

## **Langer doorwerken als oudere werknemer (met of zonder gezondheidsklachten)**

### ***hoe doe je dat?***

Hart, Bloedvaten & Ademhalingsstelsel (1-4)

Houdings- & Bewegingsapparaat (1, 1, 2, 2, 5-12, 12-16)

Bioritme (17-25)

Cognitieve & Executieve processen (3, 7, 26-29)

Huid (4, 30)

Gezichtsvermogen

Gehoor

Evenwicht (positiegevoel) (11, 12, 31)

### **Reference List**

1. Kenny GP, Groeller H, McGinn R, Flouris AD. Age, human performance, and physical employment standards. *Appl Physiol Nutr Metab.* 2016;41:S92-S107.
2. Lopez-Otin C, Blasco MA, Partridge L, Serrano M, Kroemer G. The hallmarks of aging. *Cell.* 2013;153:1194-1217.
3. Gardener H, Wright CB, Dong C, et al. Ideal Cardiovascular Health and Cognitive Aging in the Northern Manhattan Study. *J Am Heart Assoc.* 2016;5:e002731.
4. Kenny GP, Poirier MP, Metsios GS, et al. Hyperthermia and cardiovascular strain during an extreme heat exposure in young versus older adults. *Temperature (Austin).* 2017;4:79-88.
5. Laurent MR, Cook MJ, Gielen E, et al. Lower bone turnover and relative bone deficits in men with metabolic syndrome: a matter of insulin sensitivity? The European Male Ageing Study. *Osteoporos Int.* 2016;27:3227-3237.
6. Bijlsma JW, Berenbaum F, Lafeber FP. Osteoarthritis: an update with relevance for clinical practice. *Lancet.* 2011;377:2115-2126.
7. Hansen CD, Rasmussen K, Kyed M, Nielsen KJ, Andersen JH. Physical and psychosocial work environment factors and their association with health outcomes in Danish ambulance personnel - a cross-sectional study. *BMC Public Health.* 2012;12:534.
8. Ilich JZ, Kelly OJ, Inglis JE, Panton LB, Duque G, Ormsbee MJ. Interrelationship among muscle, fat, and bone: connecting the dots on cellular, hormonal, and whole body levels. *Ageing Res Rev.* 2014;15:51-60.
9. Jorgensen AE, Kjaer M, Heinemeier KM. The Effect of Aging and Mechanical Loading on the Metabolism of Articular Cartilage. *J Rheumatol.* 2017.
10. McGregor RA, Cameron-Smith D, Poppitt SD. It is not just muscle mass: a review of muscle quality, composition and metabolism during ageing as determinants of muscle function and mobility in later life. *Longev Healthspan.* 2014;3:9.

11. Montero-Fernandez N, Serra-Rexach JA. Role of exercise on sarcopenia in the elderly. *Eur J Phys Rehabil Med.* 2013;49:131-143.
12. Stijntjes M, Meskers CG, de Craen AJ, et al. Effect of calendar age on physical performance: A comparison of standard clinical measures with instrumented measures in middle-aged to older adults. *Gait Posture.* 2016;45:12-18.
13. Manal B, Suzana S, Singh DK. Nutrition and Frailty: A Review of Clinical Intervention Studies. *J Frailty Aging.* 2015;4:100-106.
14. McGregor RA, Poppitt SD. Milk protein for improved metabolic health: a review of the evidence. *Nutr Metab (Lond).* 2013;10:46.
15. Ng TW, Feldman DC. The relationship of age to ten dimensions of job performance. *J Appl Psychol.* 2008;93:392-423.
16. McGregor RA, Poppitt SD. Milk protein for improved metabolic health: a review of the evidence. *Nutr Metab (Lond).* 2013;10:46.
17. Akerstedt T, Philip P, Capelli A, Kecklund G. Sleep loss and accidents--work hours, life style, and sleep pathology. *Prog Brain Res.* 2011;190:169-188.
18. Akerstedt T, Kecklund G. Shift work, severe sleepiness and safety. *Ind Health.* 2011;49:141-142.
19. Akerstedt T, Hallvig D, Anund A, Fors C, Schwarz J, Kecklund G. Having to stop driving at night because of dangerous sleepiness--awareness, physiology and behaviour. *J Sleep Res.* 2013;22:380-388.
20. Axelsson J, Akerstedt T, Kecklund G, Lowden A. Tolerance to shift work-how does it relate to sleep and wakefulness? *Int Arch Occup Environ Health.* 2004;77:121-129.
21. Kecklund G, Axelsson J. Health consequences of shift work and insufficient sleep. *BMJ.* 2016;355:i5210.
22. Linton SJ, Kecklund G, Franklin KA, et al. The effect of the work environment on future sleep disturbances: a systematic review. *Sleep Med Rev.* 2015;23:10-19.
23. Lowden A, Anund A, Kecklund G, Peters B, Akerstedt T. Wakefulness in young and elderly subjects driving at night in a car simulator. *Accid Anal Prev.* 2009;41:1001-1007.
24. Tucker P, Albrecht S, Kecklund G, Beckers DG, Leineweber C. Work time control, sleep & accident risk: A prospective cohort study. *Chronobiol Int.* 2016;33:619-629.
25. van de Ven HA, Brouwer S, Koolhaas W, et al. Associations between shift schedule characteristics with sleep, need for recovery, health and performance measures for regular (semi-)continuous 3-shift systems. *Appl Ergon.* 2016;56:203-212.
26. Bizon JL, Foster TC, Alexander GE, Glisky EL. Characterizing cognitive aging of working memory and executive function in animal models. *Front Aging Neurosci.* 2012;4:19.
27. Glisky EL. *Changes in Cognitive Function in Human Aging.* 2007.
28. Schiepers OJ, Kohler S, Deckers K, et al. Lifestyle for Brain Health (LIBRA): a new model for dementia prevention. *Int J Geriatr Psychiatry.* 2017.
29. Stijntjes M, de Craen AJ, van HD, et al. Familial longevity is marked by better cognitive performance at middle age: the Leiden Longevity Study. *PLoS One.* 2013;8:e57962.
30. Kenny GP, McGinn R. Restoration of thermoregulation after exercise. *J Appl Physiol (1985 ).* 2017;122:933-944.
31. Clemson L, Fiatarone Singh MA, Bundy A, et al. Integration of balance and strength training into daily life activity to reduce rate of falls in older people (the LiFE study): randomised parallel trial. *BMJ.* 2012;345:e4547.