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**A Mind-Body Approach to
Healing If you have received a
cancer diagnosis, you know
that the hundreds of
questions and concerns you**

Page 2/238

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**have about what's to come
can be as stressful as the
cancer treatment itself. But
research shows that if you
mentally prepare yourself to
handle cancer treatment by
getting stress and anxiety**

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**under control, you can
improve your quality of life
and become an active
participant in your own
recovery. Created by leading
psychologists specializing in
oncology, the Mindfulness-**

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**Based Cancer Recovery
program is based on
mindfulness-based stress
reduction (MBSR), a
therapeutic combination of
mindfulness meditation and
gentle yoga now offered to**

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cancer survivors and their loved ones in hundreds of medical centers, hospitals, and clinics worldwide. Let this book be your guide as you let go of fear and focus on getting well. With this eight-

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week program, you'll learn to:

- **Use proven MBSR skills during your treatment and recovery**
- **Boost your immune function through meditation and healing yoga**
- **Calm feelings of fear, uncertainty,**

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**and lack of control • Mindfully
manage difficult symptoms
and side effects • Discover
your own capacity for healing
and thriving after adversity
In the last two decades, due to
the continuous increase of**

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**lifespans in Western societies,
and the consequent growing
of the elderly population, have
witnessed an increase in the
number of studies on
biological and molecular
factors able to promote**

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healthy aging and reach longevity. The study of the genetic component of human longevity demonstrated that it accounts for 25% of intra population phenotype variance. The efforts made to

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characterize the genetic determinants suggested that the maintenance of cellular integrity, inflammation, oxidative stress response, DNA repair, as well as the use of nutrients, represent the

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most important pathways correlated with a longer lifespan. However, although a plethora of variants were indicated to be associated with human longevity, only very few were successfully

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**replicated in different
populations, probably
because of population
specificity, missing heritability
as well as a complex
interaction among genetic
factors with lifestyle and**

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cultural factors, which modulate the individual chance of living longer. Thus, many challenges remain to be addressed in the search for the genetic components of human longevity. This Special

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Issue is aimed to unify the progress in the analysis of the genetic determinants of human longevity, to take stock of the situation and point to future directions of the field. We invite submissions for

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**reviews, research articles,
short-communications dealing
with genetic association
studies in human longevity,
including all types of genetic
variation, as well as the
characterization of longevity-**

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related genes.

**INTRODUCTION: The
influence of physical activity
(PA) and physical fitness (PF)
at older ages on changes in
telomere length
(TL)--repetitive DNA**

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**sequences that may mark
biologic aging--is not well-
established. Few prior studies
(mainly cross-sectional) have
been conducted in older
adults, and few studies have
evaluated PF. METHODS: We**

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**investigated cross-sectional
and prospective associations
of PA and PF with leukocyte
TL among 582 older adults
(mean \pm SD age, 73 \pm 5 yr at
baseline) in the
Cardiovascular Health Study,**

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**with serial TL measures and
PA and PF assessed multiple
times. Cross-sectional
associations were assessed
using multivariable repeated-
measures regression, in which
cumulatively averaged PA and**

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PF measures were related to TL. Longitudinal analyses assessed cumulatively averaged PA and PF against later changes in TL, and changes in cumulatively averaged PA and PF against

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**changes in TL. RESULTS:
Cross-sectionally, greater
walking distance and chair
test performance, but not
other PA and PF measures,
were each associated with
longer TL (P trend = 0.007 and**

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0.04, respectively). In longitudinal analyses, no significant associations of baseline PA and PF with change in TL were observed. In contrast, changes in leisure-time activity and chair test

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**performance were each
inversely associated with
changes in TL.**

**CONCLUSIONS: Cross-
sectional analyses suggest
that greater PA and PF are
associated with longer TL.**

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Prospective analyses show that changes in PA and PF are associated with differences in changes in TL. Even later in life, changes in certain PA and PF measures are associated with changes in TL,

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suggesting that leisure-time activity and fitness could reduce leukocyte telomere attrition among older adults. The advances in the field of atherosclerosis and cardiovascular disease

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continue at an increasingly rapid pace and it is an arduous task for those not directly involved to keep up with the latest developments. The papers presented at the 7th Meeting on

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**Atherosclerosis and
Cardiovascular Disease, held
in Bologna, as part of the
Ninth Centenary of the
foundation of the University of
Bologna, have been collected
together here with the aim of**

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providing all the latest information for doctors and research workers concerned with this important branch of medicine. We are pleased to be able to thank all those who joined us in celebrating the

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**oldest university in the world.
The scientific contributions, of
the highest level, are valid
proof of the tradition of
exchanging experiences and
of the continual up-dating of
knowledge in the different**

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**sectors of lipid metabolism,
genetics, physiopathology,
pathological anatomy, bio
chemical and clinical
diagnosis, diet,
pharmacological and non-
pharmacological therapy. The**

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numerous contributions made by authors in the field of epidemiology and the prevention of atherosclerosis were also fundamental since not only research centres but also doctors all over the world

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**are engaged in the battle
which was defined by the
WHO, twenty-five years ago,
as the most important
epidemic of the modern age.
Telomeres, Diet and Human
Disease**

