



# CO VÍ VĚDA O DLOUHOVĚKOSTI

PODLE INC. PETRA LUDWIGA

*Forever Always, Octavio Ocampo*

**ŽDENĚK SVOBODA**





Country	Both sexes rank	Both sexes life expectancy	Female rank	Female life expectancy	Male rank	Male life expectancy	Both sexes rank (HALE)	Both sexes life expectancy (HALE)
Japan	1	83.7	1	86.8	6	80.5	1	74.9
Switzerland	2	83.4	6	85.3	1	81.3	4	73.1
Singapore	3	83.1	2	86.1	10	80.0	2	73.9
Australia	4	82.8	7	84.8	3	80.9	15	71.9
Spain	4	82.8	3	85.5	9	80.1	9	72.4
Iceland	6	82.7	10	84.1	2	81.2	7	72.7
Italy	6	82.7	7	84.8	6	80.5	5	72.8
Israel	8	82.5	9	84.3	5	80.6	5	72.8
Sweden	9	82.4	12	84.0	4	80.7	12	72.0
France	9	82.4	5	85.4	16	79.4	8	72.6
Republic of Korea	11	82.3	3	85.5	20	78.8	3	73.2
Canada	12	82.2	10	84.1	8	80.2	10	72.3
Luxembourg	13	82.0	12	84.0	13	79.8	17	71.8
Netherlands	14	81.9	20	83.6	10	80.0	11	72.2
Norway	15	81.8	17	83.7	13	79.8	12	72.0
Malta	16	81.7	17	83.7	15	79.7	18	71.7
New Zealand	17	81.6	26	83.3	10	80.0	19	71.6
Austria	18	81.5	14	83.9	19	79.0	12	72.0
Ireland	19	81.4	23	83.4	16	79.4	20	71.5
United Kingdom	20	81.2	27	83.0	16	79.4	21	71.4
Belgium	21	81.1	22	83.5	22	78.6	26	71.1
Finland	21	81.1	16	83.8	24	78.3	28	71.0
Portugal	21	81.1	14	83.9	27	78.2	21	71.4
Germany	24	81.0	23	83.4	21	78.7	23	71.3
Greece	24	81.0	20	83.6	24	78.3	15	71.9
Slovenia	26	80.8	17	83.7	28	77.9	26	71.1
Denmark	27	80.6	29	82.5	22	78.6	25	71.2
Cyprus	28	80.5	28	82.7	24	78.3	23	71.3
Chile	28	80.5	23	83.4	29	77.4	29	70.4
Costa Rica	30	79.6	30	82.2	31	77.1	31	69.7
United States of America	31	79.3	33	81.6	32	76.9	36	69.1
Cuba	32	79.1	34	81.4	32	76.9	35	69.2
Czech Republic	33	78.8	32	81.7	38	75.9	33	69.4
Montenegro	34	78.6	34	81.3	36	75.7	34	69.0

**ROK 2015**

**1. JAPONSKO 83,7**

**33. ČR 78,8**

# ROK 2015

1. JAPONSKO 83,7

8. IZRAËL 82,5

18. RAKOUSKO 81,5

24. NĚMECKO 81,0

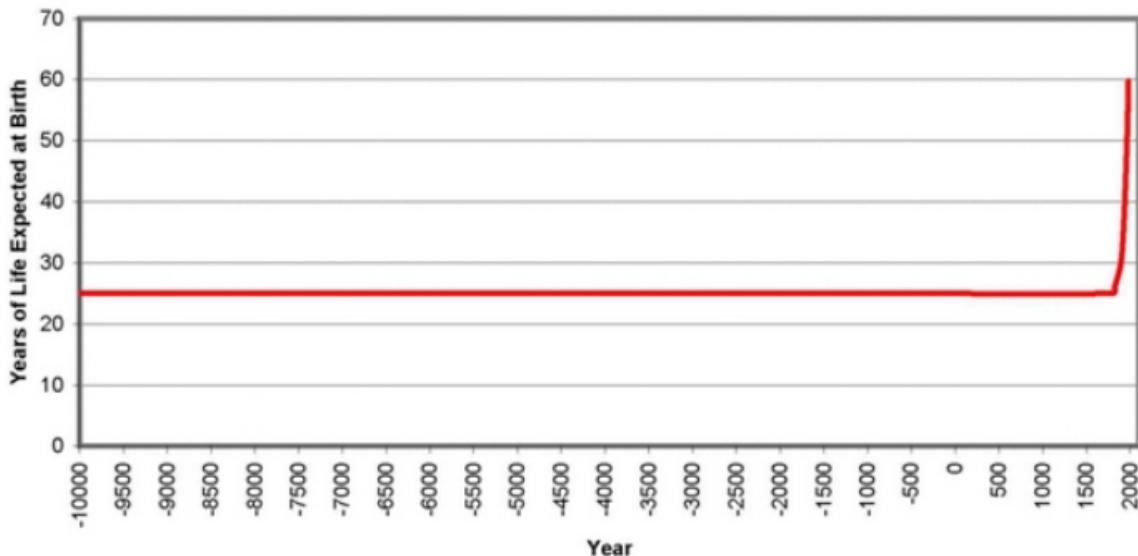
32. KUBA 79,1

33. ČR 78,8

# ROK 2015

1. JAPONSKO 83,7
8. IZRAËL 82,5
18. RAKOUSKO 81,5
24. NĚMECKO 81,0
32. KUBA 79,1
33. ČR 78,8
45. MEXIKO 76,7
46. SLOVENSKO 76,7
53. ČÍNA 76,1

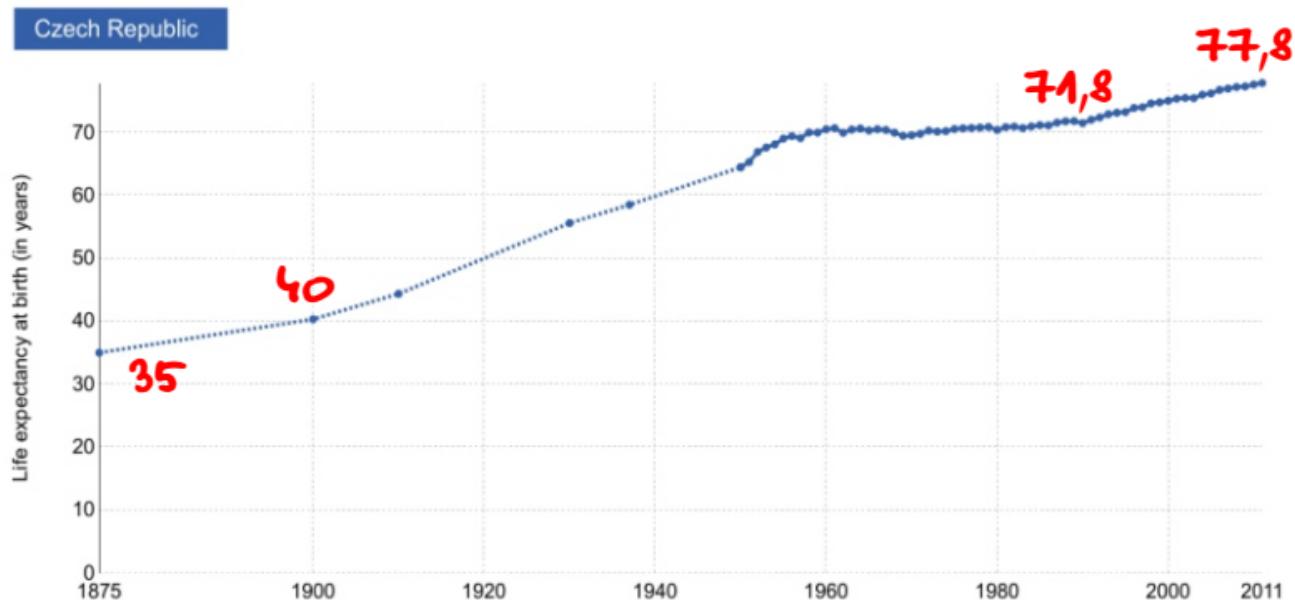
## Global Life Expectancy -10,000 BCE - 2003



