

Fysisk Efteruddannelse:

Fokus på fysisk og mental sundhed
og hvordan hovedet holdes skarpt

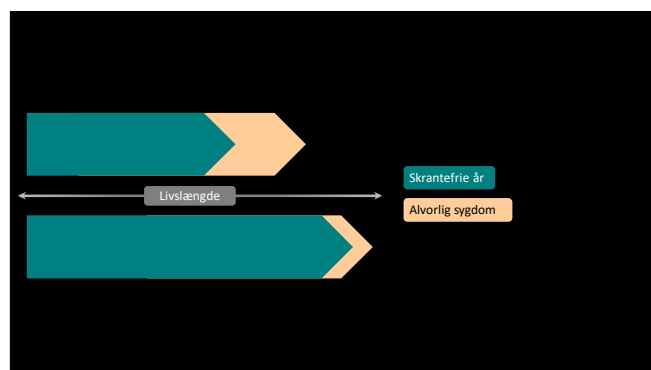
Bente Klarlund Pedersen
Rigshospitalet

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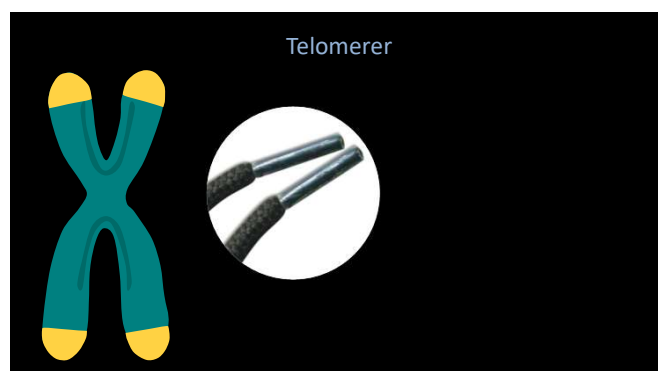
AKTIV SUNDHED



1

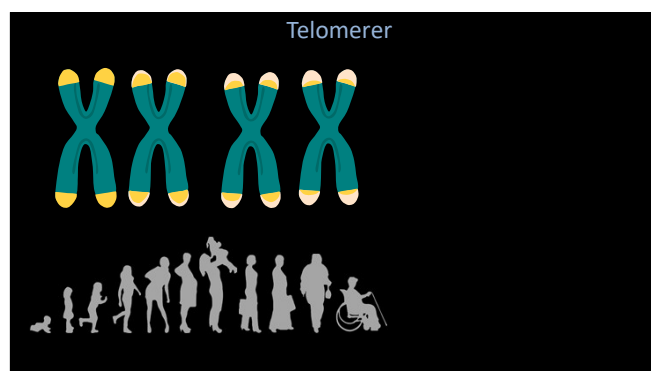


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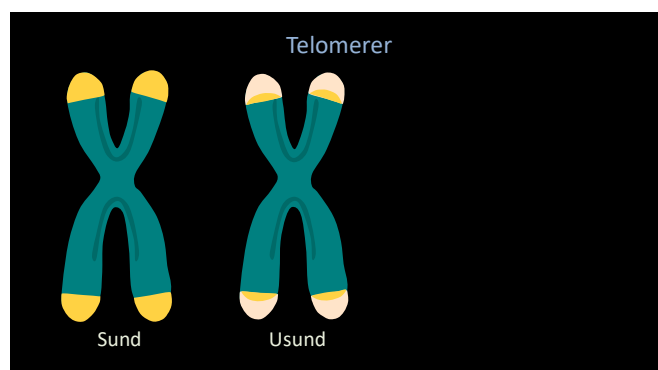
Telomerer

3



Telomerer

4



Telomerer

Sund

Usund

5

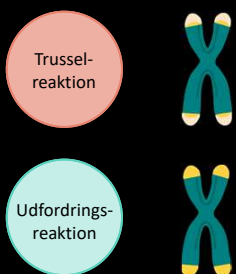


Professor Elizabeth Blackburn

Telomerer:
Ikke bare livsstil,
men også livsindstilling,
ser ud til at påvirke
vores aldring.

6

Stress



7

Telomerer og pasning af meget syge børn

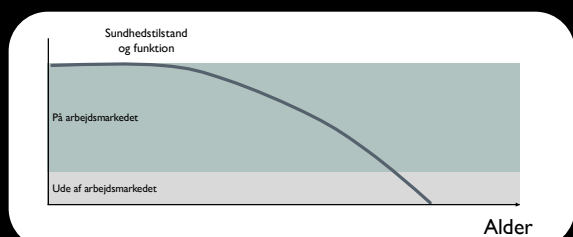
Elizabeth Blackburn målte længden på telomererne på mødre, der var indlagt med meget syge børn.

- Overraskende fandt hun, at en del af kvinderne ikke fik forkortet deres telomerer.
- De var modstandsdygtige over for kronisk stress.