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The Telomere

**Associations with
psychological stress and
glucocorticoid sensitivity
Rosenberg's Molecular and
Genetic Basis of Neurological
and Psychiatric Disease**

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Volume 1

**Genetic Determinants of
Human Longevity**

One of the Best 'Brainy' Books of This
Decade - The Guardian A ground
breaking book on the history of
Telomeres offering fresh advice on how

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to slow down aging and lengthen life. Nobel prize winning Doctor Elizabeth Blackburn and leading health psychologist Dr Elissa Epel have discovered biological markers called Telomeres which can help to understand how healthy our cells are and what we can do to improve them. The book

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specifically looks ideas including; how biological age is not chronological age; a biological basis for the mind-body connection, how sleep and diet can affect telomeres and shockingly how mothers who are highly stressed during pregnancy have children with shorter telomeres. It also offers tools and advice

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on how to determine cellular age and telomere health. Doctor Elizabeth Blackburn was awarded the Nobel Prize in Physiology or Medicine in 2009 for her discovery of telomeres and their role in the ageing process and has previously been named in TIME magazine's 100 Most Influential People. Dr. Elissa Epel

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is a leading health psychologist who has conducted pioneering research uncovering the psychobiological mechanisms related to how stress ages us and compromises our health-from emotional eating to unhealthy storage of abdominal fat to telomere shortening. A carefully written text, suitable as an

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introductory course for second or third year students. The main scope of the text guides students towards a critical understanding and handling of data sets together with the ensuing testing of hypotheses. This approach distinguishes it from many other texts using statistical decision theory as their underlying

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philosophy. This volume covers concepts from probability theory, backed by numerous problems with selected answers.

Vitamins - especially B- and D-vitamins - influence the development and outcome of many neurodegenerative and other diseases. Among others, dementia, neural

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tube defects, epilepsy, and osteoporoses can be caused by vitamin deficiency. This book provides up-to-date knowledge on the role of water and fat soluble vitamins in the prevention of human diseases. Having knowledge about the association of vitamins and disease, as well as keeping track on the patients vitamin

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status has become increasingly important to every physician and clinical chemist. This book, *Telomere - A Complex End of a Chromosome*, is organized into nine chapters containing the latest aspects of the current knowledge about the structure of telomeres and the crucial role that telomerase plays not only in

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maintaining chromosomal stability but also in relation to cell immortality, cell instability, and cancer biology. We now appreciate that these unusual complexes of DNA and proteins we all know as "telomeres" are dynamic and key structures that depend on telomerase and other cellular factors for continuance.

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Regulation of telomere activity is a dynamic area of current research, and new insights into telomeres and their role in aging and cancer, among other biological functions and pathologies, appear regularly in the scientific world. However, one fact is more than understandable in this difficult biological

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conundrum: the end of the telomere story is far from being totally unraveled.

The SABPA Study

Advances and Therapeutic Opportunities

Adaptive History of the Chimpanzee

Subspecies in the Genomic Era

Biochemistry and Cell Biology of Ageing:

Part I Biomedical Science

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IS LEUKOCYTE TELOMERE
LENGTH A MARKER OF PHYSICAL
FRAILITY IN LATE-LIFE
DEPRESSION?

Clinical Evaluation Criteria for Aging
and Aging-related Multimorbidity

***This special volume of
Progress in Molecular Biology***

Page 47/238

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***and Translational Science
focuses on telomeres in health
and disease. This volume
covers a variety of topics with
reviews written by experts in
the field. Contributions from
specialists in telomere***

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***diseases Informs and updates
on how telomere dysfunction
may cause disease in humans
As computer and space
technologies have been
developed, geoscience
information systems (GIS) and***

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remote sensing (RS) technologies, which deal with the geospatial information, have been rapidly maturing. Moreover, over the last few decades, machine learning techniques including artificial

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neural network (ANN), deep learning, decision tree, and support vector machine (SVM) have been successfully applied to geospatial science and engineering research fields. The machine learning

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techniques have been widely applied to GIS and RS research fields and have recently produced valuable results in the areas of geoscience, environment, natural hazards, and natural resources. This

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***book is a collection
representing novel
contributions detailing
machine learning techniques
as applied to geoscience
information systems and
remote sensing.***

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NEW YORK TIMES

BESTSELLER The

***revolutionary book coauthored
by the Nobel Prize winner who
discovered telomerase and
telomeres' role in the aging
process and the health***

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psychologist who has done original research into how specific lifestyle and psychological habits can protect telomeres, slowing disease and improving life. Have you wondered why some

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sixty-year-olds look and feel like forty-year-olds and why some forty-year-olds look and feel like sixty-year-olds? While many factors contribute to aging and illness, Dr. Elizabeth Blackburn discovered a

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biological indicator called telomerase, the enzyme that replenishes telomeres, which protect our genetic heritage. Dr. Blackburn and Dr. Elissa Epel's research shows that the length and health of one's

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telomeres are a biological underpinning of the long-hypothesized mind-body connection. They and other scientists have found that changes we can make to our daily habits can protect our