**Source:** Indur M. Goldsmith, "The Improving State of our World," Washington, DC: Cato Institute, 2007, 36. Life expectancy is believed to have been 20-30 years prior to 1820. Age 25 is selected as an average.

# Life expectancy, 1875 to 2011

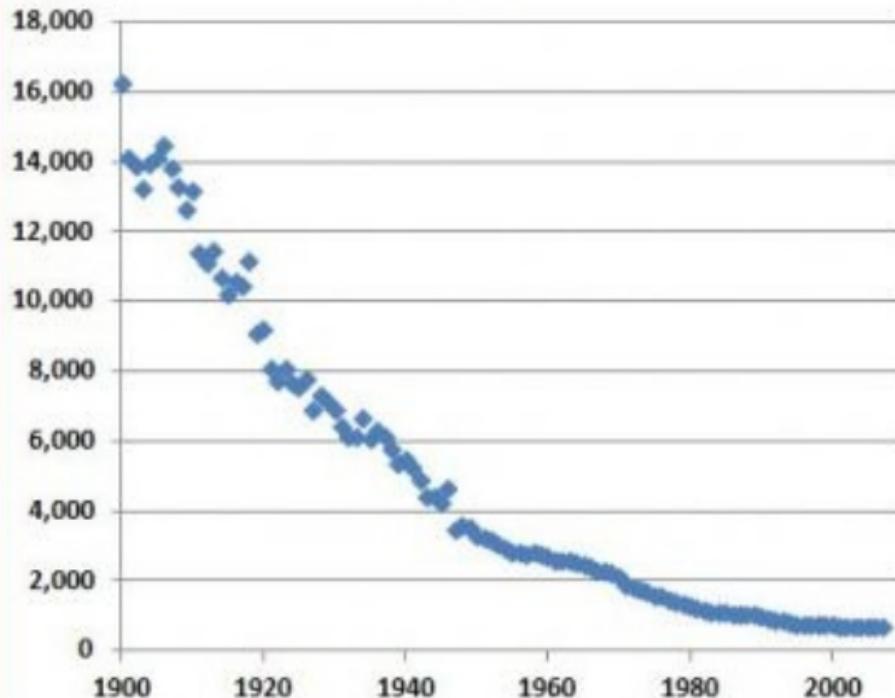
Life expectancy at birth is the average number of years a child born would live if current mortality patterns were to stay the same. Shown is life expectancy at birth for both genders.



Data source: Clio Infra (life expectancy, both genders)

The author Max Roser licensed this visualization under a CC BY-SA license. At the site - [OurWorldInData.org/life-expectancy/](http://OurWorldInData.org/life-expectancy/) - you find the data for download and the empirical research on this topic that puts this visualization in context.

## DEATHS PER 100,000 INFANTS, 1900-2007



Sources: <http://hsus.cambridge.org/HSUSWeb/toc/hsusHome.do>;  
<http://wonder.cdc.gov/>

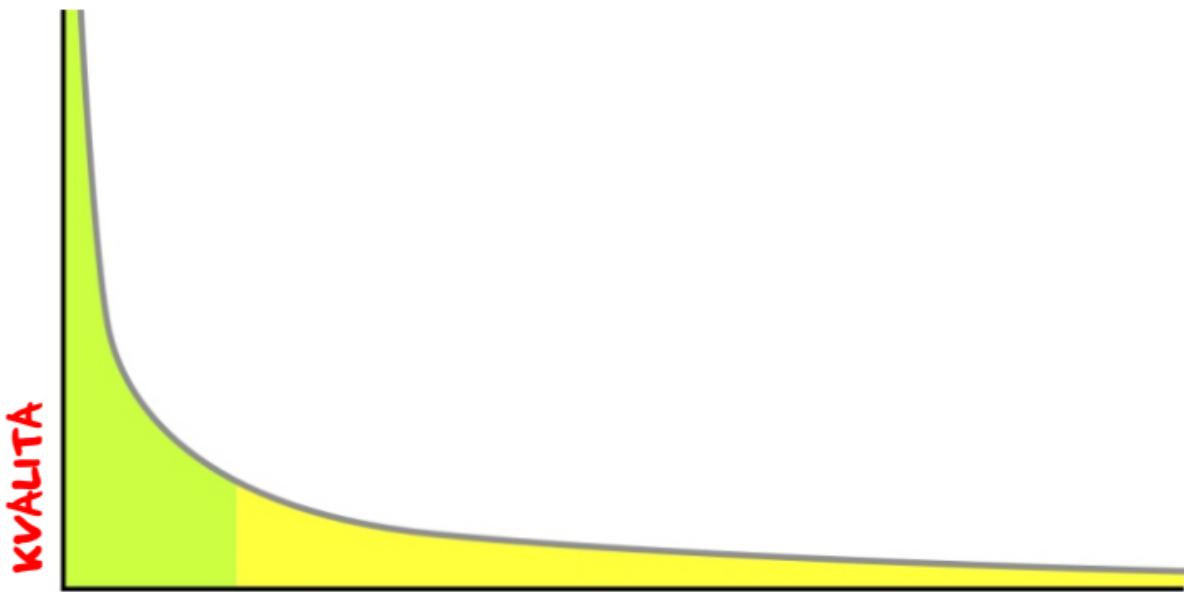
???

JAK DÁLE PRODLOUŽIT ŽIVOT  
A ZLEPŠIT JEHO CELKOVOU KVALITU?



Photo by DAVID ILIFF. License: CC-BY-SA 3.0

# KVALITA DOSTUPNÝCH ZDROJŮ



# KVÁLITA DOSTUPNÝCH ZDROJŮ



# KVÁLITA DOSTUPNÝCH ZDROJŮ



Aktualizováno 16.6. 2014 17:27

NEUVĚŘITELNÉ

## Záhada dlouhověkosti: Tento muž se dožil 256 let! Jak to udělal?



Zdroj: wikipedia.org

Li Ching-Yun se údajně dožil 256 let

Témata: [zahraničí](#) [Li Ching-Yun](#) [256 let](#) [dlouhověkost](#)

501

To se mi líbí

Tweet

Tenmile bylinkář se podle oficiálních záznamů dožil 256 let, on sám tvrdil, že je mu jen 197 a vypadá na padesát. Přečtěte si, jaký je jeho recept na dlouhověkost.

