe mantener”, afirma Salvatore Di Somma, profesor de medicina en la Universidad de La Sapienza, en Roma.

“El proyecto no sólo va a ayudar a develar algunos secretos para envejecer bien, además servirá para unir a científicos alrededor del mundo para lograr un mejor cuidado clínico de la población más envejecida”, agregó Di Somma.

La idea sería establecer el tipo de alimentación, de actividad física, de vida social e incluso de filosofía, que están en la base de esta longevidad excepcional, explica. Pero no será fácil reproducir por doquier un entorno como el de Acciaroli, un pequeño pueblo situado entre el mar y un parque natural, lejos de la contaminación, donde todo se toma con mucha calma.

Living to a ripe old age

- Townsville Bulletin
- 5 Sep 2016
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TUCK IN: The Mediterranean style diet is seen as a key factor in the longevity of people from southern Italy.

SOME of the secrets of an Italian village that has long fascinated scientists because of its high number of active centenarians will be revealed.

Scientists have spent the last six months looking into why residents of Acciaroli and nearby tiny communities enjoy such extraordinary longevity, while also seeming to be largely immune from dementia, heart disease and other chronic conditions associated with ageing in most of the Western world.

Scientists from Rome's Sapienza University and the San Diego School of Medicine will unveil their findings at a conference in the village, in the southern region of Campania.

Acciaroli is part of the Cilento coast, a largely industry-free area of outstanding natural beauty which has national park protected status.

It was in the Cilento the late US nutritionist Ancel Keys first established convincing evidence of the health benefits of a Mediterranean diet based on olive oil and rich in fresh fruit, vegetables and fish.

Sixty years later, it is not hard to find supporting evidence for Keys' core thesis in Acciaroli itself.

More than one in 10 – 81 at the mayor's last count – of the village's population of 700 has passed the century mark. Among them is Antonio Vassalo, 100.

“We only eat healthy stuff,” he confirmed.

Alan S. Maisel, the San Diego cardiologist heading up the project, says the explanation for the longevity and sprightliness could lie in any number of factors – from the villagers’ consumption of the herb rosemary to the active lifestyles imposed by their home’s steep streets, which means everyone has to do a little bit of tough walking every day.

“They eat rosemary almost every day, and they grow it – maybe this does something that helps. We know that rosemary improves brain function.”

“They are also all physically active. Whether it is fishing, walking or gardening, everyone does something every day.”

One find that surprised the scientists on the project concerned the subjects’ capillary blood vessels, which tend to degenerate in older people. But the Cilento seniors had decidedly youthful capillaries.

The study focused on 80 elderly people, including 25 centenarians.

Sapienza University’s Salvatore Di Somma says the goal was to identify what Acciaroli can offer the world.

“What we would like to create is a sort of clinical scoresheet.”

And there could be another very important ingredient in the recipe for a long and happy life.

“Sexual activity among the elderly appears to be rampant,” Maisel said. “Maybe living long has something to do with that, it’s probably the good air and the joie de vivre.”

Village of the aged to reveal its secrets

- Sunday Herald Sun
- 4 Sep 2016
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SOME of the secrets of an Italian village that has long fascinated scientists because of its many active centenarians are to be revealed this weekend.

Scientists have spent the past six months looking into why residents of Acciaroli and nearby villages enjoy extraordinary longevity — and appear to be immune to dementia, heart disease and other conditions associated with ageing in most of the Western world.

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It was in the Cilento that the late US nutritionist, Ancel Keys, first established convincing evidence of the health benefits of a Mediterranean diet based on olive oil and rich in fresh fruit, vegetables and fish.

Sixty years later, it is easy to find supporting evidence for Keys's core thesis. More than one in 10 — 81 at last count — of Acciaroli's population of 700 is aged over 100. Among them is Antonio Vassallo, 100. "We only eat healthy stuff," he said.

His wife, Amina Fedollo, a sprightly 93-year-old, adds: "We eat a lot of fish, fresh produce from the countryside that we grow ourselves."

Alan Maisel, the San Diego cardiologist heading the project, says the explanation could lie in any number of factors, from the high consumption of the herb rosemary to the exercise regimen imposed by the town's steep streets.

And there could be another vital ingredient: "Sexual activity among the elderly appears to be rampant," he said.

Secret of village where 1 in 10 live to 100?

Healthy diet and lots of sex

- Daily Mail
- 5 Sep 2016
- By Izzy Ferris

IT'S a question that's always left mankind puzzled – just what is the secret of a long life?

Now scientists think they may have the answer, after studying an extraordinary Italian village where more than one in ten residents make it to 100.

According to those living in Acciaroli, around 90 miles south of Naples, the key is a healthy diet, exercise – and an extremely fulfilling sex life.

Experts from Sapienza University in Rome and the San Diego School of Medicine in the US found the villagers to be largely immune to heart disease, dementia and other chronic illnesses associated with ageing.

They suggested that the residents' high consumption of the herb rosemary could be a factor, as well as the steep streets in the area meaning everyone has a challenging walk every day. The researchers added that the residents seemed to enjoy 'rampant' sex lives, which could also contribute to their longevity.

Alan Maisel, who led the project, said: 'Is there something in their genes that may, along with something that they do, make them live longer and [stay] healthy?'

'They eat rosemary almost every day and they grow it – maybe this does something that helps. We know that rosemary improves brain function.'

'There are also all physically active. Whether it is fishing, walking or gardening, everyone does something every day.'

He added: 'Sexual activity among the elderly appears to be rampant. Maybe living long has something to do with that, it's probably the good air and the joie de vivre.'

During the last count, 81 of the 700 Acciaroli residents had made it to the age of 100. Unusually – as women generally outlive men – the oldest villagers were evenly split between the sexes.

