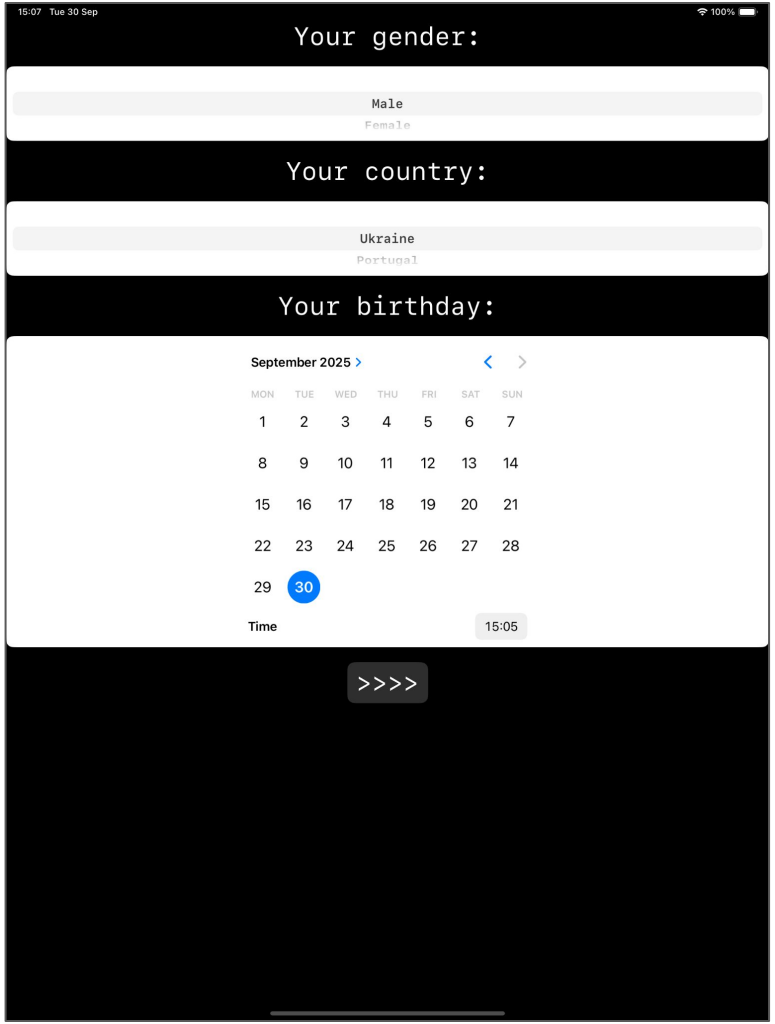
Initialization page

User specifies here biological gender, country of residence (where most of the time is being spent) and birthday (up to the hour if it is known). This allows computing tentative user's available lifetime.



These countries have the largest life expectancy gender gap

2015 life expectancy at birth in years.

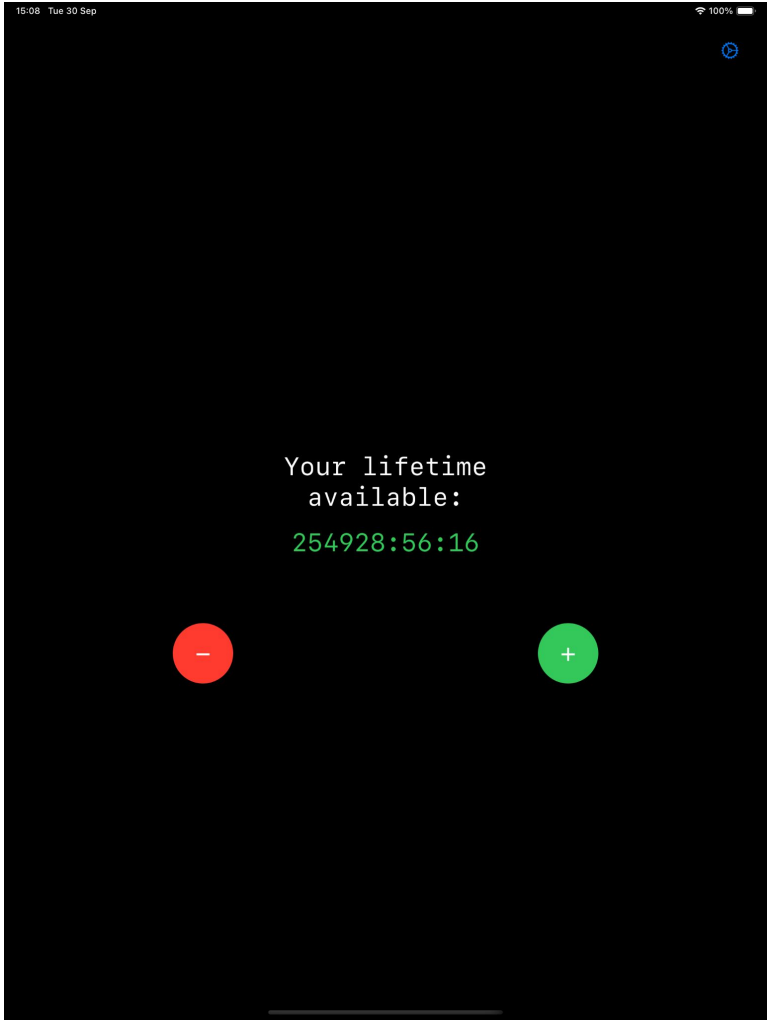
Country	Male	Female	Difference
Russia	64.7	76.3	11.6
Belarus	66.5	78.0	11.5
Lithuania	68.1	79.1	11.0
Rwanda	60.9	71.1	10.2
Syria	59.9	69.9	10.0
Ukraine	66.3	76.1	9.8
Latvia	69.6	79.2	9.6
Vietnam	71.3	80.7	9.4
Estonia	72.7	82.0	9.3
El Salvador	68.8	77.9	9.1