3

Gel

Číňan Li Ching-Yun tvrdil, že se narodil v roce 1736, podle oficiálních

???

KDO JSOU OPRÁVDU  
POTVRŽENÍ NEJSTARŠÍ LIDÉ?

Rank	Name	Sex	Birth date	Death date	Age [1]	Place of death or residence
1	Jeanne Calment <sup>[1]</sup>	F	21 February 1875	4 August 1997	122 years, 164 days	France
2	Sarah Knauss <sup>[5]</sup>	F	24 September 1880	30 December 1999	119 years, 97 days	United States
3	Lucy Hannah <sup>[6]</sup>	F	16 July 1875	21 March 1993	117 years, 248 days	United States
4	Marie-Louise Meilleur <sup>[7]</sup>	F	29 August 1880	16 April 1998	117 years, 230 days	Canada
5	Misao Okawa <sup>[8]</sup>	F	5 March 1898	1 April 2015	117 years, 27 days	Japan
6	Maria Capovilla <sup>[9]</sup>	F	14 September 1889	27 August 2006	116 years, 347 days	Ecuador
7	Susannah Mushatt Jones <sup>[10][11]</sup>	F	6 July 1899	12 May 2016	116 years, 311 days	United States
8	Gertrude Weaver <sup>[12]</sup>	F	4 July 1898	6 April 2015	116 years, 276 days	United States
9	Emma Morano <sup>[10]</sup>	F	29 November 1899	Living <sup>[10]</sup>	116 years, 266 days	Italy
10	Tane Ika <sup>[13]</sup>	F	18 January 1879	12 July 1995	116 years, 175 days	Japan

OLIVOVÝ OLEJ  
 → 1 KG ČOKOLÁDY  
 PORTSKÉ VÍNO  
 NA KOLE DO 100

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10	Tane Imai <sup>[13]</sup>	F	18 January 1879	12 July 1995	116 years, 176 days	Japan

SYROVÁ VÁJÍČKA  
DOMÁCÍ BRANDY  
SVOBODNÁ



# THE LONGEVITY PROJECT



Surprising Discoveries for Health  
and Long Life from the  
Landmark Eight-Decade Study

HOWARD S. FRIEDMAN, Ph.D.  
SARAH MARTIN, Ph.D.

# 1) OBJEKTIVNÍ DÉLKA ŽIVOTA

- 1) OBJEKTIVNÍ DÉLKA ŽIVOTA
- 2) SUBJEKTIVNÍ DÉLKA ŽIVOTA

???

KDYBÝSTE SI MĚLI  
VYBRÁT...

„Milióny lidí touží po nesmrtelnosti,  
a přitom nevědí co mají dělat, když  
v neděli odpoledne prší.“

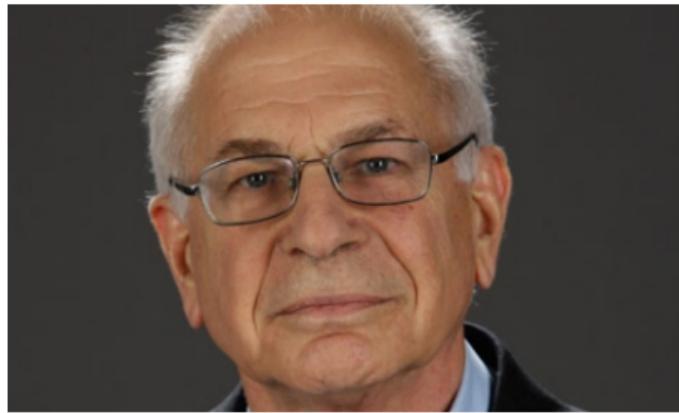
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SUSAN ERTZ

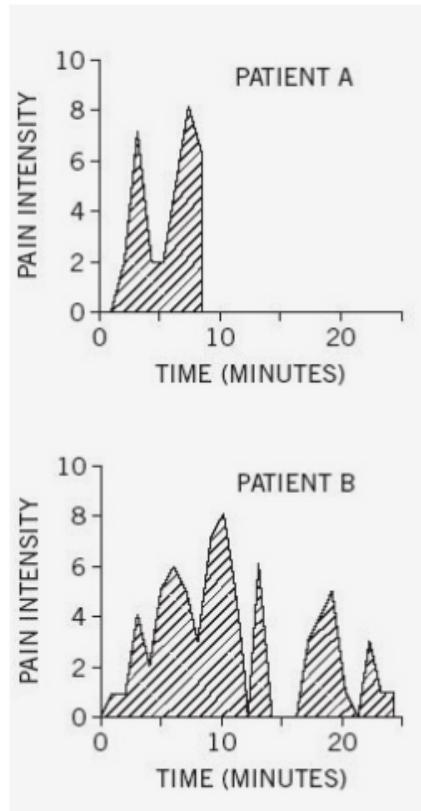
#1

SUBJEKTIVNÍ  
DÉLKA

# KAHNEMAN



Redelmeier, D. A., Katz, J., & Kahneman, D. (2003). *Memories of colonoscopy: a randomized trial*. Pain, 104(1), 187-194.



PROŽÍVAJÍCÍ  
vs.  
PAMATUJÍCÍ  
JÁ

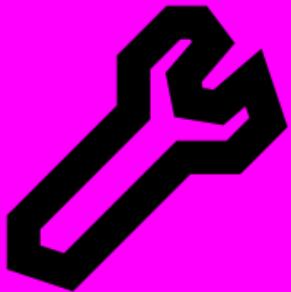
**1 TÝDEN DOVOLENÉ  
vs.  
2 TÝDNY DOVOLENÉ**



1 TÝDEN DOVOLENÉ  
vs.  
2 TÝDNY DOVOLENÉ

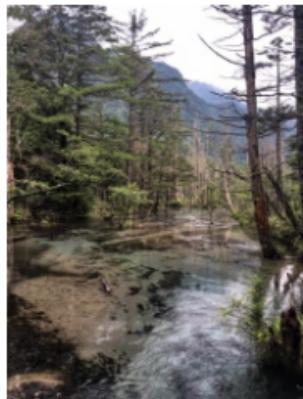
PROŽÍVAJÍCÍ ZX LEPŠÍ  
vs.  
PAMATUJÍCÍ TO SAMÉ