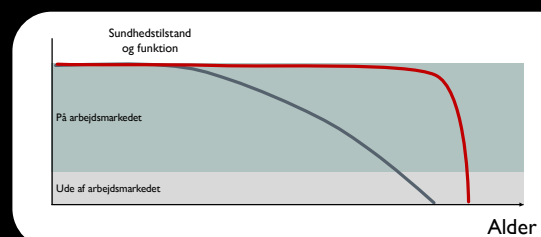
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Skrante eller ikke skranke



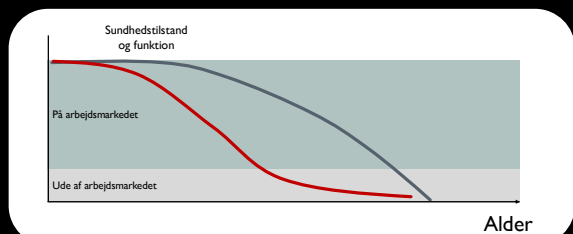
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Skrante eller ikke skranke



10

Skrante eller ikke skranke



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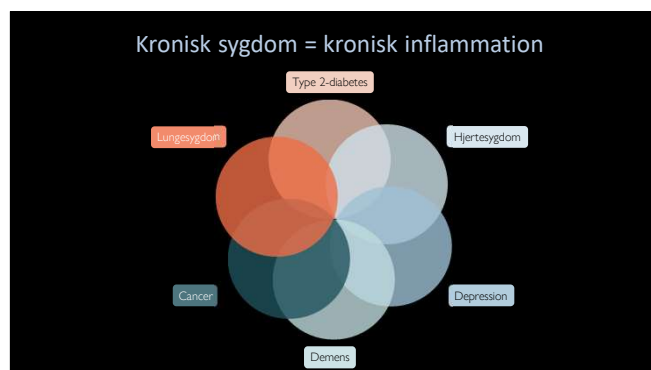
Skrante eller ikke skranke



