

Quarks Weekly: Altersforschung

Nr	Quelle
[1]	Ruby JG, Wright KM, Rand KA, Kermayn A, Noto K, Curtis D, Varner N, Garrigan D, Slinkov D, Dorfman I, Granka JM, Byrnes J, Myres N, Ball C. Estimates of the Heritability of Human Longevity Are Substantially Inflated due to Assortative Mating. <i>Genetics</i> . 2018 Nov;210(3):1109–1124. https://doi.org/10.1534/genetics.118.301613 .
	Melzer D, Pilling LC, Ferrucci L. The genetics of human ageing. <i>Nat Rev Genet</i> . 2020 Feb;21(2):88–101. doi: https://doi.org/10.1038/s41576-019-0183-6 .
[2]	Gesamtverband der Deutschen Versicherungswirtschaft e.V. (GDV). (o. D.). Lebenserwartungsrechner. https://www.7jahrelaenger.de/7jl/unsere-rechner/lebenserwartungsrechner Mit Daten des Statistischen Bundesamt [Kohortensterbetafel Trendvariante 2 (2020)]
[3]	Eckert, N. (2023, 23. Juni). Weibliche Hormone: Lange Fruchtbarkeit als Lebenselixier. <i>Deutsches Ärzteblatt</i> . https://www.aerzteblatt.de/archiv/232342/Weibliche-Hormone-Lange-Fruchtbarkeit-als-Lebenselixier
[4]	RKI – 2024 – Armut macht krank: Soziale Ungleichheit und Gesundheit ist das Motto beim Tag des Gesundheitsamtes 2024. (o. D.). https://www.rki.de/DE/Content/Service/Presse/Pressemitteilungen/2024/02_2024.html
[5]	Statistisches Landesamt 2022. (2022). Woran sterben Menschen in meinem Alter?: Die häufigsten Todesursachen nach Altersgruppen und Geschlecht in Nordrhein-Westfalen 2020. https://www.giscloud.nrw.de/arccis/apps/storymaps/stories/52d63f6b180b41ae96ca969e5e7e17bc
[6]	Max-Planck-Gesellschaft zur Förderung der Wissenschaften e.V. (o. D.). Was ist altern? Max-Planck-Institut für Biologie Des Alterns. https://www.age.mpg.de/was-ist-altern
[7]	Müller-Esterl, W. (2010). <i>Biochemie: Eine Einführung für Mediziner und Naturwissenschaftler [Unter Mitarbeit von Ulrich Brandt, Oliver Anderka, Stefan Kerscher, Stefan Kieß und Katrin Ridinger]</i> . Spektrum Akademischer Verlag. S. 275
[8]	Does cellular senescence hold secrets for healthier aging? (2021, 13. Juli). National Institute On Aging. https://www.nia.nih.gov/news/does-cellular-senescence-hold-secrets-healthier-aging
	Wong, C. (2024). How to kill the ‘zombie’ cells that make you age. <i>Nature</i> . https://doi.org/10.1038/d41586-024-01370-4
[9]	Li K, Hüsing A, Kaaks R. Lifestyle risk factors and residual life expectancy at age 40: a German cohort study. <i>BMC Med</i> . 2014 Apr 7;12:59. https://doi.org/10.1186/1741-7015-12-59 .
[10]	Anderson BO, Berdzuli N, Ilbawi A, Kestel D, Kluge HP, Krech R, Mikkelsen B, Neufeld M, Poznyak V, Rekke D, Slama S, Tello J, Ferreira-Borges C. Health and cancer risks associated with low levels of alcohol consumption. <i>Lancet Public Health</i> . 2023 Jan;8(1):e6–e7. https://doi.org/10.1016/S2468-2667(22)00317-6 .
[11]	How sleep affects your health NHLBI, NIH. (2022, 15. Juni). NHLBI, NIH. https://www.nhlbi.nih.gov/health/sleep-deprivation/health-effects Müller (2021): Langzeitstudie: Wenig Schlaf, erhöhtes Alzheimer-Risiko. <i>InFo Neurologie</i> 23, 58. https://doi.org/10.1007/s15005-021-2071-9
[12]	Volpi E, Nazemi R, Fujita S. Muscle tissue changes with aging. <i>Curr Opin Clin Nutr Metab Care</i> . 2004 Jul;7(4):405–10. doi: https://doi.org/10.1097/01.mco.0000134362.76653.b2 .
	Schnohr P, O’Keefe JH, Marott JL, Lange P, Jensen GB. Dose of jogging and long-term mortality: the Copenhagen City Heart Study. <i>J Am Coll Cardiol</i> . 2015 Feb 10;65(5):411–9. doi: https://doi.org/10.1016/j.jacc.2014.11.023 .
	Oja P, Kelly P, Pedisic Z, Titze S, Bauman A, Foster C, Hamer M, Hillsdon M, Stamatakis E. Associations of specific types of sports and exercise with all-cause and cardiovascular-disease mortality: a cohort study of 80 306 British adults. <i>Br J Sports Med</i> . 2017 May;51(10):812–817. https://doi.org/10.1136/bjsports-2016-096822 .
[13]	Reimers CD, Knapp G, Reimers AK. Does physical activity increase life expectancy? A review of the literature. <i>J Aging Res</i> . 2012;2012:243958. https://doi.org/10.1155/2012/243958
[14]	Schnohr P, O’Keefe JH, Holtermann A, Lavie CJ, Lange P, Jensen GB, Marott JL. Various Leisure-Time Physical Activities Associated With Widely Divergent Life Expectancies: The Copenhagen City Heart Study. <i>Mayo Clin Proc</i> . 2018 Dec;93(12):1775–1785. https://doi.org/10.1016/j.mayocp.2018.06.025
[15]	Fadnes LT, Celis-Morales C, Økland JM, Parra-Soto S, Livingstone KM, Ho FK, Pell JP, Balakrishna R, Javadi Arjmand E, Johansson KA, Haaland ØA, Mathers JC. Life expectancy can increase by up to 10 years following sustained shifts towards healthier diets in the United Kingdom. <i>Nat Food</i> . 2023 Nov;4(11):961–965. https://doi.org/10.1038/s43016-023-00868-w .

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[17]	Kawabata T, Yoshimori T. Autophagosome biogenesis and human health. Cell Discov. 2020 Jun 2;6(1):33. https://doi.org/10.1038/s41421-020-0166-y .
[18]	Harvard Second Generation study. (o. D.). Harvardstudy. https://www.adultdevelopmentstudy.org/
[19]	Mak HW, Noguchi T, Bone JK, Wels J, Gao Q, Kondo K, Saito T, Fancourt D. Hobby engagement and mental wellbeing among people aged 65 years and older in 16 countries. Nat Med. 2023 Sep;29(9):2233–2240. https://doi.org/10.1038/s41591-023-02506-1 .

Interviewpartnerinnen für Hintergrundgespräche:

- Dr. Laura Wester; Post-Doc; Max-Planck-Institut für Biologie des Alterns (am 21. Mai 2024)
- Prof. Eva-Marie Kessler; Professorin für Gerontopsychologie; Medical School Berlin (am 22. Mai 2024)
- Prof. Daniela Jopp; Professorin für Psychologie; Université de Lausanne (am 22. Mai 2024)