# Principales sources et références

## Sur la longévité maximale, les capacités de résistance et de rajeunissement des animaux


www.maxisciences.com/%E2ge/quels-sont-les-10-animaux-les-plus-vieux-du-monde_art32182.html

www.maxisciences.com/palourde/ming-l-039-animal-le-plus-vieux-au-monde-etait-encore-plus-age-qu-039-estime_art31332.html

http://fr.questmachine.org/Article:Espérance_de_vie_des_animaux

http://passeurdesciences.blog.lemonde.fr/2016/08/11/ce-requin-qui-peut-vivre-quatre-siecles-1/?utm_source=digg

www.pourlascience.fr/ewb_pages/a/article-les-tardigrades-survivants-de-l-extreme-29145.php

Wolfram Klapper et al, Longevity of lobsters is linked to ubiquitous telomerase expression, *FEBS Letters,* 1998, 439 : 143–146

www.ploscompbiol.org/article/info%3Adoi%2F10.1371%2Fjournal.pcbi.1002936

http://nature-extreme.psyblogs.net/2011/07/animaux-records-de-longevite-records.html


## Sur les causes de vieillissement et les facteurs de longévité chez les animaux


Rasmussen UF et al, Skeletal muscle bioenergetics : a comparative study of mitochondria isolated from pigeon pectoralis, rat soleus, rat biceps brachii, pig biceps femoris and human quadriceps, *Comp Biochem Physiol A Mol Integr Physiol,* 2004, 137 (2) : 435-46

Ku HH et al, Relationship between mitochondrial superoxide and hydrogen peroxide production and longevity of mammalian species, *Free Radical Biology & Medicine*, 1993, 15 (6) : 621–627

Barja G et al, Oxidative damage to mitochondrial DNA is inversely related to maximum life span in the heart and brain of mammals, *FASEB J,* 14 (2) : 312–318

Agarwal S et al, Relationship between susceptibility to protein oxidation, aging, and maximum life span potential of different species, *Experimental Gerontology,* 1996, 31 (3): 365–372.

Moore CJ et al, Inverse correlation between species lifespan and capacity of cultured fibroblasts to convert benzo(a)pyrene to water-soluble metabolites, *Experimental Cell Research,* 1978, 116 (2) : 359–364

Le Bourg et al, *Mild Stress and Healthy Aging : Applying hormesis in aging research and interventions*, 2008

Ristow M et al, How increased oxidative stress promotes longevity and metabolic health : The concept of mitochondrial hormesis (mitohormesis), *Experimental Gerontology,* 45 (6) : 410–8

Hart RW et al, Longevity, stability and DNA repair, *Mech Ageing Dev,* 1979, 9 (3-4) : 203-23

Hart RW et al, Correlation between deoxyribonucleic acid excision-repair and life-span in a number of mammalian species, *Proc Natl Acad Sci USA,* 1974, 71(6) : 2169-2173

Bernstein C et al, Aging, Sex, and DNA Repair, Academic Press,1991

Cortopassi GA et al, There is substantial agreement among interspecies estimates of DNA repair activity, *Mechanisms of Aging and Development* ,1996, 91 (3) : 211–218

Haussmann MF et al, Telomeres shorten more slowly in long-lived birds and mammals than in short-lived ones, *Proceedings Biological Sciences /the Royal Society,* 2003, 270, 1522: 1387–1392

Vleck CM et *al, The natural history of telomeres : tools for aging animals and exploring the aging process, Exp Gerontol,* 2003 ; 38(7) : 791-5


## Sur les capacités de réparation de l'ADN


Bürkle A et al, Poly(ADP-ribosyl)ation, genomic instability, and longevity, *Ann N Y Acad Sci,* 2000, 908 : 126-32.


## Sur les mutations de l'ADN, la longévité et les maladies dégénératives


Dandone P et al. Oxidative damage to DNA in diabetes mellitus, *Lancet,* 1996, 347 : 444–5.

Bashir S et al, Oxidative DNA damage and cellular sensitivity to oxidative stress in human autoimmune diseases, *Ann Rheum Dis,* 1993, 52 : 659–66

Cardin R et al, DNA oxidative damage in leukocytes correlates with the severity of HCV-related liver disease: validation in an open population study, J Hepatol, 2001, 34 : 587–92.

Lindahl T et al, Quality control by DNA repair, Science, 1999, 286, 1897–1905

Dizdaroglu M et al, Advances in DNA damage and repair, Springer Verlag

Thompson LH et al, D Recombinational DNA repair and human disease. Mutation Research, 2002, 509, 49–78.

Fishel ML et al, DNA repair in neurons : so if they don't divide what's to repair ?, Mutat Res, 2007, 614 (1-2) : 24-36,2006

Coppedè Fet al, DNA damage and repair in Alzheimer's disease, Curr Alzheimer Res, 2009, 6 (1) : 36-47.

Venkitaraman AR, Cancer susceptibility and the functions of BRCA1 and BRCA2, Cell, 2002, 108, 171–182.

Gisselson D et al, Abnormal nuclear shape in solid tumours reflects mitotic instability. American Journal of Pathology, 2001, 158, 199–206.

Scott D et al, Radiation-induced micronucleus induction in lymphocytes identifies a high frequency of radiosensitivity cases among breast cancer patients: a test for predisposition ? British Journal of Cancer, 1998, 77, 614–620

## Sur la réparation de l'ADN et la longévité

Grube K, Bürkle A, Poly (ADP-ribose) polymerase activity in mononuclear leukocytes of 13 mammalian species correlates with species-specific life span, Proc Natl Acad Sci USA, 1992, 89 (24) : 11759–63.

Muiras ML et al, Increased poly(ADP-ribose) polymerase activity in lymphoblastoid cell lines from centenarians, J Mol Med, 1998, 76 (5): 346–54.

Bernstein C, Bernstein H, Aging, Sex, and DNA Repair, Academic Press, 1991

## Sur télomères et vieillissement

Cawthon RM et al, Association between telomere length in blood and mortality in people aged 60 years or older, Lancet, 2003, 1, 361 (9355) : 393-5

Elizabeth Blackburn (UCSF) Part 1: The Roles of Telomeres and Telomerase www.youtube.com/watch?v=5PU_jZwt8KY

Elizabeth Blackburn (UCSF) Part 2: Telomeres and Telomerase in Human Stem Cells and in Cancer www.youtube.com/watch?v=zqMoDdHWFBA

Elizabeth Blackburn (UCSF) Part 3 : Stress, Telomeres and Telomerase in Humans www.youtube.com/watch?v=zqMoDdHWFBA

Gardner JP et al, Rise in insulin resistance is associated with escalated telomere attrition, Circulation, 2005, 111 (17) : 2171-7

Sur mitochondries et vieillissement

Mitochondrial Paradigm for Degenerative Diseases, Aging and Cancer www.youtube.com/watch?v=caLT_8MQZGw

Aubrey de Grey, Les Mutations mitochondriales et le vieillissement www.youtube.com/watch?v=Pm_LboN6eZM

## Sur l'épigénétique

Claudine Junien, Nutrigénétique du risque cardiovasculaire : terrains génétiques et nutrition

Nathalie Constantin et Walter Wahli, La nutrigénomique dans notre assiette les gènes ont leur part du gâteau

## Sur la restriction calorique, longévité et la prévention des maladies dégénératives

McCay C et al, The effect of retarded growth upon the lifespan and upon the ultimate body size, J Nutr, 1935,10 : 63-79.