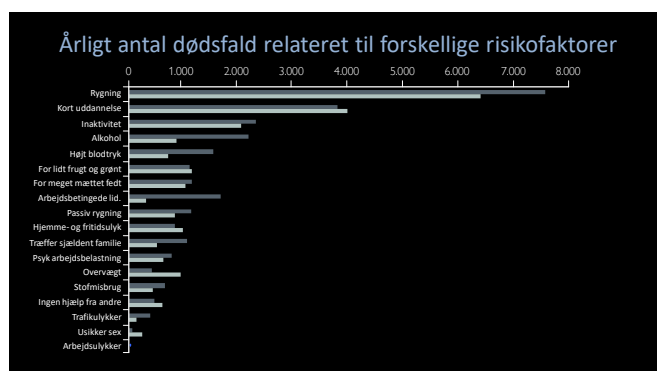
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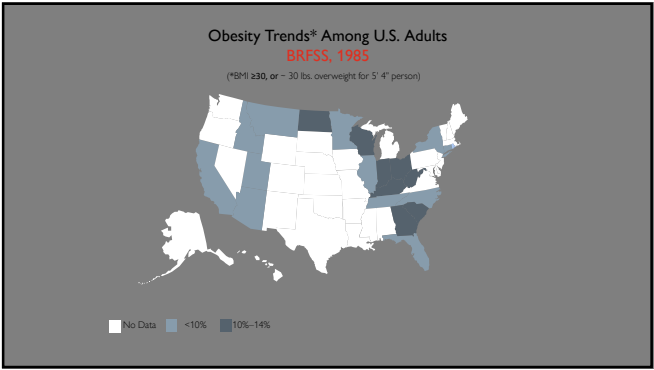
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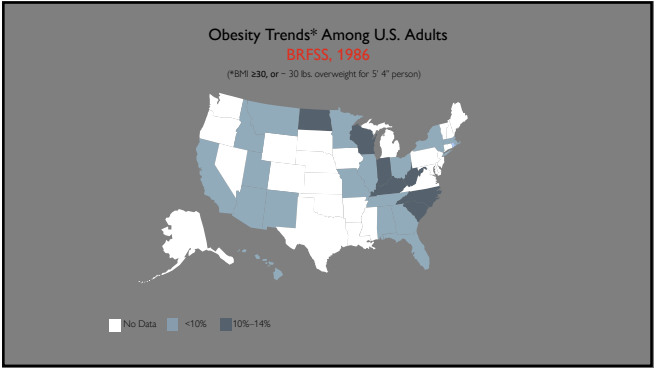
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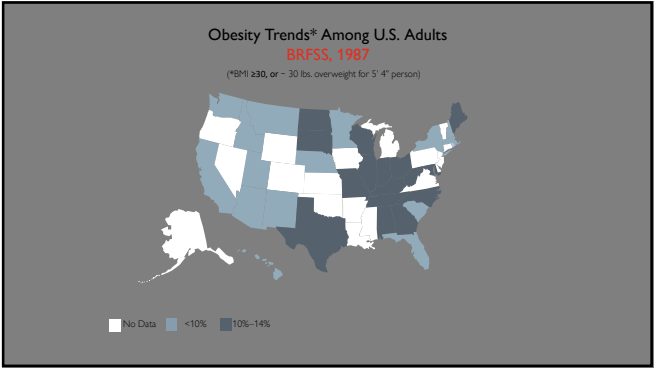
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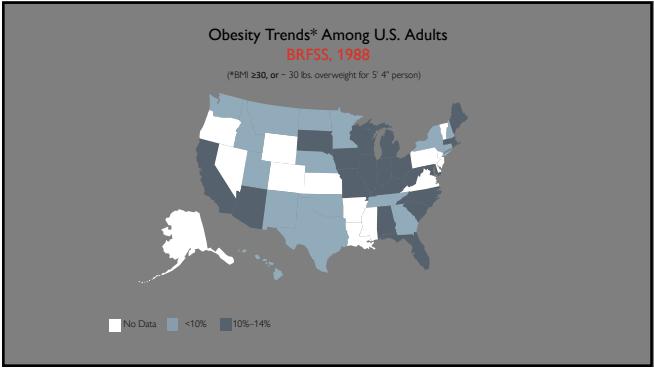
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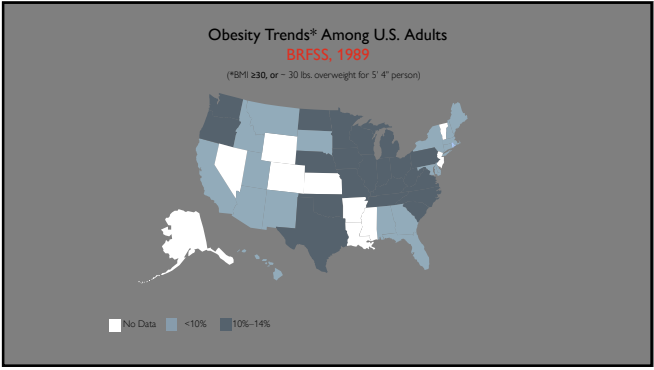
