



The Millennium Project
GLOBAL FUTURES STUDIES & RESEARCH

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Madrid Declaration for Longevity

October 1 is the tenth anniversary of the [International Longevity Day](#), which was chosen in 2013 to coincide with the [International Day of Older Persons](#), declared by the United Nations in 1990.

According to the European Union, Spain is the country with the highest life expectancy within the union, and Madrid is also the national capital with the highest life expectancy in the region. This confirms that **Madrid is the European capital of longevity**, and to enhance this reality it is necessary to continue improving the quality of life, medical services, investments and research for the radical extension of life.

Research centers as important as the CNIO or CNB and CBM, part of the CSIC, are located in Madrid and are world leaders in their respective areas. There are also hospitals and clinics with top-level longevity experts in the Community of Madrid. The time has come to deepen and expand these capabilities, including through international collaborations with other organizations such as Altos Labs, Calico and Hevolution Foundation, just to name a few. **Today even the “Longevity Dividend” is considered, and the great economic, political and social benefits that it will bring to control and reverse the aging of the population.** Less medical expenses and more health for all citizens will be the results of the new longevity policies.

Scientific progress does not stop and today we know that there are biologically immortal cells (such as germ cells and cancer cells) and also small organisms that are considered biologically immortal (such as some hydras and jellyfish). Furthermore, the 2012 Nobel Prize in Medicine, Japanese biologist Shinya Yamanaka, discovered that it is possible to rejuvenate cells, and other scientists such as Australian biologist David A. Sinclair have managed to rejuvenate organs at Harvard University. According to some experts, the biological rejuvenation of entire organisms is within the reach of science. The question is no longer if rejuvenation is possible, but when it will be possible.

On International Longevity Day we present this Madrid Declaration for Longevity and we will celebrate scientific advances towards what we could call “the death of death”: the moment when aging is controllable and even reversible, so that life never again has to end because of a death sentence.

#STOPenvejecimento

#MarchaPorLaVida

#STOPenvejecimento

[Aubrey de Grey](#), President of the LEV Foundation, California (2011): *The first person who will live to be 150 years old has already been born.*

[David A. Sinclair](#), Professor of Biology, Harvard University, Massachusetts: *Aging is a disease, the most common, and must be treated aggressively (2019).*

[Juan Carlos Izpisua Belmonte](#), Senior Vice President of Altos Labs, California: *Within two decades we will be able to prevent aging (2022).*

[María Blasco](#), Director of the CNIO, Madrid: *Until we control what causes aging, we will not cure degenerative diseases (2023).*