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## Secrets of the oldest old Persons

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Ever wonder how the oldest persons alive have lived their lives. How old is old anyway? Super centenarians are more than 110 years of age. Verification can be challenging since records of births that old are often missing. Still there are very old persons no matter how you define oldest. Most super centenarians are mobility challenged, but mentally O.K. If you reach 110 years of age what do you have to look forward to? As of 5/2008 there were 10 at 116 years, 15 at 115 years, 66 at 114 years, 136 at 113 years, 283 at 112 years, 550 at 111 years and 1047 at 110 years. This does not cover half years for brevity. Many of the oldest persons alive have relatives that are also very old. Genetics play important factors in the aging process, but there are still some factors that are non-genetic.