PESTROST

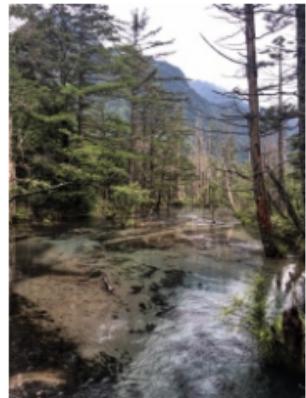
# NOVÁ MÍSTA, TRASY



# NOVÁ MÍSTA, TRASY



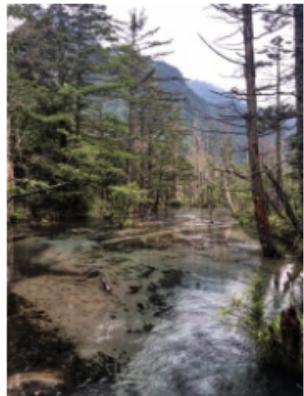
STEREOTYP ZKRACUJE ŽIVOT



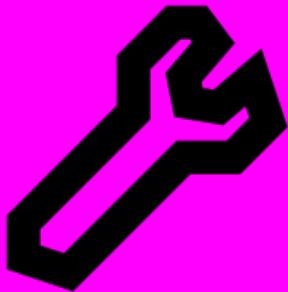
# NOVÁ MÍSTA, TRASY



# STEREOTYP ŽKRÁCUJE ŽIVOT



# PRODLOUŽENÉ ZAŽITKY



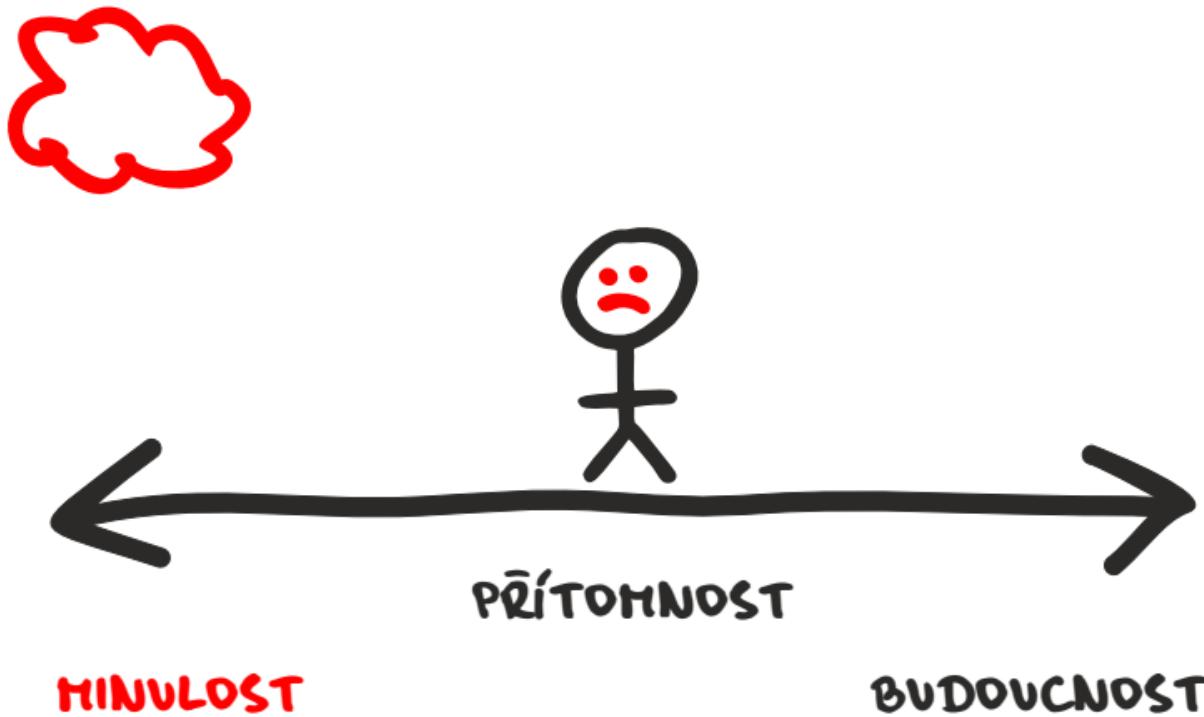
ANO ZMĚNÁM A NOVINKÁM

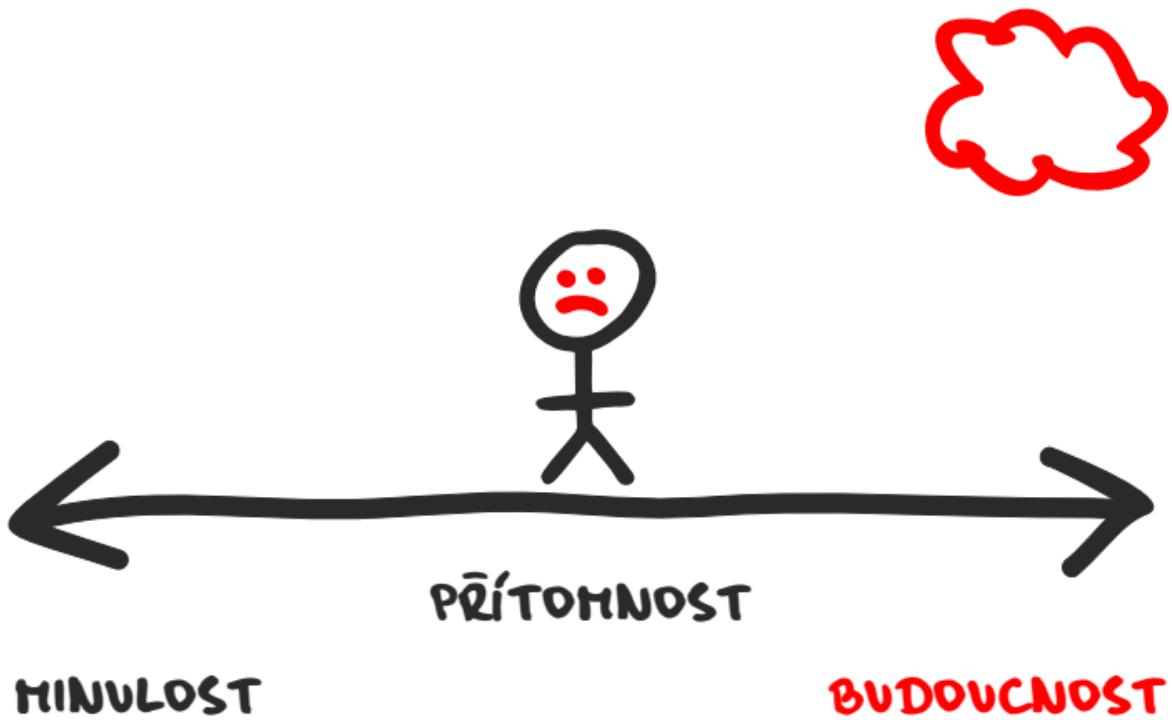


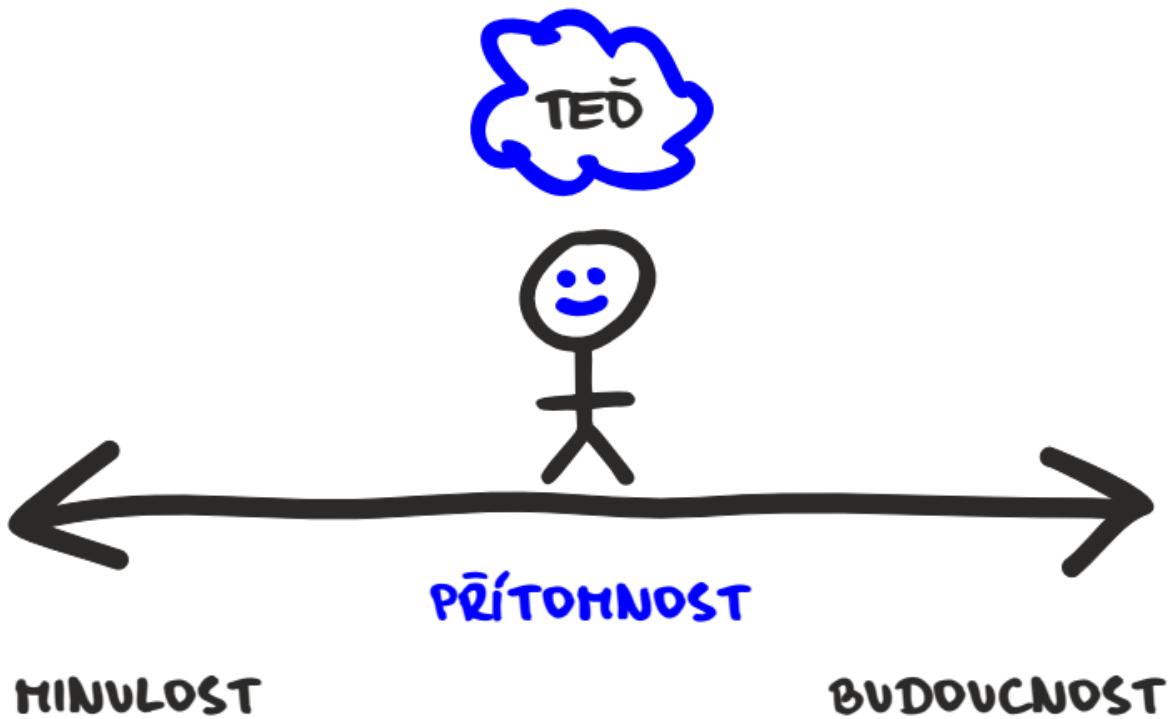
DENÍKY



VŠÍAVOST, POZORNOST







VŠÍMAVOST  
SMYSLY  
POZORNOST  
FLOW

TEď

DÝCHÁNÍ  
~~VAKUUM~~  
BDĚLOST



MINULOST

BUDOUCNOST

**PROŽÍVAT  
JÍDLO**



#2

OBJEKTIVNÍ  
DÉLKA

**OBJEKTIVNÍ  
DLOUHOVĚKOST**

OBJEKTIVNÍ  
DLOUHOVĚKOST



GENETIKA  
ŽIVOTNÍ  
STYL