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***telomeres and increase our
health spans (the number of
years we remain healthy,
active, and disease-free). THE
TELOMERE EFFECT reveals
how Blackburn and Epel's
findings, together with***

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***research from colleagues
around the world, cumulatively
show that sleep quality,
exercise, aspects of diet, and
even certain chemicals
profoundly affect our
telomeres, and that chronic***

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***stress, negative thoughts,
strained relationships, and
even the wrong neighborhoods
can eat away at them. Drawing
from this scientific body of
knowledge, they share lists of
foods and suggest amounts***

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***and types of exercise that are
healthy for our telomeres,
mind tricks you can use to
protect yourself from stress,
and information about how to
protect your children against
developing shorter telomeres,***

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from pregnancy through adolescence. And they describe how we can improve our health spans at the community level, with neighborhoods characterized by trust, green spaces, and safe streets. THE

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TELOMERE EFFECT will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a cellular level and how we can make simple changes to keep our

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***chromosomes and cells
healthy, allowing us to stay
disease-free longer and live
more vital and meaningful
lives.***

***Toxicological Risk Assessment
and Multisystem Health***

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***Impacts From Exposure
highlights the emerging
problems of human and
environmental health
attributable to cumulative and
multiple sources of long-term
exposure to environmental***

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toxicants. The book describes the cellular, biological, immunological, endocrinologic, genetic, and epigenetic effects of long-term exposure. It examines how the combined exposure to

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***nanomaterials, metals,
pharmaceuticals,
multifrequency radiation,
dietary mycotoxins, and
pesticides accelerates
ecotoxicity in humans,
animals, plants, and the larger***

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environment. The book goes on to also offer insights into mixture risk assessments, protocols for evaluating the risks, and how this information can serve the regulatory agencies in setting safer

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***exposure limits. The book is a
go-to resource for scientists
and professionals in the field
tackling the current and
emerging trends in modern
toxicology and risk
assessment. • Bridges basic***

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***research with clinical,
epidemiological, regulatory,
and translational research,
conveying both an introductory
understanding and the latest
developments in the field •
Evaluates real-life human***

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***health risk assessment for long-
term exposures to xenobiotic
mixtures and the role they play
in contributing to chronic
disease • Discusses advances
in predictive (in silico)
toxicology tools and the***

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***benefits of using omics
technologies in toxicology
research***

***A Volume in the Molecular
Nutrition Series***

***A Complex End of a
Chromosome***

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***Oxidative Stress and Dietary
Antioxidants***

***Cancer Epidemiology and
Prevention***

Centenarians

Atherosclerosis and

Cardiovascular Disease

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Telomeres--specialized structures at ends of linear chromosomes--serve a fascinating range of functions that molecular biologists and geneticists are only beginning to understand and exploit. For example, telomeres

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distinguish the natural end of a chromosome from a simple double-strand break, stabilize chromosomes by protecting them from fusion or activating cell cycle checkpoints, and provide mechanisms to compensate for the

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loss of terminal DNA sequence that occurs when linear DNA molecules are replicated. This book--the first to cover this exciting and rapidly expanding field--integrates the increasingly disparate strands of telomere research to provide an

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invaluable survey of the subject.

Topics include the role of telomeres in nuclear organization; telomere DNA sequence and unusual structures formed by telomeric sequences in vitro; replication of telomeric sequences by telomerase

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and how this relates to various DNA sequence features; proteins that bind or interact with telomeres; the role of telomeres in programmed and spontaneous chromosome breakage; recent speculation on the relationship between human

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telomere loss, aging, and cancer;
telomere position effects on
replication and transcription;
Drosophila telomere function; and
the relationships between human
telomere structure, genome
analysis, and genetic disease. In a

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discipline as rapidly developing as telomere research, this book will serve as a user-friendly and much-needed resource for students and researchers in molecular biology and molecular genetics.

This book establishes and specifies

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a rigorously scientific and clinically valid basis for nonpharmaceutical approaches to many common diseases and disorders found in clinical settings. It includes lifestyle and supplement recommendations for beginning and maintaining

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autonomic nervous system and mitochondrial health and wellness. The book is organized around a six-pronged mind-body wellness program and contains a series of clinical applications and frequently asked questions. The physiologic

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need and clinical benefit and synergism of all six aspects working together are detailed, including the underlying biochemistry, with exhaustive references to statistically significant and clinically relevant studies. The book covers a

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range of clinical disorders, including anxiety, arrhythmia, atherosclerosis, bipolar disease, dementia, depression, fatigue, fibromyalgia, heart diseases, hypertension, mast cell disorder, migraine, and PTSD. Clinical

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Autonomic and Mitochondrial Disorders: Diagnosis, Prevention, and Treatment for Mind-Body Wellness is an essential resource for physicians, residents, fellows, medical students, and researchers in cardiology, primary care,

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neurology, endocrinology, psychiatry, and integrative and functional medicine. It provides therapy options to the indications and diagnoses published in the authors' book *Clinical Autonomic Dysfunction* (Springer, 2014).