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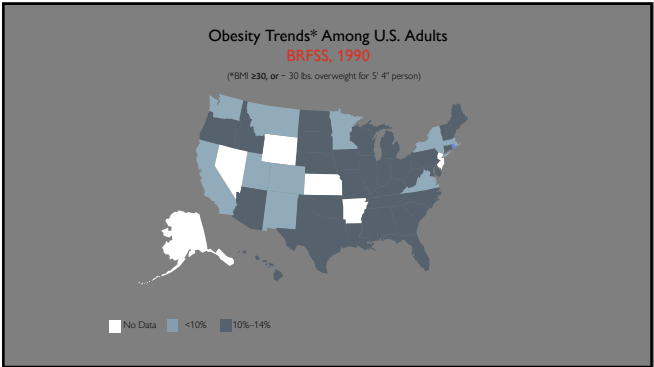
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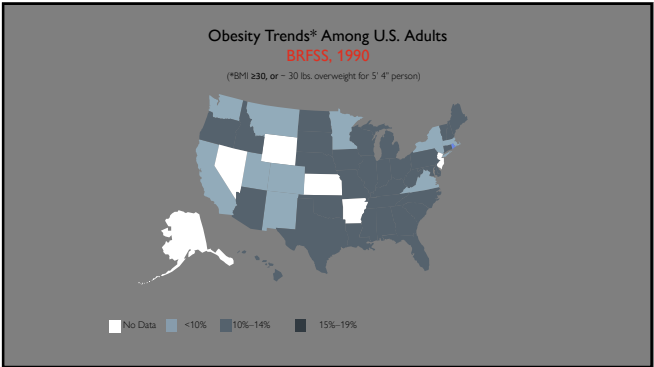
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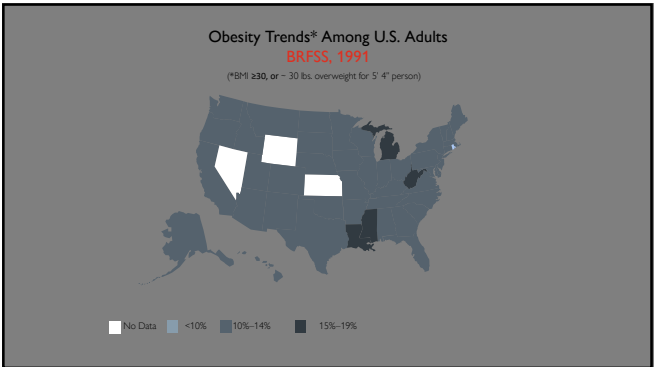
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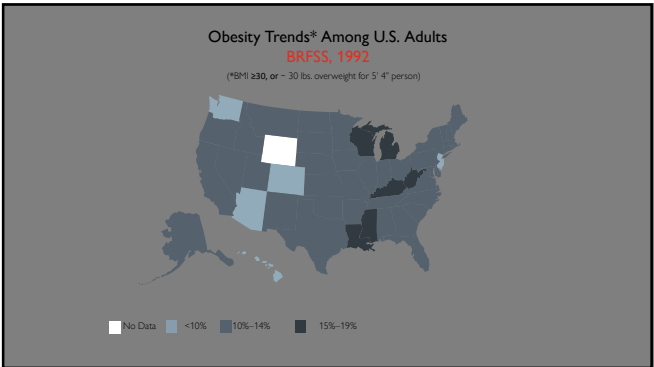
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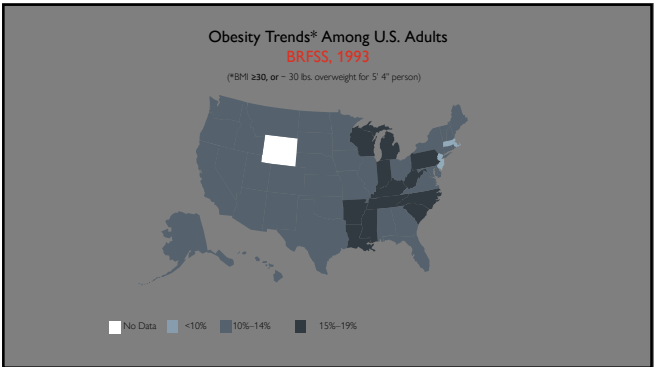
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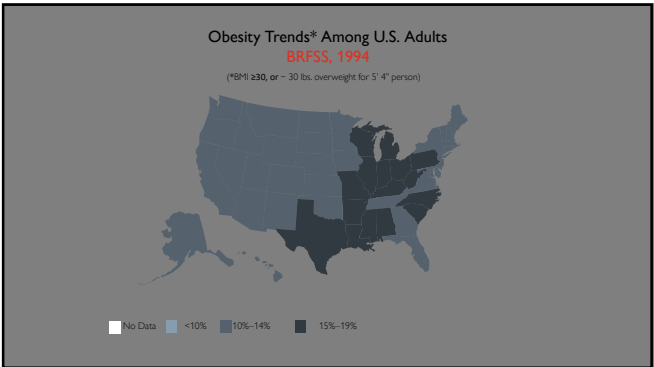
