

# Your Financial Support of this Research is a Show of Support to Strengthen the Bond Between Humans and Pets

## So That Our Pets Can Live 30% Longer

Just imagine if our pets could live 30% longer. Dr. David J. Waters, DVM, PhD, and his colleagues at the Center for Exceptional Longevity Studies are working to achieve just that: Unlocking the secrets to highly successful aging. Living longer, healthier lives – not just tacking on years of disability. It will require intense focus, because highly successful aging is not simply the product of one thing. It's about delaying or escaping major diseases. It's about increasing resilience to challenges. And although well-being and healthy longevity are a cornerstone of the pet industry and the concern of millions of pet owners, the topic had never been tackled by veterinary scientists – *until we jumped in*. We believe that, when it comes to learning about cancer and aging, the oldest dogs can be our greatest teachers. Since 2010, the Center for Exceptional Longevity Studies has been collecting the first set of detailed, first-hand scientific observations of dogs living 30% longer.



Watch Dr. Waters' 12 minute TEDx talk "The Oldest Dogs as Our Greatest Teachers" at <https://youtu.be/XS9fiDn4Qo8>

- We have committed ourselves to gathering fresh clues to highly successful aging and cancer resistance by studying the oldest-living Rottweilers ( $\geq 13$  years old), which have lived 30% longer than average for the breed.
- The work demands persistence and stamina because these exceptional dogs are so unique ... only 15 to 20 of these dogs are alive at any given time, scattered across North America.
- To date, we have constructed a database of detailed lifetime health information on more than 300 of these dogs obtained from pet owners and veterinarians in 42 states and Canada.
- A richer understanding of how they are living 30% longer requires a deeper look than what medical histories can provide, so we have conducted the first series of autopsies on more than 100 dogs.
- We have created a biorepository of biological specimens for in-depth study of DNA, blood, and urine to set the stage for developing ways of measuring successful aging that could transform clinical practice.
- We have studied 100 of these elite dogs *in their homes*, capturing vital insights that go beyond the physical attributes of the dogs to include aspects of the households, pet-owner interactions, and pet-pet interactions that are associated with exceptional longevity.
- We have documented that these elite dogs delay or escape major age-related diseases. Moreover, they seem to handle stress in a positive way.
- These dogs have figured out how to side-step cancer mortality. Almost all of them develop cancer but they seldom die of those cancers. To them, cancer is just a nuisance, like athlete's foot.