

# Review of: "How to enjoy your healthy life after 70— suggestions from the science of longevity"

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Comments to the paper "How to enjoy your healthy life after 70: suggestions from the science of longevity", by H.-Y. Li, H.-L. Li, and S. Kanemitsu.

This article, which undoubtedly contains several interesting information addressed to the public, can hardly be considered a scientific work. I will try to explain the reasons of such a drastic claim:

- in the preliminary approach to the text, the first question the reader asks concerns the type of paper. It is not a research report, not even a review, or a commentary or an editorial. It appears to be more similar to an article for a magazine than to a scientific paper;

- a scientific work is usually based on an accurate review of the scientific literature related to the topic. The paper by Li et al has a long list of references, but the most part is not cited in the text, and the most referred citation are two papers not published cited as to appear in 2024 and in 2025. The first author of these papers appears to be the same of the paper under examination. An the first sentence of the introduction is: "This is a sequel to [Li et al (2024)]". A sequel of an article that it is not published....;

- the great part of the text is devoted to diet. There are several common sense recommendations, without evidence, with an excessive number of citations of foods that are probably common for China, but uncommon for the rest of the world (jelly, hijiki, kojak, mozuku etc) making any message for the health promotion hardly to be generalized;

- there is a chaotic mix of recommendations "to enjoy healthy life after 70", all based only on common sense, as for example to sing in a Karaoke house, to have hobbies like calligraphy or painting, to travel, not to indulging in smartphone during adolescence in order to avoid losing relationships. The inclusion of these recommendations in a reasoned guideline for healthy ageing would be of great interest, but would require to base them on strong scientific evidence and to make them much more systematic.

These are some of the criticisms of the article by Li et al, that should convince the authors to rewrite the paper. In this case, if their intention was still to write a paper based on scientific norms, I would suggest to:

1. clearly define the type of publication, for example a review;
2. drastically reduce the extension of the scope of interest, as for example by focusing on the glycemic index of common and uncommon foods and on their role in healthy diet;

3. conduct a rigorous review of the literature on the selected topic, following the rules of the international organisations like for example Cochrane;
4. build on the results of the review to elaborate the recommendations for the public.