

3D Bioprinting, which is a revolutionary new field, plans to build new organs using the patient's own cells, uses a device similar to the inkjet printer.

The development of antibiotics has helped humans fight off and recover from many different illnesses including the common cold

Vaccines may be questioned by some people, but it is a fact that they have helped eliminate certain diseases like the chickenpox

Heart surgery and many advancements surrounding stents and pacemakers have also helped people live longer.

New medical technology like radiation equipment have helped people with cancer to live longer.

People are living longer because they have had more wealth than ever before

Medical care has improved and medicines have become more advanced.

From better computers to better telecommunications and a faster ability to analyse data, the medical community is learning more from genetic sequencing, clinical trial data, patient record, and clinical trial data – and at a faster rate. This data will help the medical community find new disease markers, personalise treatment and help doctors make better decisions.

From exercise to other habits, we are making much smarter choices about our health these days. In the past 49 years, smoking by high-school students and adults has dropped from 45% in 1965 to 16.7% in 2014, and that number is expected to reach 12% by 2020.

Even though an obesity epidemic has undoubtedly affected Ireland the issue has drawn more attention to the processed foods served by fast-food companies and grocery stores. Government policies and public campaigns have helped educate people on how to eat healthier and exercise better.

What you put in your mouth each day could more directly impact your lifespan than you realize. Several foods have been linked to longer life, including foods with omega-3 fatty acids and antioxidants.

There's no shortage of studies showing exercise reduces health problems and leads to longevity.

Eight hours of sleep per night can stave off serious illnesses and lead to a longer, healthier life.

Stress is very detrimental to a person's health. People are now finding methods to cope with stress, whether through activities like meditation or through simply taking time to do what they enjoy.

People have had better more varied and reliable diets e.g. comprised of fresh fruit and vegetables, lean protein and whole grains.

More physical activity every day

Not smoking and consuming less alcohol

Clean sanitation and better hygiene

Better understanding of genetics

Better air quality