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Encyclopedia of Cancer, Third Edition provides a comprehensive, up-to-date overview of the multiple facets of the disease, including research, treatment and societal impact. This new edition comprises 180 contributions from renown

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experts who present the latest in Mechanisms, Hallmarks of Cancer, Causes of Cancer, Prevention and Control, Diagnosis and Therapy, Pathology and the Genetics of specific Cancers. Readers will find a comprehensive overview of the

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main areas of oncology, including etiology, mechanisms, prevention, and treatments, from basic science to clinical applications and public health, all set alongside the latest advances and hot topics that have emerged since the previous edition.

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Topics of interest in the field, including genomics and epigenomics, our understanding of the causes of cancer and the approaches to preventing it (e.g., HPV vaccination, role of obesity and nutrition, molecular markers of

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environmental exposures), new screening techniques (e.g., low-dose CT for lung cancer) and improvements in the treatment of many cancers (e.g., breast cancer, lung adenocarcinoma) are comprehensively and authoritatively

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presented. Comprises 180 contributions from renowned experts who present the latest in mechanisms, hallmarks of cancer, causes, prevention and control, diagnosis and therapy, pathology and genetics Presents a

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comprehensive overview of the main areas of oncology, including etiology, mechanisms, prevention, and treatments, from basic science to clinical applications and public health

Since the first suffering supplicant

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offered a prayer to his god or the first mother cradled an ailing child in her caring arms, we have witnessed how human health and healing go beyond any inventory of parts and infusion of chemicals. We humans are a complex melding of

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thought, emotion, spirit and energy and each of those components is as critical to our well-being as our physiological status. Even if we are just beginning to quantify and document these seemingly intangible aspect, to ignore them in

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the practice of medicine is neglect and an invitation to do harm. The Scientific Basis of Integrative Health has been extensively updated and expanded to provide a comprehensive guide to integrative medicine. Taking a balanced and

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objective approach, this leading text bridges the gap between Western science and Eastern philosophy. It provides doctors and other health practitioners with information on complementary and alternative approaches to health, that is

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authoritative, evidence based, and epidemiologically substantiated. Written for doctors and healthcare professionals by pioneering practitioners and updated with the newest research across and increasing range of possibilities,

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this third edition includes nine new chapters covering topics such as:

Electrophotonic imaging;

Neuroacupuncture; Naturopathic medicine; Integrative nutrition.

Be Active, Healthy, and Happy!.

The Acute Effects of Aerobic

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Exercise on Leukocyte Telomere
Biology

European-wide Studies on Pro-
inflammatory Risk Factors in Early
Life and Molecular Markers of
Aging

Telomerase and non-Telomerase

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Mechanisms of Telomere
Maintenance

Toxicological Risk Assessment and
Multi-System Health Impacts from
Exposure

Immunosenescence

Human immunosenescence

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contributes to morbidity and mortality in later life.

Understanding the reasons for age-associated alterations to protective immunity in the elderly would ultimately improve and extend healthspan. The majority

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of the papers collected in this remarkable and timely volume address the mechanisms responsible for immune ageing in humans. They also consider what might be accomplished to redress the erosion of immune

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competence with age.

Place and Biological

Aging Hierarchical Analyses of

Neighborhood Changes and

Leukocyte Telomere Length

Malleability

Molecular Basis of Nutrition and

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Aging: A Volume in the Molecular Nutrition Series focuses on the nutritional issues associated with aging and the important metabolic consequences of diet, nutrition, and health. The book is subdivided into four parts that

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reflect the impact of nutrition from a biomolecular level to individual health. In Part One, chapters explore the general aspects of aging, aging phenotypes, and relevant aspects of nutrition related to the elderly and healthy

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aging. Part Two includes molecular and cellular targets of nutrition in aging, with chapters exploring lipid peroxidation, inflammaging, anabolic and catabolic signaling, epigenetics, DNA damage and repair, redox

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homeostasis, and insulin sensitivity, among others. Part Three looks at system-level and organ targets of nutrition in aging, including a variety of tissues, systems, and diseases, such as immune function, the

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cardiovascular system, the brain and dementia, muscle, bone, lung, and many others. Finally, Part Four focuses on the health effects of specific dietary compounds and dietary interventions in aging, including

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*vitamin D, retinol, curcumin,
folate, iron, potassium, calcium,
magnesium, zinc, copper,
selenium, iodine, vitamin B, fish
oil, vitamin E, resveratrol,
polyphenols, vegetables, and
fruit, as well as the current*

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nutritional recommendations.