Source: World Health Organisation

	Overall	Male ♂	Female ♀
Monaco	86.5 *years old*	84.6 *years old*	88.6 *years old*
San Marino	85.8	84.3	87.2
Hong Kong	85.6	83.0	88.3
Japan	84.8	81.8	87.9
South Korea	84.4	81.3	87.3
Andorra	84.2	82.3	86.2
Switzerland	84.1	82.2	86.0
Australia	84.1	82.3	85.5
Italy	83.9	81.8	85.9
Singapore	83.9	81.4	86.4
Spain	83.8	81.1	86.4
Liechtenstein	83.8	82.0	85.4
Malta	83.5	81.5	85.4
France	83.5	80.6	86.2
Norway	83.5	81.9	85.0
Sweden	83.4	81.7	85.2
Vatican City	83.1	81.0	85.2
UAE	83.1	82.2	84.3
Iceland	83.0	81.6	84.5
Israel	82.7	80.7	84.7
Canada	82.7	80.5	84.9
Ireland	82.6	80.6	84.6
Portugal	82.5	79.7	85.3
Qatar	82.5	81.8	83.5
Luxembourg	82.4	80.8	83.9

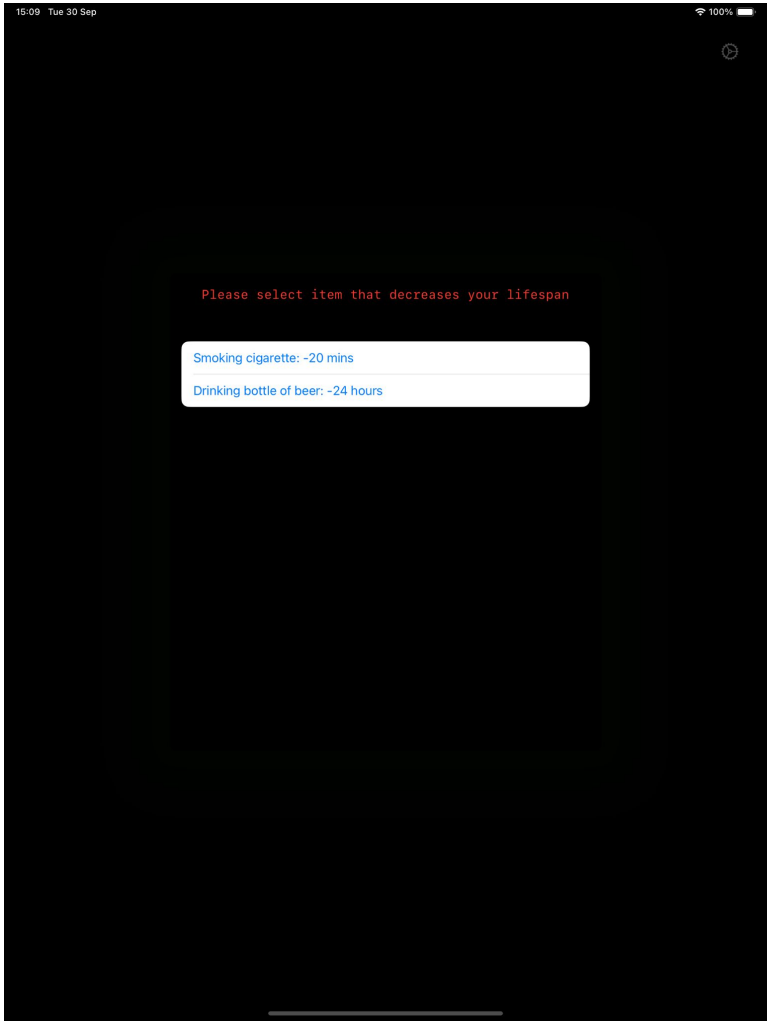
Main page

User can see the lifetime available (hours, minutes and seconds) in realtime.



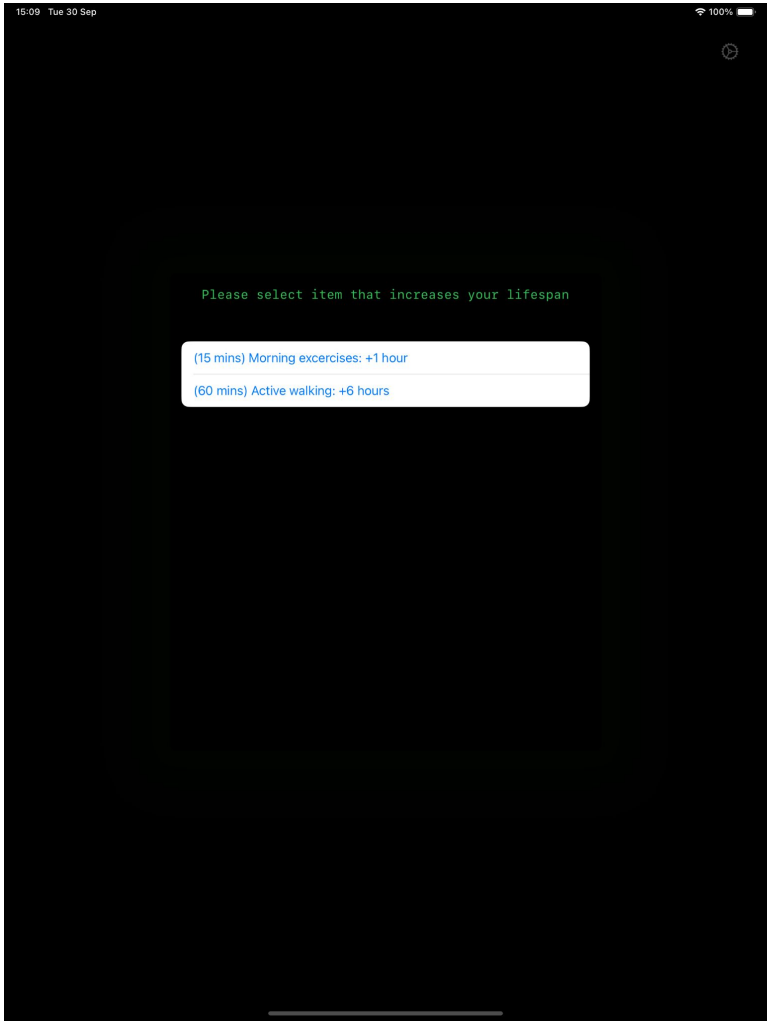
Red minus page

User can subtract some time from the available lifespan.



Green plus page

User can add some time from the available lifespan.



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EDITORIAL

ADDICTION SSA

The price of a cigarette: 20 minutes of life?

Most smokers realise that smoking could shorten their life but not the impact of each cigarette they smoke. Britain has some of the best data available worldwide to estimate the average loss of life per cigarette smoked, which is approximately 20 minutes: 17 for men and 22 for women.

Tobacco smoking is one of the largest preventable causes of disease, disability, and premature death globally [1]. Epidemiological studies report the harms associated with smoking using a range of metrics, including absolute risks, odds ratios, risk ratios, hazard ratios, population attributable fractions, and quality-adjusted life years. Conveying these harms in a clear and accessible way that resonates with smokers can be challenging. One potentially impactful way to express the harm caused by smoking is to estimate the average loss of life expectancy for each cigarette smoked.