The experts said this could be as the older men 'sit around all day outside cafes and are less stressed' than those living elsewhere.

The researchers studied 80 elderly residents – including 25 centenarians – and were shocked by the health of their capillary blood vessels, some resembling those of 20-year-olds.

Villager Antonio Vassalo, aged 100, said: 'We only eat healthy stuff.' His wife Amina Fedollo, 93, added: 'We eat a lot of fish, fresh produce from the countryside that we grow ourselves.'

Village where one in 10 lives to 100 – thanks to sex and diet

- Irish Daily Mail
- 5 Sep 2016
- By Izzy Ferris

IT'S a question that leaves us puzzled; just what is the secret of a long life?

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He added: 'Sexual activity among the elderly appears to be rampant. Maybe living long has something to do with that, it's probably the good air and the joie de vivre.'

At the last count, 81 of the 700 residents had hit 100, and the oldest villagers were evenly split between sexes. The experts said this could be due to the fact that the older men 'sit around all day outside cafés and are less stressed' than those living elsewhere.

The researchers studied 80 elderly residents – including 25 centenarians – and were shocked by the health of their capillary blood vessels, some resembling those of 20-year-olds.

Italy's 100 club to reveal its secrets 81 members of tiny village pass century mark

- Kuwait Times
- 4 Sep 2016
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ACCIAROLI: Antonio Vassallo, 100, and his wife Amina Fedollo, 93, pose for a photo at their house. — AFP

Some of the secrets of an Italian village that has long fascinated scientists because of its high number of active centenarians are set to be revealed this weekend. Scientists have spent the last six months looking into why residents of Acciaroli and nearby tiny communities enjoy such extraordinary longevity-while also seeming to be largely immune from dementia, heart disease and other chronic conditions associated with ageing in most of the Western world.

Scientists from Rome's Sapienza University and the San Diego School of Medicine will unveil their findings at a conference in the village today. Acciaroli is part of the Cilento coast, a largely industry-free area of outstanding natural beauty that now has national park protected status. It was in the Cilento that the late US nutritionist Ancel Keys first established convincing evidence of the health benefits of a Mediterranean diet based on olive oil and rich in fresh fruit, vegetables and fish. Sixty years later, it is not hard to find supporting evidence for Keys' core thesis in Acciaroli itself.

More than one in 10 — 81 at the mayor's last count-of the village's population of 700 has passed the century mark. Among them is Antonio Vassallo, 100. "We only eat healthy stuff," he confirmed to AFP on a visit this week. Antonio's wife Amina Fedollo, a sprightly 93-year-old, develops the point. "We eat a lot of fish, fresh produce from the countryside that we grow ourselves. "We have our own rabbits, our chickens. Only local products. And olive oil: we consume what we produce."

Alan S Maisel, the San Diego cardiologist heading up the project, says the explanation for the longevity and sprightliness could lie in any number of factors-from the villagers' high consumption of the pungent herb rosemary to the active lifestyles imposed by their home's steep streets, which means everyone has to do a little bit of tough walking every day.

Sexual activity rampant

"Is there something in their genes that may, along with something that they do make them live longer and healthy?" he said. "They eat rosemary almost every day, and they grow it-maybe

this does something that helps. We know that rosemary improves brain function.”“They are also all physically active. Whether it is fishing, walking or gardening, everyone does something every day.”

One find that surprised the scientists on the project concerned the subjects’ capillary blood vessels, which tend to degenerate in older people. But the Cilento seniors had decidedly youthful capillaries of the sort found in much younger people, even those in their 20s. The study focused on 80 elderly people including 25 centenarians.

Sapienza University’s Salvatore Di Somma said the goal was to identify what Acciaroli has to offer the rest of the world. “What we would like to create is a sort of clinical score sheet, a tool that says that someone who wants to live well for a long time should have a certain type of diet, a certain level of physical activity, a certain type of social life and a certain way of thinking.” Maisel said Acciaroli was unusual in that the numbers of very old people were split evenly between men and women.

“Usually a significantly higher number of women live longer than men,” he said, adding that some important lifestyle factors could be every bit as important as the anti-inflammatory properties of rosemary. “It may have something to do with the fact the older men do nothing but sit around all day outside cafes and are less stressed,” he said. And there could be another very important ingredient in the recipe for a long and happy life. “Sexual activity among the elderly appears to be rampant,” Maisel said. “Maybe living long has something to do with that, it’s probably the good air and the joie de vivre.” — AFP

Italy's 100 club to reveal its secrets

Scientists look into why residents of Acciaroli enjoy such extraordinary longevity

- Gulf News
- 5 Sep 2016
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APAntonio Vassallo, 100, and his wife Amina Fedollo, 93, in Acciaroli, southern Italy. We eat a lot of fish, fresh produce from the countryside that we grow ourselves, says Fedollo.

Some of the secrets of an Italian village that has long fascinated scientists because of its high number of active centenarians were revealed this weekend.

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Cardiologist

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Scientists find secret to 100-year-olds' club in Italian village

- The New Zealand Herald
- 5 Sep 2016
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La Repubblica (ed. Napoli) del 05/09/16 pag. 5

In definitiva, i centenari cilentani sembrano avere dei meccanismi proteici che difendono dai processi dell'invecchiamento, e vale la pena proseguire la ricerca di questi fattori.

È emerso ad esempio che i centenari di Pollica consumano molte erbe, spesso raccolte in campagna o nei loro orti, il che è indizio che sulla loro salute, oltre la qualità del cibo, può influire anche il fatto che camminano e si ...

C'è spazio dunque per testare i molteplici fattori, anche sociali e comportamentali, che forse fanno la fortuna dei centenari di Pollica.