Willcox DC et al, Caloric restriction and human longevity : what can we learn from the Okinawans ? Biogerontology, 2006 : 173-9

Willcox BJ et al, Caloric restriction, the traditional Okinawan diet, and healthy aging : the diet of the world's longest-lived people and its potential impact on morbidity and life span, Ann N Y Acad Sci, 2007, 1114 : 434-55

Weindruch R, Walford RL. The retardation of aging and disease by dietary restriction, Charles C Thomas Publisher, 1988

Heilbronn LK et al, Calorie restriction and aging : review of the literature and implications for studies in humans, Am J Clin Nutr, 2003, 78 (3) : 361-9

Koubova J et al, How does calorie restriction work ? Genes Dev, 2003, 17 (3) : 313-21

Paola Tucci, Caloric restriction: is mammalian life extension linked to p53 ?, Aging (Albany NY), 2012, 4 (8) : 525-34

Lane M et al, Caloric restriction and aging in primates : relevance to humans and possible CR mimetics, Microsc Res Tech, 2002, 59 (4) : 335-8

Mattison JA et al, Calorie restriction in rhesus monkeys, Exp Gerontol, 2003, 38 : 35-46

Lee BC et al, Methionine restriction and life-span control, Ann N Y Acad Sci, 2016, 1363 : 116-24

Jordan Gallinetti et al, Amino-acid sensing in dietary-restriction-mediated longevity : roles of signal-transducing kinases GCN2 and TOR, Biochem J, 2013, 449 (1) : 1–10.

Roth GS, Lane MA, Ingram DK et al, Biomarkers of caloric restriction may predict longevity in humans, Science, 2002, 297 : 811

Heilbronn LK et al, Effect of six-month calorie restrictions on biomarkers of longevity, metabolic adaptation and oxidative stress in overweight individuals : a randomized controlled trial, JAMA, 2006, 228 (4) : 1467-73 Holloszy JO et al, Caloric restriction in human, Exp Gerontol, 2007, 42 (8) : 709-12

Civitarese AE et al, Calorie restriction increases muscle mitochondrial biogenesis in healthy humans, Plos Med, 2007, 4 (3) : e76.

Le Bourg, Rattan, Mild Stress and Healthy Aging : applying hormesis in aging research and interventions, 2008

Kyriazis, Marios, Clinical Anti-Aging Hormetic Strategies, Rejuvenation Research, 2005, 8 (2): 96–100

Gems, David et al, Stress-Response Hormesis and Aging : that which Does Not Kill Us Makes Us Stronger, Cell Metabolism, 2008, 7 (3) : 200–3

Rattan Suresh, Hormesis in aging, Ageing Research Reviews, 2008, 7 (1) : 63–78

www.impactaging.com/papers/v4/n8/full/100481.html#bibl_172

Miroslav Radman, Au-delà de nos limites biologiques, Plon

Zheng C et al, Simultaneous association of total energy consumption and activity-related energy expenditure with risks of cardiovascular disease, cancer, and diabetes among postmenopausal women, Am J Epidemiol, 2014, 180 (5) : 526-35

## Sur les mimétiques de la restriction calorique

Valenzano DR et al, Resveratrol prolongs lifespan and retards the onset of age-related markers in a short-lived vertebrate, Curr Biol, 2006, 16 (3) : 296-300

Baur JA et al, Resveratrol improves health and survival of mice on a high-calorie diet, Nature, 2006, 444 (7117) : 337-42

Randy Strong et al, Curcumin, Oxaloacetic Acid, and Medium-Chain Triglyceride Oil on Life Span of Genetically Heterogeneous Mice, J Gerontol A Biol Sci Med Sci, 2013, 68 (1) : 6–16

Lagouge M et al, Resveratrol improves mitochondrial function and protects against metabolic disease by activating SIRT1 and PGC-1alpha, Cell, 2006, 127 (6) : 1109-22

Kevin J Pearson et al, Resveratrol Delays Age-Related Deterioration and Mimics Transcriptional Aspects of Dietary Restriction without Extending Life Span, Cell Metabolism,2008, 8, 157-168

Timmers S et al, Calorie restriction-like effects of 30 days of resveratrol supplementation on energy metabolism and metabolic profile in obese humans, Cell Metab, 2011, 2, 14 (5) : 612-22

Hausenblas HA et al, Resveratrol treatment as an adjunct to pharmacological management in Type 2 diabetes mellitus - systematic review and meta-analysis, Mol Nutr Food Res, 2015, 59 (1) :147-59

Witte AV et al, Effects of resveratrol on memory performance, hippocampal functional connectivity, and glucose metabolism in healthy older adults, J Neurosci, 2014, 34 (23) : 7862-70

Kennedy DO et al, Effects of resveratrol on cerebral blood flow variables and cognitive performance in humans : a double-blind, placebo-controlled, crossover investigation, Am J Clin Nutr, 2010 ; 91 (6) : 1590-7

Scott A et al, Resveratrol in human cancer chemoprevention-choosing the 'right' dose, Mol Nutr Food Res, 2012, 56 (1) : 7-13

Feldman JL et al, Activation of the protein deacetylase SIRT6 by long-chain fatty acids and widespread deacylation by mammalian sirtuins, J Biol Chem, 2013, 288 (43) : 31350-6

## Sur les stimulants de la réparation de l'ADN

Berger NA, Sikorski GW, Nicotinamide stimulates repair of DNA damage in human lymphocytes, Biochem Biophys Res Commun, 1980, 95 (1) : 67-72.

Weitberg AB, Effect of nicotinic acid supplementation in vivo on oxygen radical-induced genetic damage in human lymphocytes, Mutat Res, 1989, 216 (4) : 197-201

Collins AR et al, Effects of micronutrients on DNA repair, Eur J Nutr, 2012, 51 (3) : 261-79.