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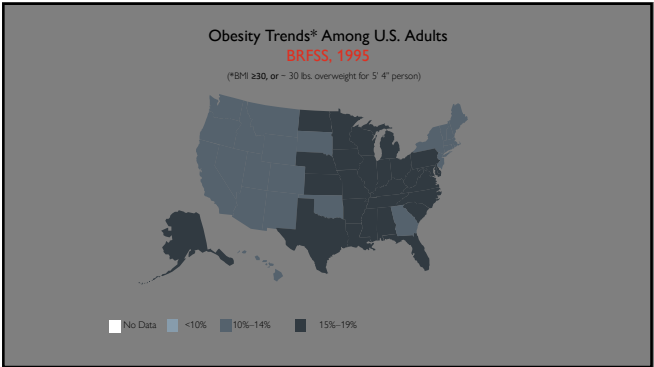
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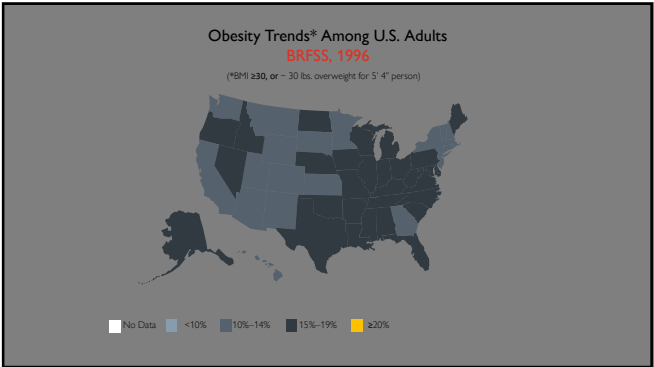
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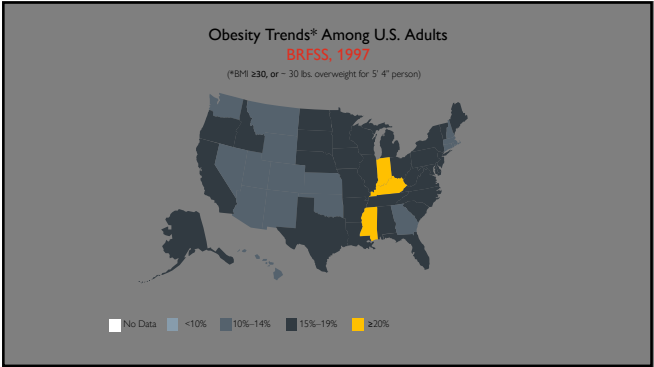
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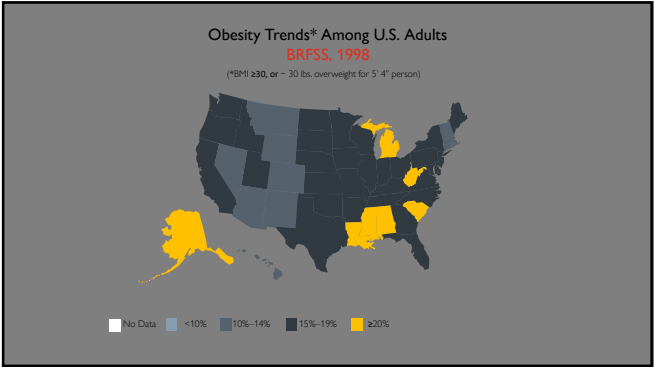
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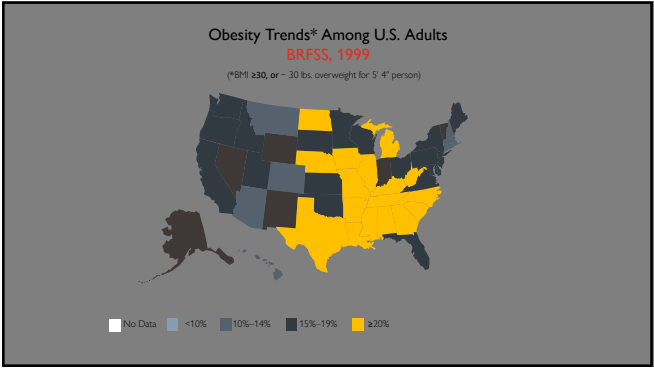
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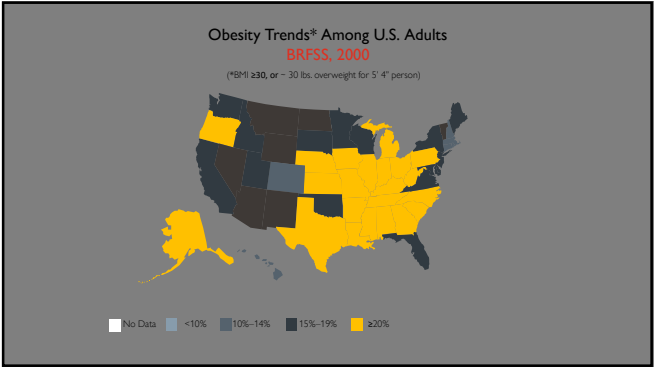