*Offers updated information and a
perspectives on important future
developments to different
professionals involved in the
basic and clinical research on all
major nutritional aspects of aging*

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*Explores how nutritional factors
are involved in the pathogenesis
of aging across body systems
Investigates the molecular and
genetic basis of aging and
cellular senescence through the
lens of the rapidly evolving field*

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of molecular nutrition

"The definitive reference for budding and experienced cancer epidemiologists alike." -American Journal of Epidemiology

"Practitioners in epidemiology and oncology will find immense

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*value in this." -JAMA Since its
initial publication in 1982,
CANCER EPIDEMIOLOGY AND
PREVENTION has served as the
premier reference work for
students and professionals
working to understand the*

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causes and prevention of cancer in humans. Now revised for the first time in more than a decade, this fourth edition provides a comprehensive summary of the global patterns of cancer incidence and mortality, current

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understanding of the major causal determinants, and a rationale for preventive interventions. Special attention is paid to molecular epidemiologic approaches that address the wider role of genetic

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predisposition and gene-environment interactions in cancer etiology and pathogenesis. New and timely chapters on environmental and social-epidemiologic factors include:

- *The role of social class*

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*disparities · The role of obesity
and physical inactivity · The
potential effects of
electromagnetic fields and
radiofrequency radiation · The
principles of cancer
chemoprevention For both*

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*seasoned professionals and
newer generations of students
and researchers, this fourth
edition of CANCER
EPIDEMIOLOGY AND
PREVENTION remains the
authority in the field -- a work of*

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*distinction that every lab, library,
student, professional, or
researcher should have close at
hand.*

*2008 Physical Activity Guidelines
for Americans*

Clinical Autonomic and

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*Mitochondrial Disorders
A Cohort Study of Systemic
Markers of Inflammation and
Oxidative Stress and Incidence of
Esophageal Adenocarcinoma
Association of Age, BMI and
Smoking Habits with Leukocyte*

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Telomere Length Dynamics

*Leukocyte Telomere Length and
Its Relation to Nitric Oxide*

Metabolites in a Bi-ethnic Sample

The Cardiovascular Health Study

This state-of-the-art
review on longevity

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focuses on centenarians, studied as a model of positive biology. The extraordinary rise in the elderly population in developed countries underscores the importance

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of studies on ageing and longevity in order to decrease the medical, economic and social problems associated with the increased number of non-autonomous individuals

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affected by invalidating pathologies. Centenarians have reached the extreme limits of human life span. Those in relatively good health, who are able to perform their routine

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daily tasks, are the best examples of extreme longevity, representing selected individuals in which the appearance of major age-related diseases – including cancer and

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cardiovascular diseases –
has been consistently
delayed or avoided. The
relationship between
causality and chance is an
open discussion topic in
many disciplines. In

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particular, ageing, the related diseases, and longevity are difficult to define as a consequence of causality, chance or both. Discussing the relevance of these different factors

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in the attainment of longevity, the book gathers contributions on genetic, epigenetic and phenotypic aspects of centenarians. The "positive biology"

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approach is applied to clarify the causes of positive phenotypes, as well as to explain the biological mechanisms of health and well-being with the aim of preventing

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and/or reducing frailty
and disability in the
elderly.

This book, Telomerase and
non-Telomerase Mechanisms
of Telomere Maintenance,
is a collection of

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reviewed and relevant research chapters, offering a comprehensive overview of recent developments in the field of biochemistry, genetics, and molecular biology. The

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book comprises single chapters authored by various researchers and edited by an expert active in the molecular biology research area. All chapters are individually

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complete but united under a common research topic. This publication aims to provide a thorough overview of the latest research efforts by international authors on

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biochemistry, genetics, and molecular biology, and open new possible research paths for further novel developments. A note from the publisher: It is with great sadness and regret

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that we inform the contributing authors and readers of this book that the Editor, Dr Tammy A. Morrish, passed away during the publishing process of the book and

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before having a chance to see its publication. The book Telomerase and non-Telomerase Mechanisms of Telomere Maintenance was her first edited volume with us. Fruitful

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collaboration continued until her final days. We would like to acknowledge Dr Morrish's contribution to scientific publishing, which she made during years of dedicated work,

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and express our gratitude
for her pleasant
cooperation with us.

Esophageal adenocarcinoma
(EA) incidence has
increased dramatically in
the Western world over

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several decades, while survival remains poor. Persons with Barrett's esophagus (BE) experience a higher risk for progression to EA; they are typically followed in

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long-term surveillance programs involving periodic endoscopy with biopsies so as to identify early-stage cancers. Currently, no medical, surgical or lifestyle

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interventions have been observed to safely lower EA risk. Recent studies have shown that elevated pre-diagnostic levels of serum inflammation markers may be predictive of

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cancers of the breast, colon, and lung, but their role in predicting EA is unknown. In this dissertation project, we investigated whether elevated markers of

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inflammation, including C-reactive protein (CRP), interleukin-6 (IL6), and soluble tumor necrosis factor receptors I & II (sTNF-RI & sTNF-RII), and markers of oxidative

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stress, including
F2-isoprostanes, could
predict progression to EA
in the Seattle Barrett's
Esophagus Study (SBES), a
prospective cohort of 397
BE patients 45 of whom

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developed EA. We also assessed the intra-individual variability and reliability of these inflammation markers. Additionally, we evaluated the correlates of telomere

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length in a subset of 234 persons from the SBES cohort. We observed that persons with CRP levels above the median value of 1.9 mg/L were at a two-fold increased risk for EA

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compared to those below
(adjusted HR 1.77; 95% CI
0.93-3.37, p-trend for
continuous CRP=0.04).