Collins AR et al, Nutritional modulation of DNA repair in a human intervention study, Carcinogenesis, 2003, 24, 511-515

Astley SB et al, Evidence that dietary supplementation with carotenoids and carotenoid-rich foods modulates the DNA damage : repair balance in human lymphocytes, Br J Nutr, 2004, 91

Conquer JA et al, Supplementation with Quercetin markedly increases plasma Quercetin concentration without effect on selected risk factors for heart disease in healthy subjects, Fundam Appl Toxicol, 1998, 128 : 593–7.

Shimoi K et al, Bioavailability and antioxidant properties of luteolin. In: Kumpulainen JT, Salonen, JT, Natural Antioxidants and Anticarcinogens in Nutrition, Health and Disease, The Royal Society of Chemistry, 1999, 167–173

Lima CF et al, Phenolic compounds protect HepG2 cells from oxidative damage : relevance of glutathione levels, Life Sci, 2006, 79, 2056-2068.

Ramos, AA, Lima, CF et al, Antigenotoxic effects of quercetin, rutin and ursolic acid on HepG2 cells: evaluation by the comet assay, Toxicol Lett, 2008, 177, 66-73.

Ramos AA et al, Polyphenolic compounds from Salvia species protect cellular DNA from oxidation and stimulate DNA repair in cultured human cells, J Agric Food Chem, 2010, 58, 7465-7471.

Ramos AA et al, Protective effects of ursolic acid and luteolin against oxidative DNA damage include enhancement of DNA repair in Caco-2 cells, Mutat Res, 2010, 692, 6-11

## Sur les moyens de réduire le raccourcissement des télomères

Sen A et al, Association between higher plasma lutein, zeaxanthin, and vitamin C concentrations and longer telomere length : results of the Austrian Stroke Prevention Study, J Am Geriatr Soc, 2014, 62 (2): 222-9

A O'Donovan et al, Pessimism correlates with leukocyte telomere shortness and elevated interleukin-6 in post-menopausal women, Brain Behav Immun, 2009, 23 (4) : 446–449.

Révész D et al, Depressive and anxiety disorders and short leukocyte telomere length : mediating effects of metabolic stress and lifestyle factors, Psychol Med, 2016, 46 (11) : 2337-49

Gebreab SY et al, Perceived neighborhood problems are associated with shorter telomere length in African American women, Psychoneuroendocrinology, 2016, 69 : 90-7

Lin PY et al, Shortened telomere length in patients with depression : a meta-analytic study, J Psychiatr Res, 2016, 76 : 84-93

Mathur MB et al, Perceived stress and telomere length : a systematic review, meta-analysis, and methodologic considerations for advancing the field, Brain Behav Immun, 2016, 54 : 158-69

Shalev I et al, Stress and telomere biology : a lifespan perspective, Psychoneuroendocrinology, 2013, 38 (9) : 1835-42

J Brent Richards et al, Higher serum vitamin D concentrations are associated with longer leukocyte telomere length in women, Am J Clin Nutr, 2007, 86 (5) : 1420–1425

Epel E, How «reversible» is telomeric aging ? Cancer Prev Res (Phila), 2012, 5 (10) : 1163-8

Alda M et al, Zen meditation, Length of Telomeres, and the Role of Experiential Avoidance and Compassion, Mindfulness (N Y), 2016, 7 : 651-659

## Sur la protection des mitochondries

Huang JY et al, Mitochondrial sirtuins, Biochim Biophys Acta, 2010, 804 (8) :1645-51

Pillai VB et al, Mitochondrial SIRT3 and heart disease, Cardiovasc Res, 2010, 88 (2) : 250-6

Turki Y et al, Sirtuin-3 (SIRT3) and the Hallmarks of Cancer, Genes Cancer, 2013, 4 (3-4) : 164–171

Acuña-Castroviejo D et al, Mitochondrial regulation by melatonin and its metabolites, Adv Exp Med Biol, 2003, 527 : 549-57

León J et al, Melatonin mitigates mitochondrial malfunction, J Pineal Res, 2005, 38 (1) : 1-9

Acuña Castroviejo D et al, Melatonin-mitochondria interplay in health and disease, Curr Top Med Chem, 2011, 11 (2) : 221-40.

## Sur les moyens de protéger son épigénome

www.inserm.fr/thematiques/genetique-genomique-et-bioinformatique/dossiers-d-information/epigenetique

Nathalie Constantin et Walter Wahli, La nutrigénomique dans notre assiette les gènes ont leur part du gâteau

## Sur consommation de viandes, maladies dégénératives et mortalité

Key TJ et al, Mortality in British vegetarians : review and preliminary results from EPIC-Oxford, Am J Clin Nutr, 2003, 78 (3 Suppl) : 533S-538S

Lap Tai Le et al, Beyond Meatless, the Health Effects of Vegan Diets: Findings from the Adventist Cohorts, Nutrients, Jun 2014 ; 6 (6) :

2131–2147

Segall JJ, Dietary lactose as a possible risk factor for ischaemic heart disease : review of epidemiology, Int J Cardiol, 1994, 46 (3) : 197-207

## Sur méthionine et vieillissement

López-Torres M et al, Lowered methionine ingestion as responsible for the decrease in rodent mitochondrial oxidative stress in protein and dietary restriction possible implications for humans, Biochim Biophys Acta, 2008, 1780 (11) : 1337-47

MC Ruiz et al, Protein methionine content and MDA-lysine adducts are inversely related to maximum life span in the heart of mammals, Mech Ageing Dev, 2005, 126 (10) : 1106 - 1114

Pamplona R et al, Mitochondrial oxidative stress, aging and caloric restriction : the protein and methionine connection, Biochim Biophys Acta, 2006, 1757 (5-6) : 496-508

Sanchez-Roman I et al, Regulation of longevity and oxidative stress by nutritional interventions : role of methionine restriction, Exp Gerontol, 2013, 48 (10) : 1030-42.