In 2000, the BMJ published an estimate suggesting that each cigarette smoked in Britain shortens a smoker's life by an average of 11 minutes [2]. As the authors acknowledged, their estimate made some important assumptions, for which we now have better and more up-to-date data. Their mortality estimate relied solely on epidemiological data from British male doctors followed up for 40 years to 1991 [3]. Their estimate of lifetime cigarette consumption was based on a figure for men of 15.8 per day from age 17 to 71 years, as assessed in 1996 [4].

Data are now available on male mortality outcomes from the British Doctors Study at 50-year follow-up to 2001 [5] and on female mortality outcomes from the Million Women Study, also carried out in Britain, to 2011 [6]. These studies found that after adjusting for important confounders (e.g., socioeconomic position), smokers who did not stop lost approximately 10 (men) to 11 (women) years of life 1996 to compensate for smoking fewer cigarettes [8–10]. If so, then the loss of life expectancy per cigarette might be greater than it was 25 years ago. The best available measure we have of toxicant exposure over the period of interest is the concentration of the nicotine metabolite, cotinine, in the saliva of smokers [11]. Nicotine itself is not particularly harmful, but it can serve as a surrogate marker for exposure to tar and other harmful compounds [11, 12]. The Health Survey for England has gathered cotinine data from representative samples of adult smokers almost every other year from 1993 to 2019 [13]. These data show only a modest change in cotinine concentration per cigarette as cigarette consumption has declined [14]. Therefore, it seems reasonable to assume that there has not been a substantial increase in toxicant exposure per cigarette, so the figures of 17 minutes loss of life expectancy per cigarette for men and 22 minutes for women remain the best estimates.

Epidemiological data indicate that the harm caused by smoking is cumulative and the sooner the person stops, and the more cigarettes they avoid smoking, the longer they live [5, 6]. Thus, a person smoking 10 cigarettes per day who quits smoking on the 1st of January 2025 could prevent loss of a full day of life by the 8th of January, a week of life by the 20th of February, and a month by the 5th of August. By the end of the year, they could have avoided losing 50 days of life.

Studies suggest that smokers typically lose about the same number of healthy years as they do total years of life [15]. Thus smoking primarily eats into the relatively healthy middle years rather than shortening the period at the end of life, which is often marked by chronic illness or disability. So a 60-year-old smoker will typically have the health profile of a 70-year-old non-smoker [5, 6].

As with the BMJ 2000 estimate, our updated figure comes with

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Review Article

Does Physical Activity Increase Life Expectancy? A Review of the Literature

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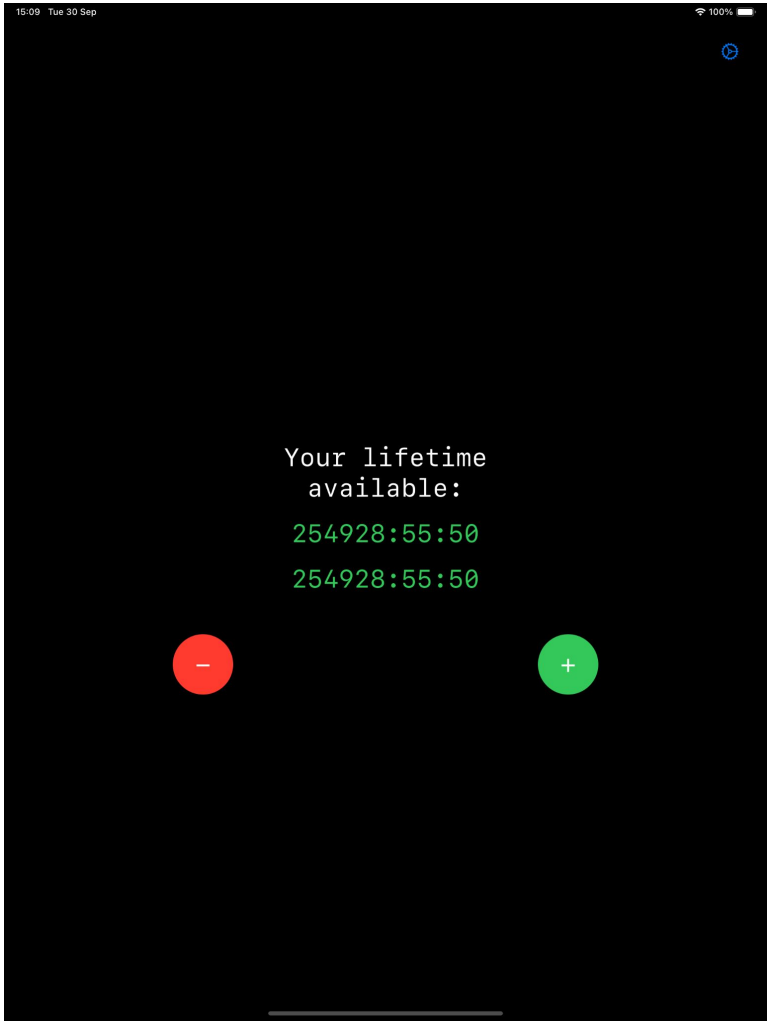
Physical activity reduces many major mortality risk factors including arterial hypertension, diabetes mellitus type 2, dyslipidemia, coronary heart disease, stroke, and cancer. All-cause mortality is decreased by about 30% to 35% in physically active as compared to inactive subjects. The purpose of this paper was to synthesize the literature on life expectancy in relation to physical activity. A systematic PubMed search on life expectancy in physically active and inactive individuals was performed. In addition, articles comparing life expectancy of athletes compared to that of nonathletes were reviewed. Results of 13 studies describing eight different cohorts suggest that regular physical activity is associated with an increase of life expectancy by 0.4 to 6.9 years. Eleven studies included confounding risk factors for mortality and revealed an increase in life expectancy by 0.4 to 4.2 years with regular physical activity. Eleven case control studies on life expectancy in former athletes revealed consistently greater life expectancy in aerobic endurance athletes but inconsistent results for other athletes. None of these studies considered confounding risk factors for mortality. In conclusion, while regular physical activity increases life expectancy, it remains unclear if high-intensity sports activities further increase life expectancy.

