

# Why do you die of old age?

No one is immortal. Yet being immune to death has been strived towards by many. So why do we die of old age?

It's actually impossible to "die of old age." As we age, our bodies weaken and problems grow.

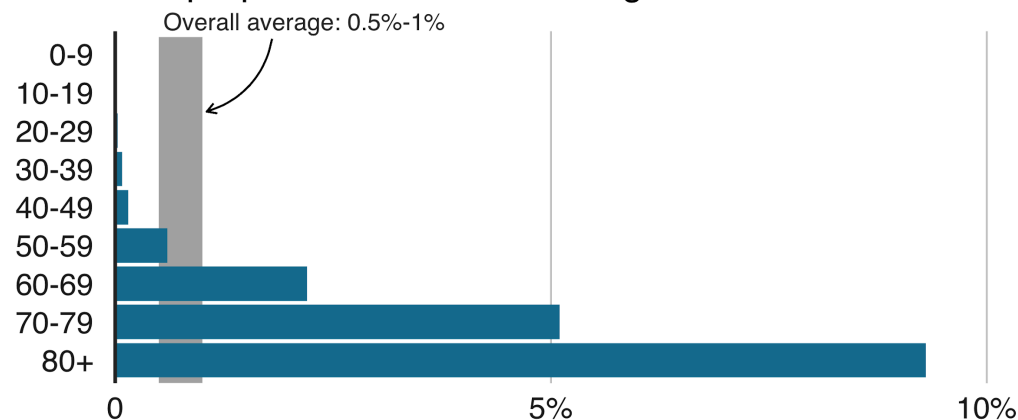
Examples of these problems are: irregular blood pressure levels, heart diseases, brain problems and physical damage won't heal as well as it could. Even Covid-19 affects the elderly more. These can eventually be fatal.

Older people tend to die in their sleep as sleeping disorders can contribute to them staying in bed. Also, saliva, food and fluid can get stuck in their lungs.

There are other beliefs as to why we die, like that God limiting our age. Either way, no one is immortal.

## Death rates depend on age group

Estimated proportion of deaths among infections



Source: Imperial College London, 16 March, SAGE

BBC