Caro P et al, Forty percent methionine restriction decreases mitochondrial oxygen radical production and leak at complex I during forward electron flow and lowers oxidative damage to proteins and mitochondrial DNA in rat kidney and brain mitochondria, Rejuvenation Res, 2009, 12 (6) : 421-34

McCarty MF et al, The low-methionine content of vegan diets may make methionine restriction feasible as a life extension strategy, Med Hypotheses, 2009, 72 (2) :125-8

Cavuoto P et al, A review of methionine dependency and the role of methionine restriction in cancer growth control and life-span extension, Cancer Treat Rev, 2012, 38 (6) : 726-36

Paul Cavuoto, Michael F Fenech, A review of the methionine dependence phenotype, its relevance to cancer and the role of methionine restriction in life-span extension and cancer growth control, CSIRO https://publications.csiro.au/rpr/download?pid=csiro:EP112966&dsid=DS1

## Sur les oméga 3 et la prévention des maladies dégénératives

Simopoulos AP, Omega-3 fatty acids in inflammation and autoimmune diseases, J Am Coll Nutr, 2002, 21(6) : 495-505

Zheng JS et al, Intake of fish and marine n-3 polyunsaturated fatty acids and risk of breast cancer : meta-analysis of data from 21 independent prospective cohort studies, BMJ, 2013, 346 : f3706

De Lorgeril M et al, Helping women to good health: breast cancer, omega-3/omega-6 lipids, and related lifestyle factors, BMC Med, 2014, 12 : 54

Jeongseon Kim et al, Fatty fish and fish omega-3 fatty acid intakes decrease the breast cancer risk : a case-control study, BMC Cancer, 2009, 9 : 216

Piazzi G et al, Eicosapentaenoic acid free fatty acid prevents and suppresses colonic neoplasia in colitis-associated colorectal cancer acting on Notch signaling and gut microbiota, Int J Cancer, 2014, 135 (9) : 2004-13

Takezaki T et al, Diet and lung cancer risk from a 14-year population-based prospective study in Japan: with special reference to fish consumption, Nutr Cancer, 2003, 45 (2) : 160-7

Bell GA et al, Intake of long-chain -3 fatty acids from diet and supplements in relation to mortality, Am J Epidemiol, 2014, 179 (6) : 710-20

Szymanski KM et al, Fish consumption and prostate cancer risk : a review and meta-analysis, Am J Clin Nutr, 2010, 92 (5) : 1223-33

Calder PC et al, Marine omega-3 fatty acids and coronary heart disease, Curr Opin Cardiol, 2012, 27 (4) : 412-9

## Sur la vitamine D et la longévité

Schöttker B et al, Vitamin D and mortality : meta-analysis of individual participant data from a large consortium of cohort studies from Europe and the United States, BMJ, 2014, 348 : g3656

Bjelakovic G et al, Vitamin D supplementation for prevention of mortality in adults, Cochrane Database Syst Rev, 2014, 1 : CD007470

Richards JB et al, Higher serum vitamin D concentrations are associated with longer leukocyte telomere length in women, Am J Clin Nutr, 2007, 86 (5) : 1420-5

## Sur la vitamine K et la longévité

Geleijnse JM et coll, Dietary Intake of Menaquinone is Associated with a Reduced Risk of Coronary Heart Disease: The Rotterdam Study, The American Society for Nutritional Sciences, J Nutr, 2004, 134 : 3100-3105

Tsugawa N et al, Cardiovascular Diseases and Fat Soluble Vitamins : Vitamin D and Vitamin K, J Nutr Sci Vitaminol (Tokyo), 2015, 61 Suppl : S170-2

Fusaro M et al, Vitamin K, bone fractures, and vascular calcifications in chronic kidney disease : an important but poorly studied relationship, J Endocrinol Invest, 2010 Nov 16

Cheung CL et al, Vitamin K intake and mortality in people with chronic kidney disease from NHANES III, Clin Nutr, 2015, 34 (2) : 235-40

Nimptsch K et al, Dietary vitamin K intake in relation to cancer incidence and mortality : results from the Heidelberg cohort of the

European Prospective Investigation into Cancer and Nutrition (EPIC-Heidelberg), Am J Clin Nutr, 2010, 91 (5) : 1348-58

## Sur vitamine E et maladies dégénératives

MG Traber, Vitamin E Inadequacy in Humans : causes and consequences, Adv Nutr, 2014, 5 (5) : 503–514

Jiang S et al, Meta-analysis : low-dose intake of vitamin E combined with other vitamins or minerals may decrease all-cause mortality, J Nutr Sci Vitaminol (Tokyo), 2014, 60 (3) :194-205

## Sur vitamine C, mortalité et maladies dégénératives

Bendich A et al, The health effects of vitamin C supplementation : a review, J Am Coll Nutr, 1995, 14 (2) : 124-36

Birlouez-Aragon I et al, Antioxidant vitamins and degenerative pathologies. A review of vitamin C, J Nutr Health Aging, 2003, 7 (2) :103-9

Weikel KA et al, Nutritional modulation of cataract, Nutr Rev, 2014, 72 (1) : 30-47

Masaki KH et al, Association of vitamin E and C supplement use with cognitive function and dementia in elderly men, Neurology, 2000, 54 (6) : 1265-72

Engelhart MJ et al, Dietary intake of antioxidants and risk of Alzheimer disease, JAMA, 2002, 287 (24) : 3223-9

Gale CR et al, Cognitive impairment and mortality in a cohort of elderly people, BMJ, 1996, 312 (7031) : 608-11

Enstrom JE et al, Vitamin C intake and mortality among a sample of the United States population, Epidemiology, 1992, 3 (3) : 194-202

## Sur nicotinamide et maladies dégénératives

Ju Yeon Kwak et al, Nicotinamide Exerts Antioxidative Effects on Senescent Cells, Mol Cells, 2015, 38 (3) : 229–235

Stephan Winnik et al, Protective effects of sirtuins in cardiovascular diseases: from bench to bedside, Eur Heart J, 2015, 36 (48) : 3404–3412

Faqi Li et al, Cell Life Versus Cell Longevity : the Mysteries Surrounding the NAD+ Precursor Nicotinamide, Curr Med Chem, 2006, 13 (8), 883-895

GK McBean et al, Redox-based therapeutics in neurodegenerative disease, British Journal of Pharmacology, August 1st, 2016

Nahid A Khan et al, Effective treatment of mitochondrial myopathy by nicotinamide riboside, a vitamin B3, EMBO Mol Med, 2014, 6 (6) : 721–731

Denu JM et al, Vitamins and aging : pathways to NAD+ synthesis, Cell, 2007, 129 (3) : 453-4.

Kenneth Maiese et al, The Vitamin Nicotinamide: Translating Nutrition into Clinical Care, Molecules, 2009, 14 (9) : 3446–3485.