**GENETIKA**  
**15-30 %**

*Iachine, I., Skytthe, A., Vaupel, J. W., McGue, M., Koskenvuo, M., Kaprio, J., Christensen, K. (2006). Genetic influence on human lifespan and longevity. Human genetics, 119(3), 312-321.*

A close-up photograph of a person's hand, palm facing up, holding a single capsule. The capsule is horizontally oriented and has two distinct halves: the left half is red and the right half is blue. The word "YOUTH" is printed in large, white, sans-serif capital letters across the center of the capsule, with "YOUTH" on the red half and "YOUTH" on the blue half.

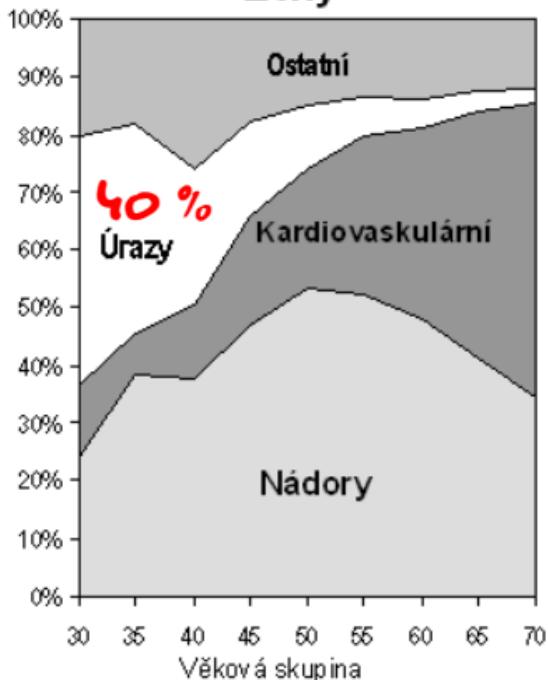
**YOUTH**

**ŽIVOTNÍ  
STYL**

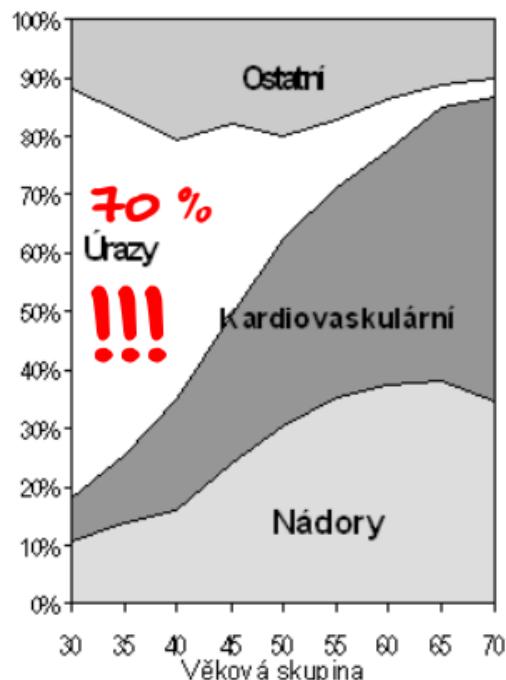
# Struktura příčin smrti dle věku (relativní podíl)

Data pro ČR, zdroj: ÚZIS 2001

## Ženy



## Muži



???

KDE JSOU OPRÁVDU NEJSTARŠÍ LIDÉ?