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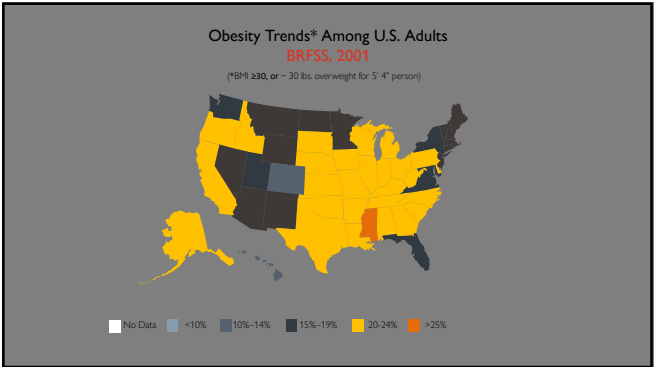
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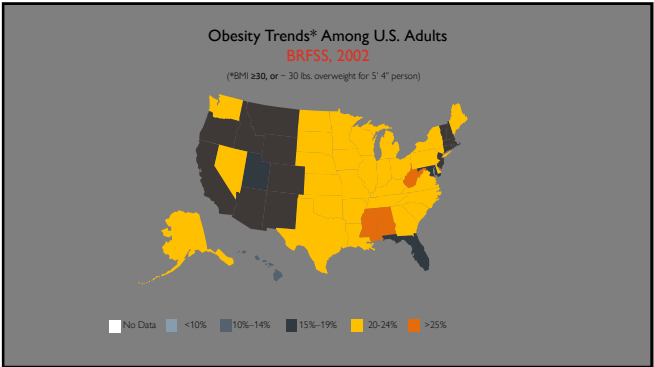
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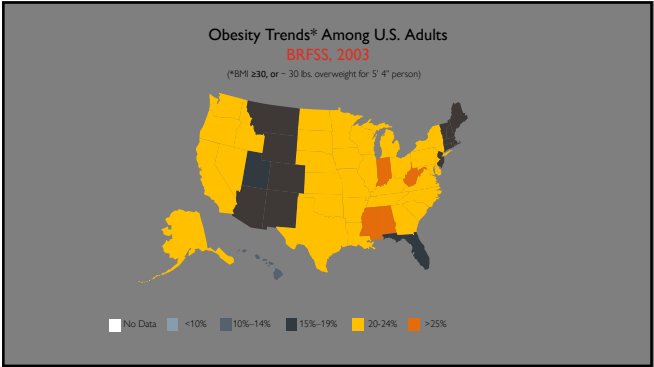
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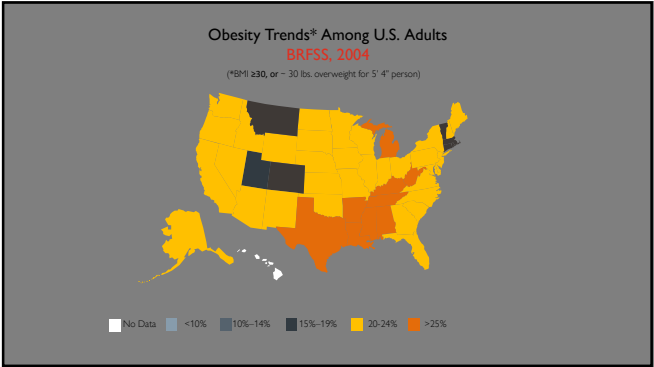
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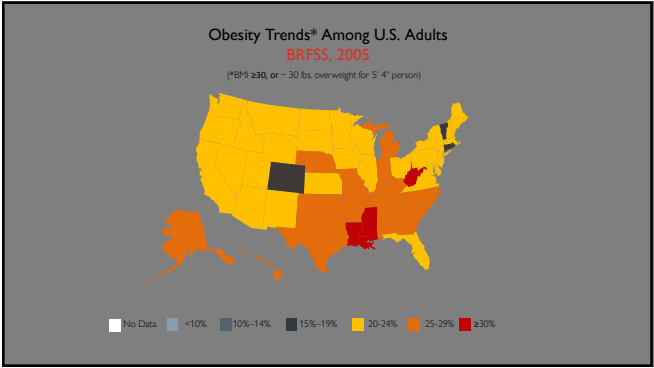
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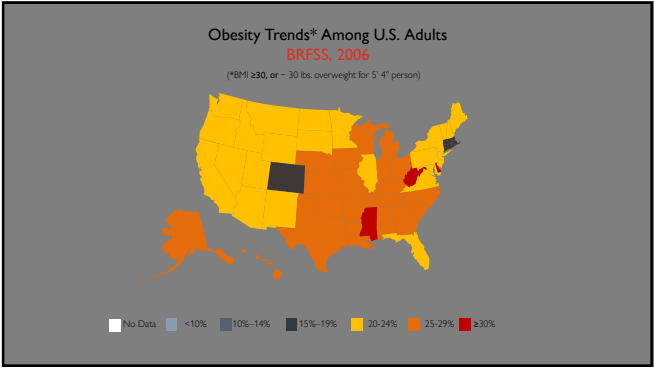
