

(Get free) From Child to Adult: The Dunedin Multidisciplinary Health and Development Study

From Child to Adult: The Dunedin Multidisciplinary Health and Development Study

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From Oxford University Press : From Child to Adult: The Dunedin Multidisciplinary Health and Development Study before purchasing it in order to gauge whether or not it would be worth my time, and all praised From Child to Adult: The Dunedin Multidisciplinary Health and Development Study:

0 of 1 people found the following review helpful. Aragorn is Dunedin a long lived Ranger from the North, longitudinal prospective study of aging By Sakuteiki Dunedin Multidisciplinary Health and Development Study (Dunedin Longitudinal Study) is prospective study of 1037 people born 1Apr1972 to 31Mar1973 in Dunedin, New Zealand and still living in the Otago region at age 3 the first evaluation date. Subjects were assessed at ages 3, 5, 7, 9, 11, 13, 15, 18, 21, 26, 32 and 38 (2010-2012). Future assessments are scheduled for ages 44 and 50. Subjects return to Dunedin for each assessment for interviews, physical exams, blood tests for 18 biomarkers of kidney liver lung immune function and DNA telomere deterioration National Geographic: Stress - Portrait of a Killer, gum and dental exams, cognitive neuropsychological testing, computer questionnaires, surveys (diet exercise sleep social network alcohol nicotine marijuana caffeine medications etc), tests of balance grip strength fine motor skills, decision making, executive cognitive function, problem solving, eye exams of retinal blood vessel diameter to predict risk of stroke, loss of oxygen to the brain hypoxia, dementia. Researchers are from the United States, United Kingdom, Israel and New Zealand. The speed of aging is measured using data from the National Health and Nutrition Examination Survey which

measures biological age from age 35 to 75 to predict mortality. The Family Health History Study examined parents of Dunedin Study subjects to assess family well being 2003-2006. The Parenting Study examines the Dunedin Study member as parent and their first three-year-old child. The Next Generation Study includes the offspring of the original Dunedin Study cohort at age 15, their lifestyles, behaviours, attitudes and health, compared with the original Study Member parent when they were 15 in 1987-88. Three generations of each family's data are available. At the age 38 assessments, 96% of all living eligible study members 961 participated. The physiological age of participants at age 38 resulted in a surprising 34 year spread of biological age from 28-61 years even though all were exactly the identical calendar age. The inquiry was directed at the middle age assessment in order to identify a point at which early intervention might delay the physiological and IQ deterioration of aging. Since most deaths occur age 40-70yo it was believed that the 38 year old assessment would provide an interventional window for prevention before aging became evident. Unexpectedly intellectual and functional intracohort disparity was strikingly measurable by age 38. The calendar 38 year olds revealed biological age ranges from 28 to 61 years. Speed of aging showed some study subjects with zero years of aging per calendar year, most with one year of aging per calendar year, and some with 3 years of aging per calendar year. Cannabis use during adolescence is associated with IQ decline quantifiably evident by age 38 on formal neuropsychological testing. The IQ trajectories of those who did use and those who did not use cannabis before age 18 are distinct by age 38. The 34 year biological age range of physiologic function and IQ disparity was unexpected. Quantification of Biological Aging in Young Adults DW Belsky et al Proceedings of the National Academy of Sciences 2015. The Dunedin study emphasizes retention for full multidisciplinary assessment at each update for statistically valid evidence based research publications: Cardiovascular health and risk factors predictive determinants of heart disease meat eating obesity diabetes high blood pressure vascular dementia VCI vascular cognitive impairment Respiratory health COPD marijuana tobacco use, 12 cancers associated with smoking (lung colon pancreatic cancer etc) National Cancer Institute June 2015 Liver function beer wine mixed drink consumption LFT liver function tests, alcoholic fatty liver disease, nonalcoholic fatty liver disease from obesity, progressive cirrhosis Kidney function salt packaged processed foods snacks fast food, high blood pressure Immune function carbohydrate consumption packaged processed snack foods fast foods autoimmune disorders DNA telomere deterioration DVD [ASIN: B001D7T460 National Geographic: Stress - Portrait of a Killer] Oral dental health CHS cannabinoid hyperemesis syndrome marijuana induced intense anxiety agitation irritability sweating cyclic nausea vomiting colicky abdominal pain relief with compulsive hot showers baths hot tubbing and cessation of marijuana use recurrence with reuse Mayo Clinic 2004, Cleveland Clinic Journal of Medicine 2015 Sexual and reproductive health fertility ART artificial reproductive technology autistic offspring genetic sequencing of parents and child identification of gene mutations, pregnancy exposure fetal outcome Fetal Alcohol Syndrome, adolescent obesity from maternal overnutrition of junk foods during pregnancy, epigenetic heritable changes from parental exposome before conception, familial alcoholism addictive impulsive behavior Mental health cannabis psychosis, marijuana stroke VCI vascular cognitive impairment dementia brain hypoxia, alcoholic Wernicke Korsakoff dementia, stroke vascular dementia, metamphetamine Parkinsons dementia, Z drugs for insomnia benzodiazepine falls fractures head trauma motor vehicle accidents, opioid loss of hearing, Preventable Causes of Dementia obesity diabetes high blood pressure smoking untreated depression, lack of physical activity, lack of lifelong learning of new information in conflict with previously held biases Psychosocial functioning loneliness, social engagement, employment, self calming, self support Sensory balance, musculo-skeletal grip strength, fine motor skills, digestive health microbiome Executive function decision making, problem solving, learning efficiency assessing new information From Child to Adult: Dunedin Multidisciplinary Health and Development Study 1996 summarizes the major findings in simplified form up to the age-21 assessment. Dunedin Study research publications 2012 No Evidence that Socioeconomic Status or Personality Differences confound the association between Cannabis Use and IQ Decline TE Moffitt et al Proceedings of the National Academy of Sciences 2012 Persistent Cannabis Users Show Neuropsychological Decline from Childhood to Midlife MH Meier et al Proceedings of National Academy of Sciences 2011 Br J Psychiatry 2011 Jun; 198(6): 457-463 MAOA gene, abuse exposure and antisocial behaviour: 30-year longitudinal study David M. Fergusson 2004 JAMA 2004 Apr 28; 291(16): 2007-12 Sex differences in developmental reading disability: new findings from 4 epidemiological studies Rutter M 2002 BMJ. 2002 Nov 23; 325(7374): 1212-1213 Cannabis use in adolescence and risk for adult psychosis: longitudinal prospective study Louise Arseneault 2002 Addiction. 2002 Aug; 97(8): 1055-61 A longitudinal study of the effects of tobacco and cannabis exposure on lung function in young adults Taylor DR 2000 BMJ. 2000 Jul 29; 321(7256): 263-266 Psychiatric disorders and risky sexual behaviour in young adulthood: cross sectional study in birth cohort Sandhya Ramrakha Complementary research The Marshmallow Test: Mastering Self-Control Walter Mischel self restraint at age 4 associated brain scan and productive function at mid-life, YouTube videos of the 4 year olds are hilarious, MRI functional magnetic resonance imaging shrunken prune brain in cranium [ASIN: B002BX5H16 50 Years of Discovery: Medical Milestones from the National Heart, Lung, and Blood Institute's Framingham Heart Study] 50 year prospective study Framingham Massachusetts residents which revealed the relationship between meat eating, blood cholesterol and heart disease The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health

