



Second Brussels Declaration for Radical Healthspan Extension: After Covid times, rejuvenation times.

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([Français](#), [Espanol](#))

Medical, scientific and technological progress is stronger than ever, but this has not been enough to improve healthy life expectancy. In 2020 and 2021, we had the first decrease in life expectancy at the world level in the last 75 years. To overcome this loss in life expectancy, we need better scientific cooperation, increased research, and higher government-level commitment to progress.

The defeat of aging lies within our collective grasp. It's time to seize this remarkable opportunity.

We proclaim the possibility and imperative of a moonshot project to overcome all age-related diseases within 25 years by tackling aging as their root cause.

The result will be a world where:

- Healthcare is far less expensive
- Human well-being is radically extended
- The elderly will no longer be, or be seen as a burden but as an asset to society
- People place greater value on the environment and on peace, in view of their expectation of much longer lives
- The right to life is more precious than ever, because healthy life is longer
- Humanity is more unified in the common struggle to defeat aging

Key steps in this initiative will include:

- A paradigm shift stressing the need for research on aging itself, rather than only on resultant diseases of old age.
- The removal of regulatory and other barriers which prevent or disincentivize companies from development of treatments for aging.

- Using Artificial Intelligence and Big Data as much as possible for Healthy Longevity. AI has its own risks and privacy is important, but using AI to constantly seek improvement of health and longevity is a safer way to progress. We will then use data for common good and to have "friendly and healthy" AI companions.
- Sharing knowledge for healthy longevity as much as possible. Where public money and data made with public means is used, results should always be public.
- Results of research (negative or positive) should always be public, and research plans should be pre-registered. Patents may protect privacy rights, but must not slow down research.
- An accelerated program to test interventions, especially on old animals and well-informed old people on a much larger scale than anything that exists at the moment. This will lead to genuine rejuvenation biotechnologies.

These programs will require a coordinated effort at national and international level, integrating diverse existing and novel research approaches. They need to be financed by both public and private organizations, and create inclusive, affordable solutions available on equal terms to everybody.