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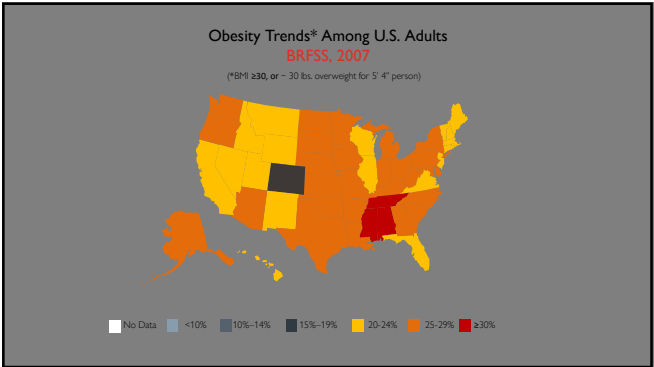
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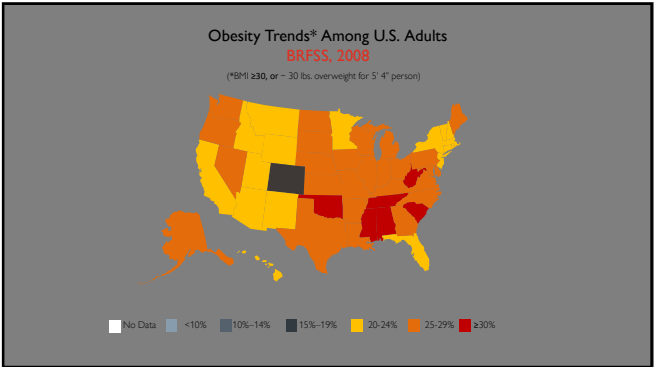
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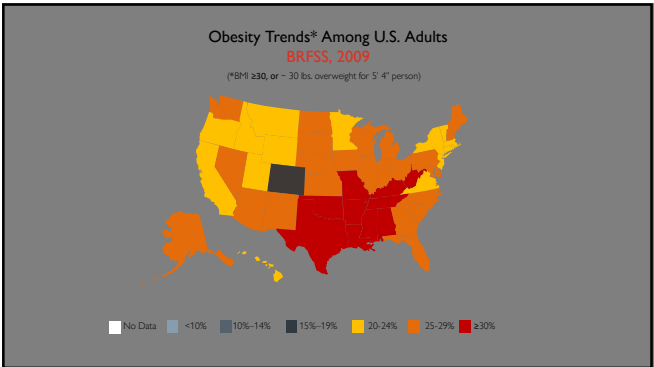
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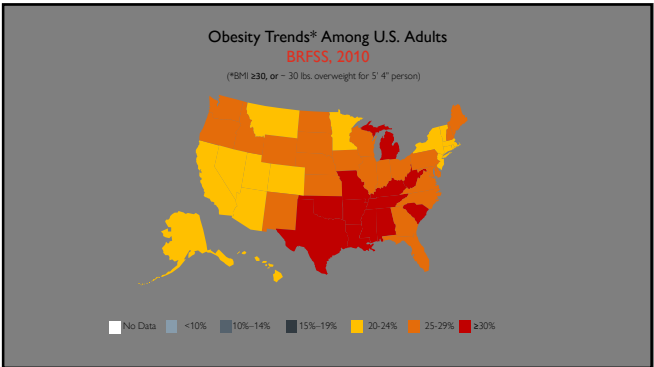
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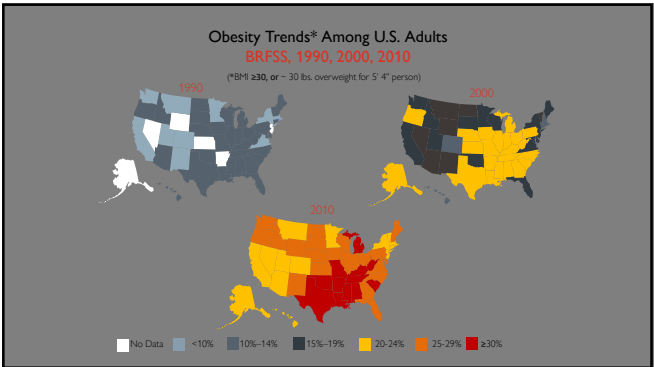
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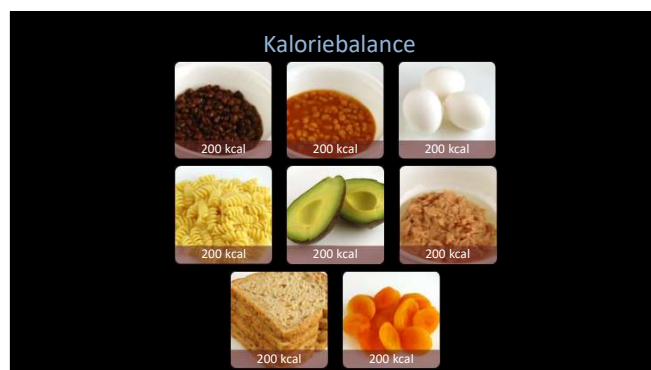