Persons with IL6 levels
above the median had a two-
fold increased risk for EA

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(age- and gender-adjusted
HR 1.95; 95%CI 1.03-3.72)
but no significant trend
was observed (p-trend =
0.94). No evidence of an
association was found
between EA risk and

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elevated levels of sTNF
receptors or
F2-isoprostanes. Analyses
restricted to men revealed
slightly stronger
associations, but the
overall conclusions

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remained the same. In a reliability study involving a subset of 360 participants from the SBES, we observed that the reliability over time, evaluated as intra-class

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correlations (ICCs), was excellent for sTNF receptors (ICCsTNF-RI=0.89, ICCsTNF-RII=0.85) and fair to good for CRP and IL-6 (ICCCRIP=0.55, ICCIL-6=0.57). Moreover,

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the ICCs for CRP & IL-6 were lower among samples stored for over 13 years prior to laboratory analysis compared to samples stored for less than 13 years, but those

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for sTNF receptors were unaffected by storage time. In a cross-sectional analysis to assess the correlates of leukocyte telomere length (LTL), age, gender and cigarette

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pack-years of smoking were significantly associated with LTL. We observed that elevated sTNF-RI levels were associated with short telomeres (Adjusted OR comparing extreme tertiles

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= 2.19, 95% CI 1.00-4.85,
p-trend for continuous
sTNF-RI = 0.02). There
were no significant
associations observed
between short LTL and
higher levels of other

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inflammation markers,
including CRP, IL-6, sTNF-
RII, and F2-isoprostanes.
We also did not find any
association between short
LTL and obesity or obesity-
related biomarkers

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including leptin,
adiponectin, glucose and
insulin. Our findings
suggest that systemic
inflammation markers,
including CRP and possibly
IL-6, can predict

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progression to EA among
persons with BE. Continued
follow-up of this and
other larger cohorts is
needed to further
understand the
relationship between

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inflammation, telomeres
and cancer, and possibly
evaluate inflammation
markers as tools for
clinical risk
stratification in persons
with BE.

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Obesity: Oxidative Stress
and Dietary Antioxidants
cover the science of
oxidative stress in
obesity and associated
conditions, including
metabolic syndrome,

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bariatric surgery, and the potentially therapeutic usage of natural antioxidants in the diet or food matrix. The processes within the science of oxidative

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stress are not described in isolation, but in concert with other processes, such as apoptosis, cell signaling and receptor mediated responses. This approach

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recognizes that diseases are often multifactorial and oxidative stress is but a single component. The book is designed for nutritionists, dietitians, food scientists,

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physicians and clinical workers, health care workers and research scientists. Covers the basic processes of oxidative stress, from molecular biology, to

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whole organs Highlights
antioxidants in foods,
including plants and other
components of diet
Provides the framework for
further, in-depth analysis
or studies via well-

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designed clinical trials
or via the analysis of
pathways, mechanisms and
componentsa

Obesity

Place and Biological Aging
Leukocyte-derived matrix

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metalloproteinase-9 in
patients with coronary
artery disease

An Example of Positive
Biology

The Science of Subjective
Well-Being

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Probability and
Statistical Inference

The 2008 Physical Activity Guidelines for Americans provides science-based guidance to help Americans aged 6 and older improve their health through appropriate physical activity. The primary audiences for the Physical

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Activity Guidelines are policymakers and health professionals.

Although universal and unavoidable, aging does not occur in a uniform way.

In this dissertation, we assessed the effects of early life exposure to pro-inflammatory risk factors (air pollution and obesity) on mitochondrial DNA

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(mtDNA) content and telomere length, considered as markers of biological aging, at birth and during childhood. First we observed that an increment in nitrogen dioxide (NO₂) exposure during pregnancy was associated with a decrease in both placental mtDNA content and birth weight and length

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(chapter 2 and 3). Secondly, we showed that the association between prenatal NO₂ exposure and infant growth could be mediated by placental mtDNA content (chapter 2 and 3). Thirdly, our study found that increased pre- and postnatal exposure to air pollutants lead to shorter leukocyte

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telomere length in 8 year old children (chapter 4). Finally, we showed that increased obesity indicators were associated with significant shorter telomeres in 8 year old children (chapter 5).

Inflammation is closely associated with development of atherosclerosis. The

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proteolytic enzyme matrix metalloproteinase (MMP)-9 is considered to play a prominent role in this process. MMP-9 has also been introduced as a marker for plaque vulnerability. Still, the possible mechanisms behind altered levels of MMP-9 and its tissue inhibitors

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(TIMPs) in patients with atherosclerotic disease remain unclear. The general aim of this thesis was to compare leukocyte-derived MMP-9 and TIMPs in patients with coronary artery disease (CAD) and healthy controls and to further relate the findings to psychological stress and

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glucocorticoid sensitivity. Levels of leukocyte-derived MMP-9 and TIMP-1 showed a significant difference between CAD patients and controls. Neutrophils in CAD patients were more prone to release MMP-9 and furthermore, PBMCs in patients expressed higher levels of MMP-9 and

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TIMP-1 and -2 mRNA than PBMCs in controls while there were no differences in plasma or serum levels. The increase in leukocyte-derived levels of MMP-9 and TIMPs indicate the presence of preactivated leukocytes in CAD. Inflammation has been proposed as a mechanistic link