Chong ZZ et al, The NAD+ precursor nicotinamide governs neuronal survival during oxidative stress through protein kinase B coupled to FOXO3a and mitochondrial membrane potential, J Cereb Blood Flow Metab, 2004, 24 (7) : 728-43

Kida Y et al, Sirtuins, Cell Senescence, and Vascular Aging, Can J Cardiol, 2016, 32 (5) : 634-41

## Sur calcium et mortalité

Karl Michaëlsson et al, Long term calcium intake and rates of all cause and cardiovascular mortality: community based prospective longitudinal cohort study, BMJ, 2013, 346 : f228

## Sur magnésium, maladies dégénératives et mortalité

Dominguez LJ et al, Magnesium and muscle performance in older persons : the InCHIANTI study, Am J Clin Nutr, 2006, 84 (2) : 419-26

Hartwig A, Role of magnesium in genomic stability, Mutat Res, 2001, 475 (1-2) : 113-21

Durlach J et al, Magnesium and ageing. II. Clinical data : aetiological mechanisms and pathophysiological consequences of magnesium deficit in the elderly, Magnes Res, 1993, 6 (4) : 379-94.

David W Killilea et al, A connection between magnesium deficiency and aging : new insights from cellular studies, Magnes Res, 2008, 21 (2) : 77–82.

Rowe WJ et al, Correcting magnesium deficiencies may prolong life, Clin Interv Aging, 2012, 7 : 51-4

Xinhua Qu et al, Magnesium and the Risk of Cardiovascular Events : a Meta-Analysis of Prospective Cohort Studies, PLoS One, 2013, 8 (3) : e57720

Lei Jiang et al, Magnesium Levels in Drinking Water and Coronary Heart Disease Mortality Risk : a Meta-Analysis, Nutrients, 2016 Jan, 8 (1) : 5

Sally N Akarolo-Anthony et al, Plasma Magnesium and the Risk of Ischemic Stroke among Women, Stroke, 2014, 45 (10) : 2881–2886.

Kieboom BC et al, Serum Magnesium and the Risk of Death From Coronary Heart Disease and Sudden Cardiac Death, J Am Heart Assoc, 2016, 5 (1)

Xinhua Qu et al, Magnesium and the Risk of Cardiovascular Events : A Meta-Analysis of Prospective Cohort Studies, PLoS One, 2013, 8 (3) : e57720

James M Peacock et al, Serum Magnesium and Risk of Sudden Cardiac Death in the Atherosclerosis Risk in Communities (ARIC) Study, Am Heart J, 2010, 160 (3) : 464–470.

Upala S et al, Hypomagnesemia and mortality in patients admitted to intensive care unit : a systematic review and meta-analysis,QJM, 2016, 109 (7) : 453-9

## Sur le zinc et la sénescence

Damitha De Mel et al, Fishy Business: Effect of Omega-3 Fatty Acids on Zinc Transporters and Free Zinc Availability in Human Neuronal Cells, Nutrients, 2014, 6 (8) : 3245–3258.

Stefano L Sensi et al, The Neurophysiology and Pathology of Brain Zinc, J Neurosci, 2011, 31 (45) : 16076–16085.

## Sur le sélénium, les maladies dégénératives et la mortalité


Sun JW et al, Dietary selenium intake and mortality in two population-based cohort studies of 133 957 Chinese men and women, Public Health Nutr, 2016 May 20 : 1-8

Lee EH et al, Effects of selenium supplements on cancer prevention : meta-analysis of randomized controlled trials, Nutr Cancer, 2011, 3 (8) : 1185-95

Outzen M et al, Selenium status and risk of prostate cancer in a Danish population, Br J Nutr, 2016, 115 (9) : 1669-77

Gong HY et al, Meta-analysis of the association between selenium and gastric cancer risk, Oncotarget, 2016, 7 (13) : 15600-5

Alehagen U et al, Cardiovascular mortality and N-terminal-proBNP reduced after combined selenium and coenzyme Q10 supplementation : a 5-year prospective randomized double-blind placebo-controlled trial among elderly Swedish citizens, Int J Cardiol, 2013, 167 (5) : 1860-6

Alehagen U et al, Reduced Cardiovascular Mortality 10 Years after Supplementation with Selenium and Coenzyme Q10 for Four Years : Follow-Up Results of a Prospective Randomized Double-Blind Placebo-Controlled Trial in Elderly Citizens, PLoS One, 2015, 10 (12) : e0141641

Assmann KE et al, Healthy Aging 5 Years After a Period of Daily Supplementation With Antioxidant Nutrients : a Post Hoc Analysis of the French Randomized Trial SU.VI.MAX., Am J Epidemiol, 2015, 182 (8) : 694-704


## Sur les polyphenols et les flavonoides


An-Na Li et al, Resources and Biological Activities of Natural Polyphenols, Nutrients, 2014, 6 (12) : 6020–6047

Javier A Menendez et al, Xenohormetic and anti-aging activity of secoiridoid polyphenols present in extra virgin olive oil - A new family of gerosuppressant agents, Cell Cycle, 2013, 12 (4) : 555–578.

Alejandro Vazquez-Martin et al, Phenolic Secoiridoids in Extra Virgin Olive Oil Impede Fibrogenic and Oncogenic Epithelial-to-Mesenchymal Transition : Extra Virgin Olive Oil As a Source of Novel Antiaging Phytochemicals, Rejuvenation Res, 2012, 15 (1) : 3–21

K S Bhullar, Polyphenols : Multipotent Therapeutic Agents in Neurodegenerative Diseases, Oxid Med Cell Longev, 2013, 2013: 891748

D Vauzour, Dietary Polyphenols as Modulators of Brain Functions: Biological Actions and Molecular Mechanisms Underpinning Their Beneficial Effects, Oxid Med Cell Longev, 2012, 2012 : 914273

S Khurana, Polyphenols: Benefits to the Cardiovascular System in Health and in Aging, Nutrients, 2013, 5(10): 3779–3827

www.ncbi.nlm.nih.gov/pmc/articles/PMC3820045/

V S Thakur, The Chemopreventive and Chemotherapeutic Potentials of Tea Polyphenols, Curr Pharm Biotechnol, 2012, 13 (1) : 191–199

Zaveri NT et al, Green tea and its polyphenolic catechins : medicinal uses in cancer and noncancer applications, Life Sci, 2006, 78 (18) : 2073-80

McCullough ML et al, Flavonoid intake and cardiovascular disease mortality in a prospective cohort of US adults, Am J Clin Nutr, 2012; 95 (2) : 454-64

Mink PJ et al, Flavonoid intake and cardiovascular disease mortality : a prospective study in postmenopausal women, Am J Clin Nutr, 2007, 85 (3), 895-909

Hooper L et al, Effects of chocolate, cocoa, and flavan-3-ols on cardiovascular health : a systematic review and meta-analysis of randomized trials, Am J Clin Nutr, 2012, 95 (3) : 740-51

Weinreb O et al, Neurological mechanisms of green tea polyphenols in Alzheimer's and Parkinson's diseases, J Nutr Biochem, 2004, 15 (9) : 506-16