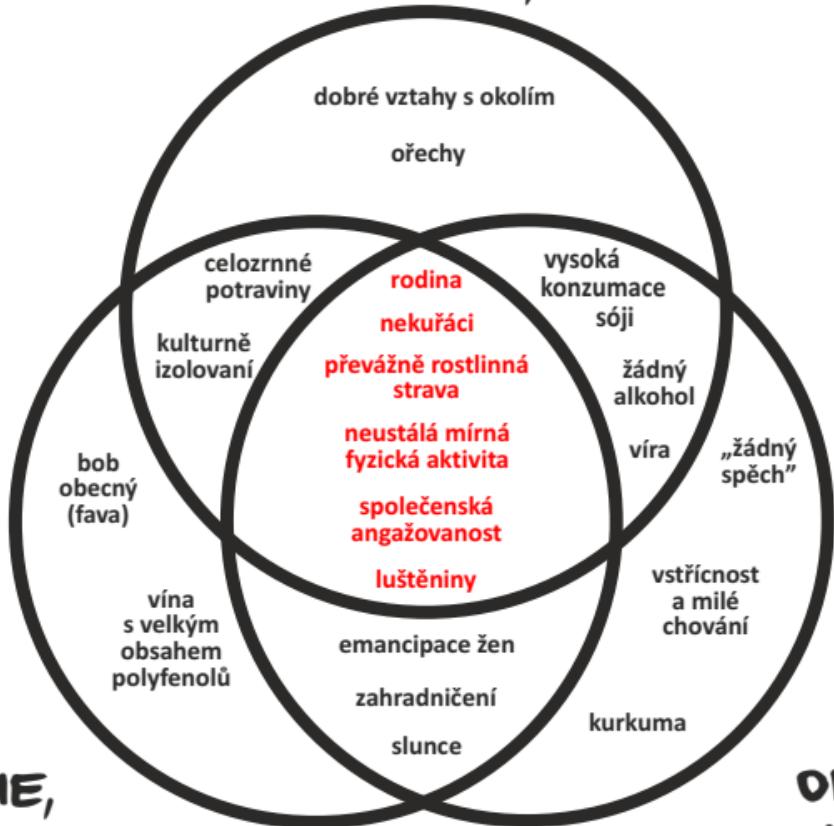


LOMA LINDA, USA

SARDINIE,  
ITÁLIE

OKINAWA,  
JAPONSKO

# LOMA LINDA, USA



SARDINIE,  
ITÁLIE

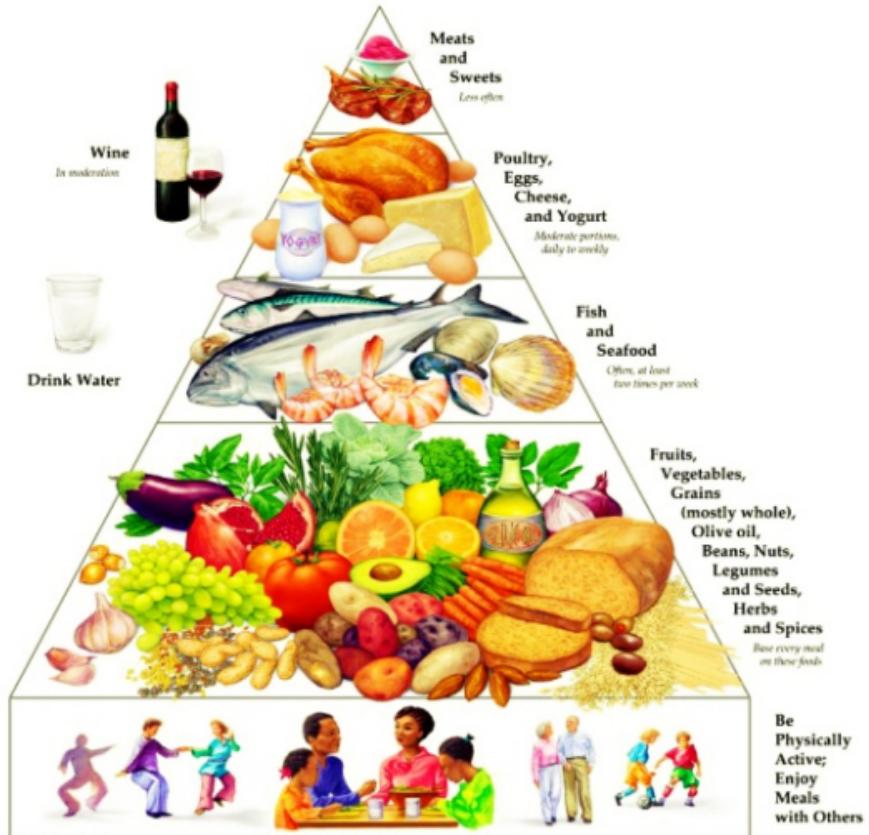
OKINAWA,  
JAPONSKO

# STŘEDOMOŘSKÁ DIETA



„8 % reduction of overall mortality... 10 % reduced risk of CVD... The Mediterranean diet was found to be a healthy dietary pattern in terms of morbidity and mortality”

Sofi, F., Macchi, C., Abbate, R., Gensini, G. F., & Casini, A. (2014). *Mediterranean diet and health status: an updated meta-analysis and a proposal for a literature-based adherence score*. Public health nutrition, 17(12), 2769-2782.



DOSTAĆENÝ PRÍSUN VODY !!!

# LUŠTĚNINY



„the legume food group showed 7-8% reduction in mortality hazard ratio for every 20g increase in daily intake”

Darmadi-Blackberry, I., Wahlgqvist, M. L., Kouris-Blazos, A., Steen, B., Lukito, W., Horie, Y., & Horie, K. (2004). Legumes: the most important dietary predictor of survival in older people of different ethnicities. *Asia Pacific journal of clinical nutrition*, 13(2), 217-220.

**ZELENÝ ČAJ / ČERNÝ ČAJ**



## Scholar

Přibližný počet výsledků: 26 300 (0,05 s)

## Články

Moje knihovna

## Kdykoli

Od 2016

Od 2015

Od 2012

Vlastní období...

## Seřadit podle relevance

Seřadit podle data

 zahrnout patenty zahrnout citace Vytvořit upozornění

**Tip:** Hledat pouze výsledky psané čeština. Na stránce Nastavení služby Scholar. můžete určit svůj jazyk hledání.

**Green tea, black tea and breast cancer risk: a meta-analysis of epidemiological studies**

CL Sun, JM Yuan, WP Koh, CY Mimi - Carcinogenesis, 2006 - Oxford Univ Press

Abstract Experimental studies have shown that tea and tea polyphenols have anti-carcinogenic properties against breast cancer. A number of epidemiologic studies, both case-control and cohort in design, have examined the possible association between tea ...

Počet citací tohoto článku: 192 Související články Všechny verze (počet: 9) Citovat Uložit

**The effects of green tea on weight loss and weight maintenance: a meta-analysis**

R Hursel, W Viechtbauer... - International journal of..., 2009 - nature.com

Purpose To elucidate by meta-analysis whether green tea indeed has a function in body weight regulation. Methods English-language studies about WL and WM after green tea supplementation were identified through PubMed and based on the references from ...

Počet citací tohoto článku: 164 Související články Všechny verze (počet: 12) Citovat Uložit

**Green tea, black tea and colorectal cancer risk: a meta-analysis of epidemiologic studies**

CL Sun, JM Yuan, WP Koh, CY Mimi - Carcinogenesis, 2006 - Oxford Univ Press

Abstract Experimental studies have supported tea as a chemopreventive agent for colorectal cancer. No quantitative summary of the epidemiologic evidence on tea and colorectal cancer risk has ever been performed. The current meta-analysis included 25 papers ...

