

Vnitřní a vnější faktory stárnutí

Metodologie a reference

Metodologie - vlastní zpracování na základě:

- 1 Aging and DNA damage in humans: a meta-analysis study, 2014
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4100806/>
- 2 Cigarette smoking and telomere length: A systematic review of 84 studies and meta-analysis, 2017
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5562268/>
- 3 Telomere Length Maintenance and Cardio-Metabolic Disease Prevention Through Exercise Training, 2016
<https://link.springer.com/article/10.1007/s40279-016-0482-4>
- 4 Physical Activity on Telomere Length as a Biomarker for Aging: A Systematic Review, 2022
<https://sportsmedicine-open.springeropen.com/articles/10.1186/s40798-022-00503-1>
- 5 Structure and function of telomeres, 1991
<https://www.nature.com/articles/350569a0>
- 6 Coffee Consumption Is Positively Associated with Longer Leukocyte Telomere Length in the Nurses' Health Study, 2016
<https://pubmed.ncbi.nlm.nih.gov/27281805/>
- 7 Soda and Cell Aging: Associations Between Sugar-Sweetened Beverage Consumption and Leukocyte Telomere Length in Healthy Adults From the National Health and Nutrition Examination Surveys, 2014
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4229419/>
- 8 Consumption of nuts and seeds and telomere length in 5,582 men and women of the National Health and Nutrition Examination Survey (NHANES), 2017
<https://pubmed.ncbi.nlm.nih.gov/28244560/>

- 9 Processed Meat, but Not Unprocessed Red Meat, Is Inversely Associated with Leukocyte Telomere Length in the Strong Heart Family Study, 2016
<https://pubmed.ncbi.nlm.nih.gov/27558579/>
- 10 Milk fat intake and telomere length in U.S. women and men: The role of the milk fat fraction, 2019
<https://pubmed.ncbi.nlm.nih.gov/31772698/>
- 11 Association of physical activity and nutrition with telomere length, a marker of cellular aging: A comprehensive review, 2021
<https://www.tandfonline.com/doi/full/10.1080/10408398.2021.1952402>
- 12 The association between sleep quality and telomere length: A systematic literature review
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9860369/>
- 13 Stress and telomere shortening: Insights from cellular mechanisms, 2021
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8920518/>
- 14 Leukocyte telomere length and depression, anxiety and stress and adjustment disorders in primary health care patients, 2017
<https://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-017-1308-0>
- 15 Natural and Sun-Induced Aging of Human Skin, 2015
<https://perspectivesinmedicine.cshlp.org/content/5/1/a015370>

Další reference:

- 1 Telomeres, lifestyle, cancer, and aging, 2011
<https://pubmed.ncbi.nlm.nih.gov/21102320/>
- 2 Telomeres and Age-Related Diseases, 2021
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8533433/>
- 3 Markers of cellular senescence. Telomere shortening as a marker of cellular senescence, 2016
<https://pubmed.ncbi.nlm.nih.gov/26805432/>
- 4 Telomere Length Maintenance and Cardio-Metabolic Disease Prevention Through Exercise Training, 2016
<https://link.springer.com/article/10.1007/s40279-016-0482-4>
- 5 Changes in the Age Distribution of Mortality Over the 20th Century
<https://www.nber.org/papers/w8556>