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between cardiovascular risk and depressive symptoms. We investigated whether the overexpression of leukocyte-derived MMP-9 and TIMPs in CAD patients was associated with psychological factors. Patients exhibited sustained elevations in depressive symptoms,

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however, these symptoms were not related to any MMP-9 or TIMP variables. The findings suggest that overexpression of leukocyte-derived MMP-9 and TIMPs and elevated depressive scores represent two parallel phenomena in CAD. Chronic inflammation may be associated with

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reduced glucocorticoid sensitivity. We found that PBMCs in CAD patient expressed significantly increased levels of glucocorticoid receptor (GR)- α mRNA, whereas GR- β mRNA levels did not differ between patients and controls. Moreover, in ex vivo assays, dexamethasone efficiently

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suppressed MMP-9 and TIMPs equally or even more in patients compared to controls. The findings provide evidence for enhanced glucocorticoid sensitivity in CAD patients and also suggest that a state of relative hypocortisolism may contribute to the overexpression of leukocyte-derived

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MMP-9 and TIMPs. Lastly, we explored the release of MMP-9, TIMPs and cortisol in response to acute mental stress in CAD patients. Patients who exhibited a significant stress-induced increase in serum MMP-9 also exhibited an altered cortisol response. Moreover, the

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susceptibility to stress-induced increase in serum MMP-9 was associated with shorter leukocyte telomere length and atherosclerotic plaque burden. The findings highlight the existence of a high-risk group which may be in need of improved diagnostic and therapeutic strategies.

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This authoritative volume reviews the breadth of current scientific knowledge on subjective well-being (SWB): its definition, causes and consequences, measurement, and practical applications that may help people become happier. Leading experts explore the connections between SWB

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and a range of intrapersonal and interpersonal phenomena, including personality, health, relationship satisfaction, wealth, cognitive processes, emotion regulation, religion, family life, school and work experiences, and culture. Interventions and practices that enhance SWB are

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examined, with attention to both their benefits and limitations. The concluding chapter from Ed Diener dispels common myths in the field and presents a thoughtful agenda for future research.

The Scientific Basis of Integrative
Health

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Molecular Biology of Prostate Cancer
Telomere

A Revolutionary Approach to Living
Younger, Healthier, Longer
Mindfulness-Based Cancer Recovery
Physical Activity, Physical Fitness, and
Leukocyte Telomere Length

The maintenance of

Page 188/238

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telomeres—repetitive sequences at the end of chromosome—is essential to health. Dysfunction in telomere maintenance pathways plays a role in aging, cancer, atherosclerosis and

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other diseases. This has led to telomere maintenance as a prime target for patient therapies. This book describes the advances in telomere research as it applies to human health and especially

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how lifestyle and dietary factors could modify the telomerase maintenance process. The book examines the mechanisms involved, the primary of which are oxidative stress and the role of sirtuins,

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*and how they can be modified
by dietary patterns such as
Mediterranean diet.*

*Background Understanding
why certain population
subgroups age faster than
others is a pressing public*

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health concern. Few biomarkers consistently predict morbidity and mortality, which has made it difficult to identify high-risk population subgroups earlier in the disease cascade.

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Telomeres are the repeat sequence at the ends of DNA that protect the cell from damage during each replicative cycle. Telomeres shorten with age, and individual-level exposures may

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exacerbate telomere length attrition. There is evidence that telomere length has an inverse association with psychosocial stress, poor health behaviors, and chronic diseases. However, multilevel

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determinants of telomere length remain understudied despite numerous connections among physical and mental health, lifestyle, and place of residence. The extant literature exhibits that better

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*physical and social contexts
have a positive association
with telomere length. Methods
This dissertation examines the
associations among specific
features of residential built,
social, and socioeconomic*

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*environments and the 10-year
change in telomere length
using data from the Multi-
Ethnic Study of
Atherosclerosis (2000-2010).
Chapter 2 presents cross-
sectional findings on the*

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relationship between the physical environment and leukocyte telomere length. Chapter 3 investigates the association between changes in physical environment features and the 10-year

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change in leukocyte telomere length. Chapter 4 explores the interplay among changes in neighborhood socioeconomic status, social context, and leukocyte telomere length. Physical environment features

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comprise of the physical activity and food environment. The social environment includes measures of aesthetic quality, safety, and social cohesion. Significance This dissertation presents the first

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studies to examine changes in neighborhood features and change in telomere length. The findings suggest that telomere length is a biological marker that is sensitive to changes in built, social, and

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socioeconomic contexts. Thus, health policy interventions should target specific features of the residential environment to support healthy aging trajectories.

This new volume in the

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Subcellular Biochemistry series will focus on the biochemistry and cellular biology of aging processes in human cells. The chapters will be written by experts in their respective fields and will focus

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on a number of the current key areas of research in subcellular aging research. Main topics for discussion are mitochondrial aging, protein homeostasis and aging and the genetic processes that are

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involved in aging. There will also be chapters that are dedicated to the study of the roles of a variety of vitamins and minerals on aging and a number of other external factors (microbiological, ROS,

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inflammation, nutrition). This book will provide the reader with a state of the art overview of the subcellular aging field. This book will be published in cooperation with a second volume that will discuss the

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translation of the cell biology of aging to a more clinical setting and it is hoped that the combination of these two volumes will bring a deeper understanding of the links between the cell and the body

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during aging.