Počet citací tohoto článku: 140 Související články Všechny verze (počet: 10) Citovat Uložit

**Green tea consumption and breast cancer risk or recurrence: a meta-analysis**

AA Ogunleye, F Xue, KB Michels - Breast cancer research and treatment, 2010 - Springer

Abstract Green tea is a commonly consumed beverage in Asia and has been suggested to have anti-inflammatory and possible anti-carcinogenic properties in laboratory studies. We sought to examine the association between green tea consumption and risk of breast ...

„the results of this meta-analysis indicate a **lower risk for breast cancer with green tea consumption**”

Sun, C. L., Yuan, J. M., Koh, W. P., & Mimi, C. Y. (2006). *Green tea, black tea and breast cancer risk: a meta-analysis of epidemiological studies.* Carcinogenesis, 27(7), 1310-1315.

„the results of this meta-analysis indicate a lower risk for breast cancer with green tea consumption”

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„regardless of their country of origin, individuals consuming  $\geq 3$  cups of tea per day had a **21% lower risk of stroke than those consuming <1 cup per day**”

Arab, L., Liu, W., & Elashoff, D. (2009). *Green and black tea consumption and risk of stroke a meta-analysis.* Stroke, 40(5), 1786-1792.

„the results of this meta-analysis indicate a lower risk for breast cancer with green tea consumption”

Sun, C. L., Yuan, J. M., Koh, W. P., & Mimi, C. Y. (2006). *Green tea, black tea and breast cancer risk: a meta-analysis of epidemiological studies.* Carcinogenesis, 27(7), 1310-1315.

„regardless of their country of origin, individuals consuming ≥3 cups of tea per day had a 21% lower risk of stroke than those consuming <1 cup per day”

Arab, L., Liu, W., & Elashoff, D. (2009). *Green and black tea consumption and risk of stroke a meta-analysis.* Stroke, 40(5), 1786-1792.

„catechins **significantly decreased body weight** and **significantly maintained body weight**”

Hursel, R., Viechtbauer, W., & Westerterp-Plantenga, M. S. (2009). *The effects of green tea on weight loss and weight maintenance: a meta-analysis.* International journal of obesity, 33(9), 956-961.

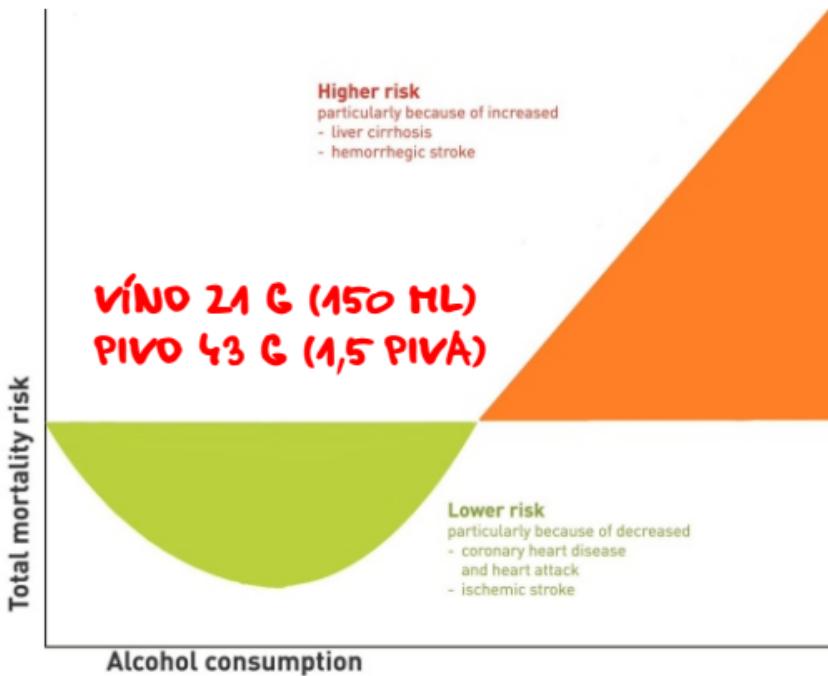
**Green tea** consumption was significantly inversely associated with **CVD and all-cause mortality**, whereas **black tea** consumption was significantly inversely associated with **all cancer and all-cause mortality**.

*Tang, J., Zheng, J. S., Fang, L., Jin, Y., Cai, W., & Li, D. (2015). Tea consumption and mortality of all cancers, CVD and all causes: a meta-analysis of eighteen prospective cohort studies. British Journal of Nutrition, 114(05), 673-683.*

# VÍNO / PIVO

„this meta-analysis confirms the J-shaped association between wine consumption and vascular risk and provides, for the first time, evidence for a similar relationship between beer and vascular risk. In the meta-analysis of 10 studies on spirit consumption and vascular risk, no J-shaped relationship could be found.

*Costanzo, S., Di Castelnuovo, A., Donati, M. B., Iacoviello, L., & de Gaetano, G. (2011). Wine, beer or spirit drinking in relation to fatal and non-fatal cardiovascular events: a meta-analysis. European journal of epidemiology, 26(11), 833-850.*



Costanzo, S., Di Castelnuovo, A., Donati, M. B., Iacoviello, L., & de Gaetano, G. (2011). Wine, beer or spirit drinking in relation to fatal and non-fatal cardiovascular events: a meta-analysis. *European journal of epidemiology*, 26(11), 833-850.

# FYZICKÁ AKTIVITA



„highly active individuals had a **27% lower risk of stroke incidence or mortality** than did low-active individuals”

*Do Lee, C., Folsom, A. R., & Blair, S. N. (2003). Physical activity and stroke risk a meta-analysis. Stroke, 34(10), 2475-2481.*



# 10.000 KROKŮ

•••• VF CZ	13:34	74 %
Kroky	Všechna data	Upravit
16 900	24. 8. 2016 >	
15 622	23. 8. 2016 >	
15 986	22. 8. 2016 >	
11 979	21. 8. 2016 >	
14 762	20. 8. 2016 >	
11 753	19. 8. 2016 >	
15 781	18. 8. 2016 >	
12 723	17. 8. 2016 >	
11 700	16. 8. 2016 >	
12 774	15. 8. 2016 >	
10 414	14. 8. 2016 >	
9 285	13. 8. 2016 >	



Přehled



Zdravotní data



Zdroje



Zdravotní ID

# VITAMINY A DOPLŇKY



„there's currently no clear rationale to justify multivitamin supplements or individual vitamins to prevent cardiovascular disease or cancer“

[1] Fortmann, S. P., Burda, B. U., Senger, C. A., Lin, J. S., & Whitlock, E. P. (2013). Vitamin and mineral supplements in the primary prevention of cardiovascular disease and cancer: an updated systematic evidence review for the US Preventive Services Task Force. *Annals of internal medicine*, 159(12), 824-834.

[2] <https://www.sciencebasedmedicine.org/do-vitamins-prevent-cancer-and-heart-disease/>

# OVOCE A ZELENINA



„results provide strong support for the recommendations to **consume more than five servings of fruit and vegetables per day**, which is likely to cause a major reduction in strokes”

*He, F. J., Nowson, C. A., & MacGregor, G. A. (2006). Fruit and vegetable consumption and stroke: meta-analysis of cohort studies. The Lancet, 367(9507), 320-326.*

„the linear dose-response relationship showed that the risk of stroke decreased by 32% and 11% for every 200 g per day increment in fruits consumption and vegetables consumption, respectively.”