Campbell 20 year study on a mobility constrained population reveals the connection between diet and biological aging
Healing the Mind (Programs 1-5) Bill Moyers 5 part series David Eisenberg MD Tai Chi, meditation, calligraphy, Chronic Pain Treatment 8 week class Jon Kabat-Zinn, metastatic breast cancer meditation and group therapy David Spiegel MD, Commonwealth Hospice Rachel Remen MD.
The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does Sonja Lyubomirsky, lies and denial support puerile vanity, affronting those who love us despite our regrettable behavior, fantasies of victimization revenge pursued instead of devoting energy to living today [ASIN:B000NOIX48 The Painted Veil] Naomi Watts Edward Norton Diana Rigg Liev Schreiber Toby Jones from book by Somerset Maugham[ASIN:B00AA466TA Happy [HD]] global documentary interviews with happy people
Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development George Vaillant MD study of 800 teens from 1940s to death, aging healthy [ASIN:0345502043 Counterclockwise: Mindful Health and the Power of Possibility] Ellen J Langer
How to Die in Oregon documentary follows Oregonians during their last moments, essay How Doctors Die Ken Murray MD
Being Mortal: Medicine and What Matters in the End Atul Gawande thinking deeply about what is most important and valuable in our lives right now, what we are willing to sacrifice to maintain those pleasures, what we are NOT willing to suffer to retain a vegetative state without consciousness. When I can no longer recognize those I love do I want to be forced to eat (feeding tube)? Gawande suggests we [ASIN:B004OE9P2C Consider the Conversation: A Documentary on a Taboo Subject (Personal Use)] with family before we are no longer competent to tell others what we most value about living. The goal is to avoid family burdened with making choices which might NOT be what we want eg do I want the safety loneliness boredom of a wheelchair in a nursing home? or the freedom and dangerous risks of staying at home? How do I avoid financial fraud? elder abuse? Where do I want to die? Who would I like to be present? GHOST TOWN Ricky Gervais Tea Leoni Greg Kinnear comedy.
A suite of resources which inform decision making about past choices and consequences, how we might guide our children and grandchildren to avoid mistakes we have suffered and how we might choose to live differently today. . . or not.
Past studies of aging have focused on the living elderly, the biased selection of individuals who are not already dead, ie that resilient cohort of survivors resistant to damaging genes and exposomes. The Resilience Study focuses on those who carry genes for devastating diseases yet are phenotypically normal (eg monozygotic twins have a 45-50% concordance for schizophrenia despite having identical genomes). The Dunedin prospective study reveals startling data on accelerated aging of those who deteriorate at early calendar ages quantifiable by midlife.
Thought provoking research.

An overview of the Dunedin Multidisciplinary Health and Development Study (DMHDS), an ongoing longitudinal study of 1037 babies born in Dunedin between 1 April 1972 and 31 March 1973. The study has generated more than 500 specialist papers in scientific journals, unpublished research reports, theses, etc. This book presents the major findings in a form accessible to the non-specialist.