Randy Strong et al, Curcumin, Oxaloacetic Acid, and Medium-Chain Triglyceride Oil on Life Span of Genetically Heterogeneous Mice, J Gerontol A Biol Sci Med Sci, 2013, 68 (1) : 6–16

Leenders M et al, Fruit and vegetable intake and cause-specific mortality in the EPIC study, Eur J Epidemiol, 2014 Sep; 29 (9) : 639-52

B L Queen, Polyphenols and Aging, Curr Aging Sci, 2010, 3 (1) : 34–42


## Sur la curcumine


B B Aggarwal et al, Curcumin : an orally bioavailable blocker of TNF and other pro-inflammatory biomarkers, Br J Pharmacol, 2013, 169 (8) : 1672–1692

S C Gupta et al, Discovery of Curcumin, a Component of the Golden Spice, and Its Miraculous Biological Activities, Clin Exp Pharmacol Physiol, 2012, 39 (3) : 283–299

Adriana Monroy et al, Curcumin and neurodegenerative diseases, Biofactors, 2013, 39 (1) : 122–132.

J Ravindran et al, Curcumin and Cancer Cells : How Many Ways Can Curry Kill Tumor Cells Selectively ?, AAPS J, 2009, 11 (3) : 495–510

Chauhan DP ,Chemotherapeutic potential of curcumin for colorectal cancer, Curr Pharm Des, 2002, 8 (19) : 1695-706

Moss Ralph, Curries and Cancer Rates, The Moss Reports, Oct 23, 2002. http://cancerdecisions.com

López-Lázaro M, Anticancer and carcinogenic properties of curcumin: considerations for its clinical development as a cancer chemopreventive and chemotherapeutic agent, Mol Nutr Food Res, 2008, 52 Suppl 1 : S103-27

Yan Jiao et al, Curcumin, a cancer chemopreventive and chemotherapeutic agent, is a biologically active iron chelator, Blood, 2009, 113(2) : 462–469

Randy Strong et al, Curcumin, Oxaloacetic Acid, and Medium-Chain Triglyceride Oil on Life Span of Genetically Heterogeneous Mice, J Gerontol A Biol Sci Med Sci, 2013, 68 (1) : 6–16


## Sur coenzyme Q10 et vieillissement


Littarru GP et al, Bioenergetic and antioxidant properties of coenzyme Q10 : recent developments, Mol Biotechnol, 2007, 37 (1) : 31-7

B Poljsak et al, Strategies for Reducing or Preventing the Generation of Oxidative Stress, Oxid Med Cell Longev, 2011, 2011 : 194586

Littarru GP et al, Bioenergetic and antioxidant properties of coenzyme Q10 : recent developments, Mol Biotechnol, 2007, 37 (1) : 31-7

Schmelzer C et al, Micronutrient special issue : coenzyme Q(10) requirements for DNA damage prevention, Mutat Res, 2012, 733 (1-2) : 61-8

FM Gutierrez-Mariscal et al, Mediterranean diet supplemented with coenzyme Q10 induces postprandial changes in p53 in response to oxidative DNA damage in elderly subjects, Age (Dordr), 2012, 34 (2) : 389–403.

Garrido-Maraver J, Coenzyme Q10 therapy, Mol Syndromol, 2014, 5 (3-4) :187-97

Shults CW et al, Effects of coenzyme Q10 in early Parkinson disease : evidence of slowing of the functional decline, Arch Neurol, 2002, 59 (10) : 1541-50

DiNicolantonio JJ et al, Coenzyme Q10 for the treatment of heart failure : a review of the literature, Open Heart, 2015, 2 (1) : e000326

Kalén A et al, Age-related changes in the lipid compositions of rat and human tissues, Lipids, 1989, 24 (7) : 579-84

Quiles JL et al, Life-long supplementation with a low dosage of coenzyme Q10 in the rat : effects on antioxidant status and DNA damage, Biofactors, 2005, 25 (1-4) : 73-86

McDonald SR et al, Concurrent administration of coenzyme Q10 and alpha-tocopherol improves learning in aged mice, Free Radic Biol Med, 2005, 38 (6) : 729-36

Hodgson JM et al, Coenzyme Q10 improves blood pressure and glycaemic control : a controlled trial in subjects with type 2 diabetes, Eur J Clin Nutr, 2002, 56 (11) : 1137-42

Alehagen U et al, Cardiovascular mortality and N-terminal-proBNP reduced after combined selenium and coenzyme Q10 supplementation : a 5-year prospective randomized double-blind placebo-controlled trial among elderly Swedish citizens, Int J Cardiol, 2013, 167 (5) : 1860-6

Alehagen U et al, Reduced Cardiovascular Mortality 10 Years after Supplementation with Selenium and Coenzyme Q10 for Four Years : Follow-Up Results of a Prospective Randomized Double-Blind Placebo-Controlled Trial in Elderly Citizens, PLoS One, 2015, 10 (12) : e0141641

Chai W et al, Plasma coenzyme Q10 levels and postmenopausal breast cancer risk : the multiethnic cohort study, Cancer Epidemiol Biomarkers Prev, 2010, 19 (9) : 2351-6

Robert V Cooney et al, Low plasma coenzyme Q10 levels and breast cancer risk in Chinese women, Cancer Epidemiol Biomarkers Prev, 2011, 20 (6) : 1124–1130.

Onur S et al, Association between serum level of ubiquinol and NT-proBNP, a marker for chronic heart failure, in healthy elderly subjects, Biofactors, 2015, 41 (1) : 35-43

Molyneux SL et al, Coenzyme Q10: an independent predictor of mortality in chronic heart failure, J Am Coll Cardiol, 2008, 52 (18) : 1435-41

Michael N Cocchi et al, Coenzyme Q10 levels are low and associated with increased mortality in post-cardiac arrest patients, Resuscitation, 2012, 83 (8) : 991–995.