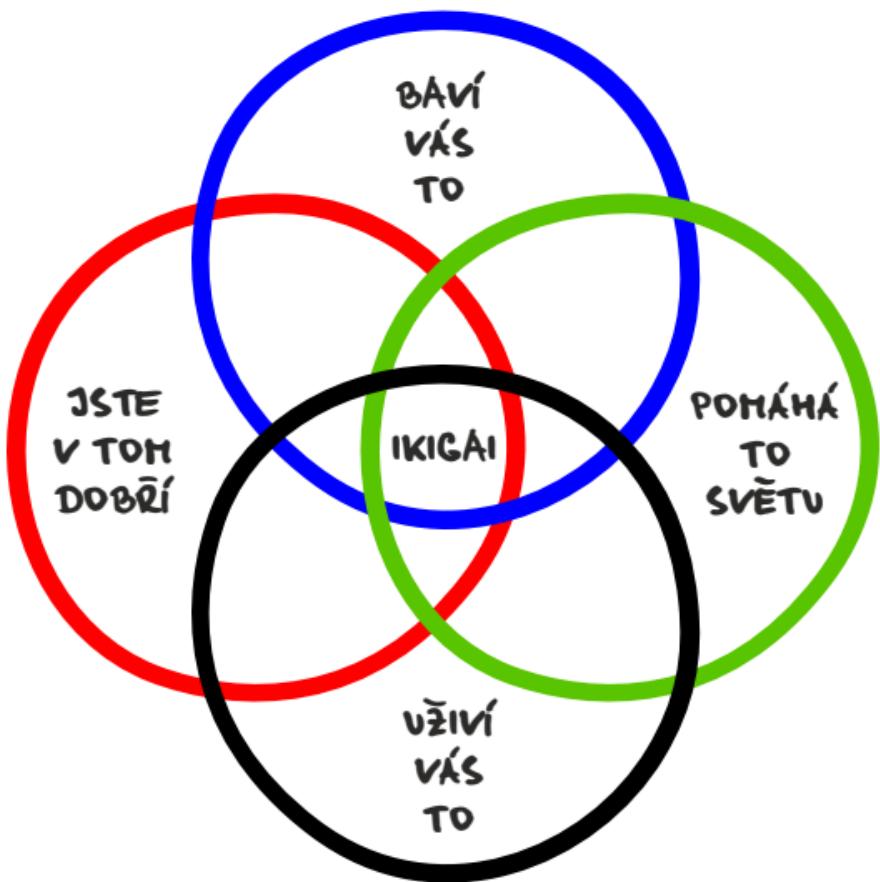
*Hu, D., Huang, J., Wang, Y., Zhang, D., & Qu, Y. (2014). Fruits and vegetables consumption and risk of stroke a meta-analysis of prospective cohort studies. Stroke, 45(6), 1613-1619.*

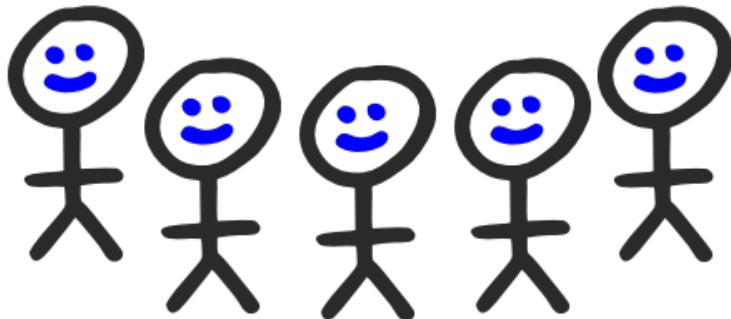
# IKIGAI

# 生き甲斐

„ikigai lowered the risk for all-cause mortality independently”

Seki, N. (2001). Relationships between walking hours, sleeping hours, meaningfulness of life (*ikigai*) and mortality in the elderly: prospective cohort study. *Nihon eiseigaku zasshi. Japanese journal of hygiene*, 56(2), 535-540.





„... 50% increased likelihood of survival for participants with stronger social relationships. This finding remained consistent across age, sex, initial health status, cause of death, and follow-up period”

*Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: a meta-analytic review. PLoS Med, 7(7), e1000316.*

# STRES



„the combination of oxytocin and social support exhibited the lowest cortisol concentrations as well as increased calmness and decreased anxiety during stress”

*Heinrichs, M., Baumgartner, T., Kirschbaum, C., & Ehrlert, U. (2003). Social support and oxytocin interact to suppress cortisol and subjective responses to psychosocial stress. Biological psychiatry, 54(12), 1389-1398.*

KOUŘENÍ



„Dementia increase: 1.37 (1.23-1.52) for 0.5 to 1 packs per day...”

Rusanen, M., Kivipelto, M., Quesenberry, C. P., Zhou, J., & Whitmer, R. A. (2011). *Heavy smoking in midlife and long-term risk of Alzheimer disease and vascular dementia*. Archives of internal medicine, 171(4), 333-339.

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„The overall relative **risk of stroke associated with cigarette smoking was 1.5** (95% confidence interval 1.4 to 1.6) ... The meta-analysis provides **strong evidence of an excess risk of stroke among cigarette smokers.**”

Shinton, R., & Beevers, G. (1989). *Meta-analysis of relation between cigarette smoking and stroke*. *Bmj*, 298(6676), 789-794.

???

TOP 10 DOPORUČENÍ?

„Dementia increase: 1.37 (1.23-1.52) for 0.5 to 1 packs per day...”

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Shinton, R., & Beevers, G. (1989). *Meta-analysis of relation between cigarette smoking and stroke*. Bmj, 298(6676), 789-794.

„Cigarette smoking is significantly associated with colorectal cancer incidence and mortality”

Botteri, E., Iodice, S., Bagnardi, V., Raimondi, S., Lowenfels, A. B., & Maisonneuve, P. (2008). *Smoking and colorectal cancer: a meta-analysis*. Jama, 300(23), 2765-2778.

# DOPORUČENÍ:

- 1) STŘEDOMOŘSKÁ DIETA
- 2) LUŠTĚNINY (VÍCE = LÉPE)
- 3) OVOCE, ŽELENINA (VÍCE = LÉPE)
- 4) ŽELENÝ / ČERNÝ ČAJ, TROCHÁ VÍNA / PIVA
- 5) KONST. FYZICKÁ AKTIVITA (10.000, SCHODY...)
- 6) IKIGAI
- 7) SOCIÁL. INTERAKCE (SPOLEČENSTVÍ, RODINA)
- 8) STRES (VNÍMÁVÉ PROŽÍVÁNÍ, EGOZ.O, RELAX...)
- 9) NE KOUŘENÍ
- 10) SVĚDOMITOST PŘI POHYBU, ŘÍŽENÍ AUT...

#3

CHUT  
DO ŽIVOTA

100.000.000.000...

