FALL BABIES MAY LIVE LONGER

by Krista Seiden, PhD, RN
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[Image: add from left to right or bottom]

How a baby is born in September, October, or November! Lucky you: You may have above-average chances of living an extra few years.

In a recent study, researchers from the University of Chicago looked at data from more than 1,000 people who were born in the 1930s and 1970s and who lived to be 90 or older. The researchers compared that data with the birth months and the spans of life for nearly 12,900 of their counterparts' siblings and spouses.

The majority of people who lived an extra- life were born between September and November; the researchers have written in the study of Aging Research [1].

The December-November birth group lived an extra life, whether they were men or women, and the researchers considered this interesting.

Newborns are born with their own set of characteristics, some of which are thought to influence their lifespan. For example, the researchers noted that newborns born in the fall have a lower risk of developing birth defects, which could be a contributing factor to longer life span.

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