"Habitual exercise is unequivocally associated with decreased all-cause mortality and morbidity. Despite the strength of the association, a large part of the decreased

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*risk is physiologically
unaccounted for.*

*Accumulating evidence
indicates that leukocyte
telomere length (LTL) may be
one such explanatory
mechanism. Telomeres are*

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specialized deoxyribonucleic acid (DNA) sequences located at chromosomal ends where they protect the genomic DNA from enzymatic degradation. Excessive and/or premature telomere shortening in

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leukocytes is associated with a host of chronic diseases and impaired immune function. Observational associations exist between LTL and habitual physical activity/exercise in multiple

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cohorts. However, correlation does not imply causal story and the underpinning mechanisms behind the association are unclear. The current consensus is that long-term exercise-induced

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*reductions in oxidative stress
and inflammation mediate the
association. The acute
dynamics of telomere biology
are poorly understood;
however, a growing body of
evidence suggests that*

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*telomeres may be amenable to
acute modulation via
expression of telomere-
associated genes and
microRNAs. Accordingly, the
overarching aim of this thesis
was to characterize the acute*

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*effects of aerobic exercise on
leukocyte telomere biology." --
taken from Abstract.*

Volume 1: Probability

A Step-by-Step MBSR

*Approach to Help You Cope
with Treatment and Reclaim*

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Your Life

*Encyclopedia of Cancer
Diagnosis, Prevention, and
Treatment for Mind-Body
Wellness*

*Hierarchical Analyses of
Neighborhood Changes and*

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*Leukocyte Telomere Length
Malleability
Health and Functional
Capacity in Finland*

Telomeres, located at the ends of linear chromosomes, are essential for genome stability

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and integrity. Advances in telomere researches have linked telomere dysfunction with cellular aging and a number of age-related human diseases. Recent studies further expanded our knowledge of

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telomere functions - telomeres are shown to be important for microbial pathogen virulence and telomere proteins have important non-telomeric cellular functions. This book includes current opinions on selected

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aspects of telomere research and their implication, in hope to help us focus better on future studies and enhance our research progress.

Introduction: Although average life-expectancy is still

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increasing worldwide, ageing processes markedly differ between individuals, which has stimulated the search for biomarkers of biological ageing. In this study we will explore to what extent leukocyte telomere

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length (LTL), a frequently used molecular marker of ageing, is associated with a clinically defined phenotype of biological ageing. Objectives & Aims: Exploring the cross-sectional and longitudinal association

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between LTL as molecular marker of ageing and the physical frailty phenotype (PFP) as a clinical marker of ageing. To examine whether these associations are moderated by the presence of a

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depressive disorder, as depression can be considered a condition of accelerated ageing. Methods: Among 378 depressed older patients (according to DSM-IV criteria) and 132 non-depressed older

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persons participating in the Netherlands Study of Depression in Older persons (NESDO), we have assessed the PFP and LTL. The PFP was defined according to Fried's criteria and its components

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were reassessed at two-year follow-up. Results: LTL was neither associated with the PFP at baseline by Spearman rank correlation tests, nor did it predict change in frailty parameters over a two-year

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follow-up using regression analyses adjusted for potential confounders. Conclusion: We found no association between LTL and PFP; neither in non-depressed nor in depressed older persons. As LTL and PFP

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appear to represent different aspects of ageing, they may complement each other in future studies.

Rosenberg ' s Molecular and Genetic Basis of Neurologic and Psychiatric Disease, Sixth

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Edition: Volume One, provides a comprehensive introduction and reference to the foundations and key practical aspects relevant to neurologic and psychiatric disease. A favorite of over three generations of students,

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clinicians and scholars, this new edition retains and expands the informative, concise and critical tone of the first edition. This is an essential reference for general medical practitioners, neurologists, psychiatrists,

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geneticists, and related professionals, and for the neuroscience and neurology research community. The content covers all aspects essential to the practice of neurogenetics to inform clinical

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diagnosis, treatment and genetic counseling. Every chapter has been thoroughly revised or newly commissioned to reflect the latest scientific and medical advances by an international team of leading scientists and

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clinicians. The contents have been expanded to include disorders for which a genetic basis has been recently identified, together with abundant original illustrations that convey and clarify the key

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points of the text in an attractive, didactic format. Comprehensive coverage of the neurogenetic foundation of neurological and psychiatric disease Provides a detailed introduction on both the clinical

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and basic research implications
of molecular and genetics
surrounding the brain Includes
new chapters on molecular
genomics, CRISPR and the most
recent updates in molecular
genetics

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Reviews on Selected Topics of
Telomere Biology
Telomeres in Health and
Disease
Molecular Basis of Nutrition and
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Integrated Role of Nutrition and
Physical Activity for Lifelong
Health