Prahl S et al, Aging skin is functionally anaerobic : importance of coenzyme Q10 for anti aging skin care, Biofactors, 2008, 32 (1-4) : 245-55

## Sur acide alpha-lipoïque et vieillissement

Vidović B, Effect of alpha-lipoic acid supplementation on oxidative stress markers and antioxidative defense in patients with schizophrenia, Psychiatr Danub, 2014, 26 (3) : 205

Astiz M et al, The oxidative damage and inflammation caused by pesticides are reverted by lipoic acid in rat brain, Neurochem Int, 2012 Sep 17, pii: S0197-0186(12)00288-4

Holmquist L et al, Lipoic acid as a novel treatment for Alzheimer's disease and related dementias, Pharmacol Ther, 2007, 113 (1) : 154-64

Maczurek A et al, Lipoic acid as an anti-inflammatory and neuroprotective treatment for Alzheimer's disease, Adv Drug Deliv Rev, 2008, 60 (13-14) : 1463-70

Beitner H, Randomized, placebo-controlled, double blind study on the clinical efficacy of a cream containing 5% alpha-lipoic acid related to photoageing of facial skin, Br J Dermatol, 2003, 149 (4) : 841-9

## Sur N-acétyl-carnitine, mitochondries et maladies dégénératives

Salvioli S et al, Mitochondria, aging and longevity - a new perspective, FEBS Lett, 2001, 492 (1-2) : 9-13

Figueiredo PA et al, Aging impairs skeletal muscle mitochondrial bioenergetic function, J Gerontol A Biol Sci Med Sci, 2009, 64 : 21–33

Robert C Noland et al, Carnitine Insufficiency Caused by Aging and Overnutrition Compromises Mitochondrial Performance and Metabolic Control, J Biol Chem, 2009, 284 (34) : 22840–22852

Bremer J, Carnitine - metabolism and functions, Physiol Rev, 1983, 63 : 1420–1480

Mariana G Rosca et al, Mitochondria in the elderly : is acetylcarnitine a rejuvenator ? Adv Drug Deliv Rev, 2009, 61 (14) : 1332–1342.

Hagen TM et al, Mitochondrial decay in the aging rat heart : evidence for improvement by dietary supplementation with acetyl-L-carnitine and/or lipoic acid, Ann N Y Acad Sci, 2002, 959 : 491-507

Di Cesare Mannelli L et al, Protective effect of acetyl-L-carnitine on the apoptotic pathway of peripheral neuropathy, Eur J Neurosci, 2007, 26 (4) : 820-7

Hagen TM et al, Feeding acetyl-L-carnitine and lipoic acid to old rats significantly improves metabolic function while decreasing oxidative stress, Proc Nat Acad Sci USA, 2002, 99, 4, 1870-1875

J Liu et al, Memory loss in old rats is associated with brain mitochondrial decay and RNA/DNA oxidation : partial reversal by feeding acetyl-l- and/or R-alpha-lipoic acid, Proc Nat Acad Sci USA, 2002, 99, 4, 2356-2361

Age-associated mitochondrial oxidative decay : improvement of carnitine acetyltransferase substrate-binding affinity and activity in brain by feeding old rats acetyl-L-carnitine and/or R-alpha-lipoic acid, Proc Nat Acad Sci USA, 2002, 99, 4, 1876-1881

Snigdha S et al, Effect of mitochondrial cofactors and antioxidants supplementation on cognition in the aged canine, Neurobiol Aging, 2016, 37 : 171-8

Chan A et al, A vitamin/nutriceutical formulation improves memory and cognitive performance in community-dwelling adults without dementia, J Nutr Health Aging, 2010,14 (3) : 224-30

Kuratsune H et al, High uptake of [2–11C]acetyl-L-carnitine into the brain : a PET study, Biochem Biophys Res Commun, 1997, 231 : 488–493

## Sur les phytooestrogènes, les lignans et la prévention des maladies dégénératives

A Ahmad et al, Perspectives on the Role of Isoflavones in Prostate Cancer, AAPS J, 2013, 15(4): 991–1000

H Fritz et al, Soy, Red Clover, and Isoflavones and Breast Cancer: A Systematic Review, PLoS One, 2013, 8 (11) : e81968

Zhan S et al, Meta-analysis of the effects of soy protein containing isoflavones on the lipid profile, Am J Clin Nutr, 2005, 81 (2) : 397-408

Wiseman H et al, Isoflavone phytoestrogens consumed in soy decrease F(2)-isoprostane concentrations and increase resistance of low-density lipoprotein to oxidation in humans, Am J Clin Nutr, 2000, 72 : 395–400

Teede HJ et al, Isoflavones reduce arterial stiffness : A placebo-controlled study in men and postmenopausal women, Arterioscler Thromb Vasc Biol, 2003, 23 : 1066–1071

P J Curtis et al, Chronic Ingestion of Flavan-3-ols and Isoflavones Improves Insulin Sensitivity and Lipoprotein Status and Attenuates Estimated 10-Year CVD Risk in Medicated Postmenopausal Women With Type 2 Diabetes : a 1-year, double-blind, randomized, controlled trial, Diabetes Care, 2012, 35 (2) : 226–232

S Akhtar et al, Flaxseed - a miraculous defense against some critical maladies, Pak J Pharm Sci, 2013, 26 (1) : 199-208.

D Rodriguez-Leyva et al, Potent Antihypertensive Action of Dietary Flaxseed in Hypertensive Patients, Hypertension, 2013, 62 (6) : 1081-9.

## Sur chondroïtine sulfate, maladies dégénératives et mortalité

Patrick du Souich et al, Immunomodulatory and anti-inflammatory effects of chondroitin sulphate, J Cell Mol Med, 2009, 13 (8a) : 1451–1463

Morrison LM et al, Response of ischemic heart disease to chondroitin sulfate-A, J Am Geriatr Soc, 1969, 17 (10) : 913-23

Morrison LM, Enrick N, Coronary heart disease : reduction of death rate by chondroitin sulfate A, Angiology, 1973, 24(5) : 269-87

Griffith A Bell et al, Use of Glucosamine and Chondroitin in Relation to Mortality, Eur J Epidemiol, 2012, 27 (8) : 593–603.

## Sur tabac, polluants, mortalité, longévité et maladies dégénératives

Anne B Newman et al, The Epidemiology of Longevity and Exceptional Survival, Epidemiol Rev, 2013, 35 (1) : 181–197

Trond Heir et al, Life style and longevity among initially healthy middle-aged men : prospective cohort study, BMC Public Health, 2013, 13 : 831

Yates LB et al, Exceptional longevity in men: modifiable factors associated with survival and function to age 90 years, Arch Intern Med, 2008, 168 (3) : 284-90

JK Vanos et al, Association of weather and air pollution interactions on daily mortality in 12 Canadian cities, Air Qual Atmos Health, 2015, 8 (3) : 307–320

Neide Regina Simões Olmo et al, A review of low-level air pollution and adverse effects on human health : implications for epidemiological studies and public policy, Clinics (Sao Paulo), 2011, 66 (4) : 681–690

Romieu I et al, America (the ESCALA study), Res Rep Health Eff Inst, 2012, (171) : 5-86

Peters R et al, Is air pollution associated with increased risk of cognitive decline ? A systematic review, Age Ageing, 2015 Jul 18

## Sur l'activité physique, les maladies dégénératives et la longévité

Andrew T Ludlow et al, Relationship between Physical Activity Level, Telomere Length, and Telomerase Activity, Med Sci Sports Exerc, 2008, 40 (10) : 1764–1771.