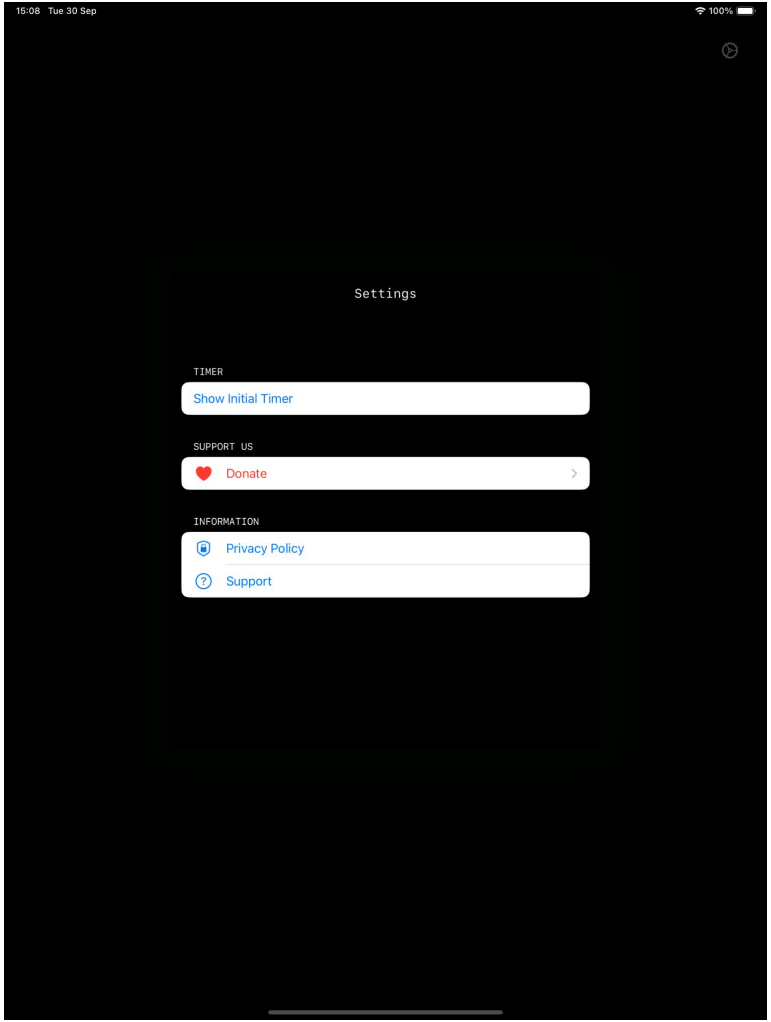
Showing initial timer

User can show / hide initial timer in the settings page.



Settings page

User can manage timers on main page, make donation or read some additional information about application.



Widgets

For strongest effect, I recommend putting LifespanTimer widget to the main screen of the phone.

AppStore:

https://apps.apple.com/ua/app/lifespantimer/id6752257858?l=ru

YouTube:

https://www.youtube.com/watch?v=J3NCKfMriSE