

Drugs

There are some notes on the drugs researched in the making of Immortality: A Practical Guide.

Aspirin

Mayo Clinic's recommendations are [here](#).

Testosterone replacement

Mayo Clinic states that a medical condition that leads to an unusual decline in testosterone may be reason to do testosterone therapy, but treating normal aging with testosterone isn't currently advisable. Risks of testosterone therapy for normal aging include increased risk of heart attack, contributing to sleep apnea, and the growth of existing prostate cancer.¹

DHEA

According to [Wikipedia](#), there's insufficient evidence to determine if it decreases cardiovascular disease, and it didn't seem to decrease risk of any other disease.

IGF-1

IGF-1, according to [this website](#), low levels of IGF-1 increase lifespan at the cost of decreased cognitive ability. I have found no other sources on its effect on health. Overall, the potential negative cognitive effects make it not worth mentioning in Immortality: A Practical Guide.

Melatonin

I found nothing on Melatonin's effect on healthy individuals, save a non-human animal study that found it didn't decrease mortality rates.

Rapamycin

Rapamycin, also known as sirolimus, has been shown to increase the lifespan of mice. However, rapamycin shouldn't be taken by the general public, as it's unclear whether rapamycin can increase

lifespan in humans, and it has side effects, e.g. fungal infections and pneumonia.² Mayo Clinic recommends only taking it if directed to by one's doctor.³

Resveratrol

Wikipedia said it has inconclusive effects.

Statins

Wikipedia [states](#) some say they're decrease CVD risk but increase diabetes risk. It's recommended to take them once one's 10 year CVD risk is >10% or > 20%, those some debate that the risk should be higher before taking them. Since the guide is for the general population, this won't be mentioned. These claims were cited.

References

1. [Can testosterone therapy promote youth and vitality?](#) Mayo Clinic.
2. [First Drug Shown to Extend Life Span in Mammals.](#) MIT Technology Review.
3. [Sirolimus \(Oral Route\).](#) Mayo Clinic.