Deng W et al, Telomerase activity and its association with psychological stress, mental disorders, lifestyle factors and interventions : a systematic review, Psychoneuroendocrinology, 2016, 64 : 150-63.

Gianoudis J et al, Associations between sedentary behaviour and body composition, muscle function and sarcopenia in community-dwelling older adults, Osteoporos Int, 2015, 26 (2) : 571-9

Nasi M et al, Decreased Circulating mtDNA Levels in Professional Male Volleyball Players, Int J Sports Physiol Perform, 2016, 11 (1) : 116-21

Warburton DE et al, Health benefits of physical activity : the evidence, CMAJ, 2006, 174 (6) : 801-9

van der Ploeg HP et al, Sitting time and all-cause mortality risk in 222 497 Australian adults, Arch Intern Med, 2012, 172 (6) : 494-500

Chau JY et al, Sedentary behaviour and risk of mortality from all-causes and cardiometabolic diseases in adults : evidence from the HUNT3 population cohort, Br J Sports Med, 2015, 49 (11) : 737-42

Jørgen F P Wojtaszewski et al, Isoform-specific and exercise intensity-dependent activation of 5′-AMP-activated protein kinase in human skeletal muscle, J Physiol, 2000, 528 (Pt 1) : 221–226

Landi F et al, The ilSIRENTE study : a prospective cohort study on persons aged 80 years and older living in a mountain community of Central Italy, Aging Clin Exp Res, 2005, 17 (6) : 486-93.

Enrique G Artero et al, Effects of Muscular Strength on Cardiovascular Risk Factors and Prognosis, J Cardiopulm Rehabil Prev, 2012, 32 (6) : 351–358

Phillips P, Grip strength, mental performance and nutritional status as indicators of mortality risk among female geriatric patients, Age Ageing, 1986, 15 : 53–56

Fujita Y et al. Physical-strength tests and mortality among visitors to health-promotion centers in Japan, J Clin Epidemiol, 1995, 48 : 1349–1359

Laukkanen P et al, Muscle strength and mobility as predictors of survival in 75-84-year-old people, Age Ageing, 1995, 24 : 468–473

Rantanen T et al. Muscle strength and body mass index as long-term predictors of mortality in initially healthy men, J Gerontol A Biol Sci Med Sci, 2000, 55 : M168–173

Katzmarzyk PT et al, Musculoskeletal fitness and risk of mortality, Med Sci Sports Exerc, 2002, 34 : 740–744

Metter EJ et al, Skeletal muscle strength as a predictor of all-cause mortality in healthy men, J Gerontol A Biol Sci Med Sci, 2002, 57 : B359–365

Al Snih S et al, Handgrip strength and mortality in older Mexican Americans, J Am Geriatr Soc, 2002, 50 : 1250–1256

Rantanen T et al, Handgrip strength and cause-specific and total mortality in older disabled women: exploring the mechanism, J Am Geriatr Soc, 2003, 51 : 636–641

Newman AB et al. Strength, but not muscle mass, is associated with mortality in the health, aging and body composition study cohort, J Gerontol A Biol Sci Med Sci, 2006, 61 : 72–77.

Rolland Y et al, Physical performance measures as predictors of mortality in a cohort of community-dwelling older French women, Eur J Epidemiol, 2006, 21 : 113–122.

Gale CR et al, Grip strength, body composition, and mortality, Int J Epidemiol, 2007, 36 : 228–235

Sasaki H et al, Grip strength predicts cause-specific mortality in middle-aged and elderly persons, Am J Med, 2007, 120 : 337–342

Swallow EB et al. Quadriceps strength predicts mortality in patients with moderate to severe chronic obstructive pulmonary disease, Thorax, 2007, 62 : 115–120.

Buchman AS et al, Pulmonary function, muscle strength and mortality in old age, Mech Ageing Dev, 2008, 129 : 625–631

Clarke PM et al, Survival of the fittest : retrospective cohort study of the longevity of Olympic medallists in the modern era, Br J Sports Med, 2015, 49 (13) : 898-902

Pes GM et al, Lifestyle and nutrition related to male longevity in Sardinia : an ecological study, Nutr Metab Cardiovasc Dis, 2013, 23 (3) : 212-9

Junhyoung Kim et al, Health benefits of serious involvement in leisure activities among older Korean adults, Int J Qual Stud Health Well-being, 2014, 9 : 10

Ding D et coll, The economic burden of physical inactivity : a global analysis of major non-communicable diseases, Lancet 2016 (publication avancée en ligne le 27 juillet 2016)

Hulsegge G et al, Lifestyle Changes in Young Adulthood and Middle Age and Risk of Cardiovascular Disease and All-Cause Mortality : The Doetinchem Cohort Study, J Am Heart Assoc, 2016 Jan, 5 (1)

Anne M May et al, The impact of a healthy lifestyle on Disability-Adjusted Life Years : a prospective cohort study, BMC Med, 2015, 13 : 39

www.rtbf.be/info/societe/detail_on-peut-maintenant-estimer-le-nombre-d-annees-perdues-a-cause-du-tabac?id=8328776

## Sur stress, mortalité et maladies dégénératives

Tom C Russ et al, Association between psychological distress and mortality : individual participant pooled analysis of 10 prospective cohort studies, BMJ, 2012, 345

David W Killilea et al, A connection between magnesium deficiency and aging : new insights from cellular studies, Magnes Res, 2008, 21 (2) : 77–82.

Deng W et al, Telomerase activity and its association with psychological stress, mental disorders, lifestyle factors and interventions : a systematic review, Psychoneuroendocrinology, 2016, 64 : 150-63.

Schutte NS et al, A meta-analytic review of the effects of mindfulness meditation on telomerase activity, Psychoneuroendocrinology, 2014, 42 : 45-8

Elissa Epel et al, Can meditation slow rate of cellular aging ? Cognitive stress, mindfulness, and telomeres, Ann N Y Acad Sci, 2009, 1172 : 34–53.

Alda M et al, Zen meditation, Length of Telomeres, and the Role of Experiential Avoidance and Compassion, Mindfulness (N Y), 2016, 7 : 651-659

Jacobs TL et al, Intensive meditation training, immune cell telomerase activity, and psychological mediators, Psychoneuroendocrinology, 2011, 36 (5) : 664-81.

Rubeiz GJ et al, Association of hypomagnesemia and mortality in acutely ill medical patients, Crit Care Med, 1993, 1 (2) : 203-9.

William J Rowe et al, Correcting magnesium deficiencies may prolong life, Clin Interv Aging, 2012, 7 : 51–54