Det ubevidste

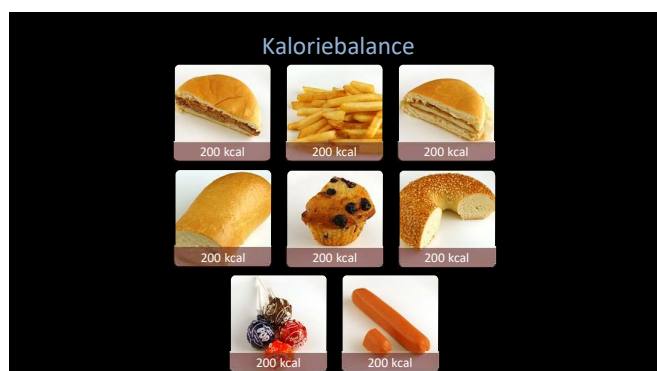
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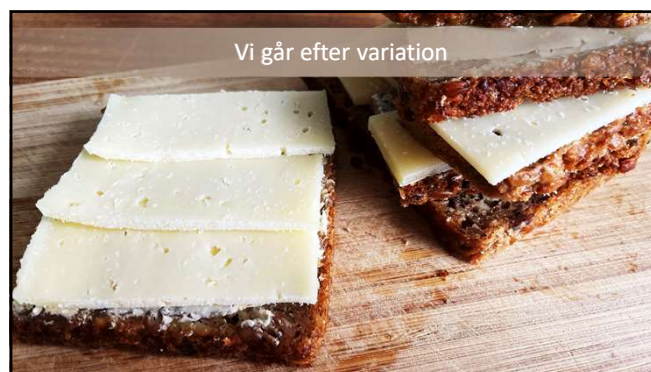
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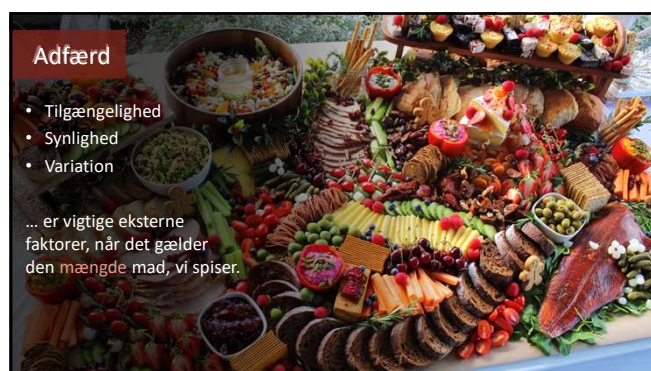
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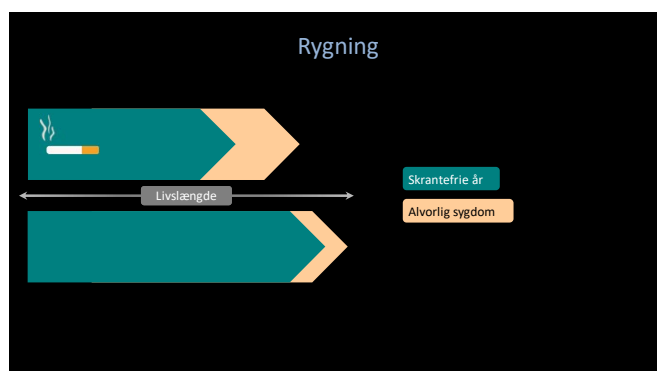
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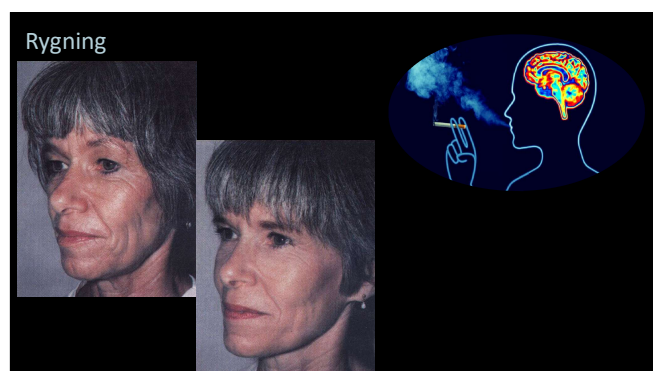
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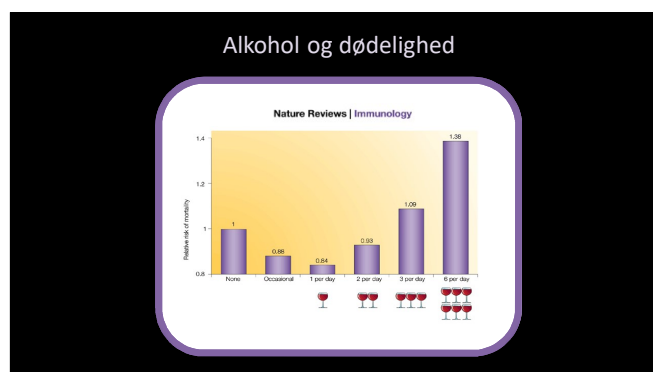
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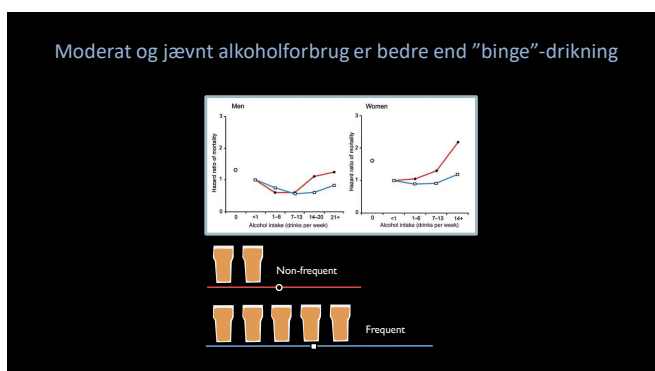
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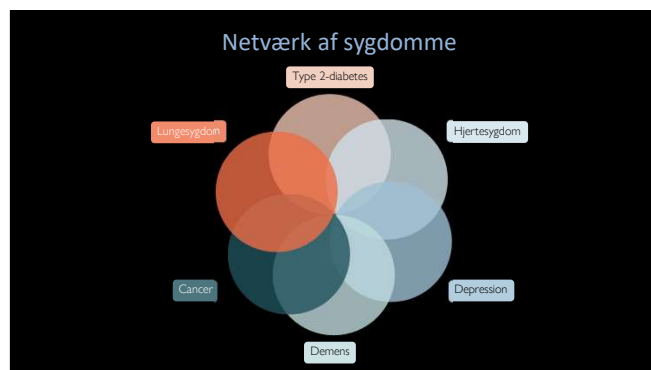
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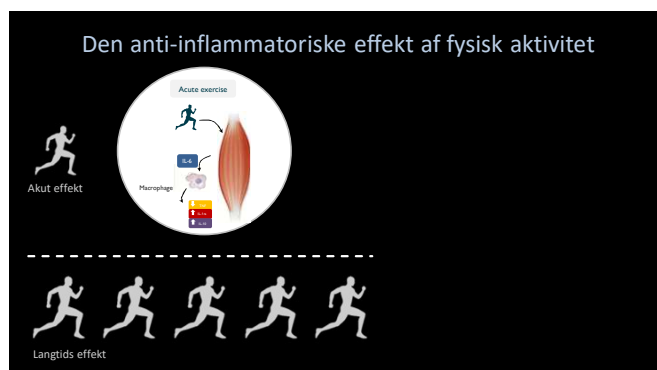
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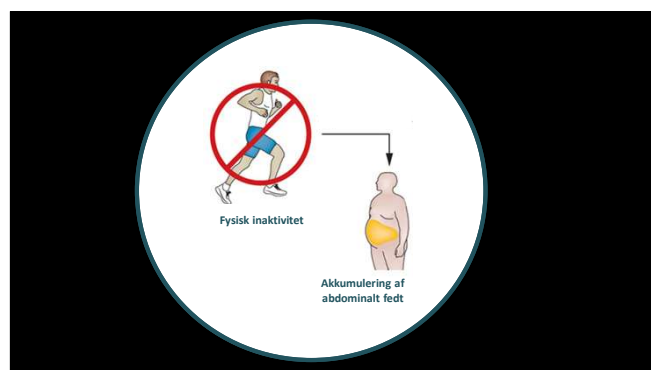
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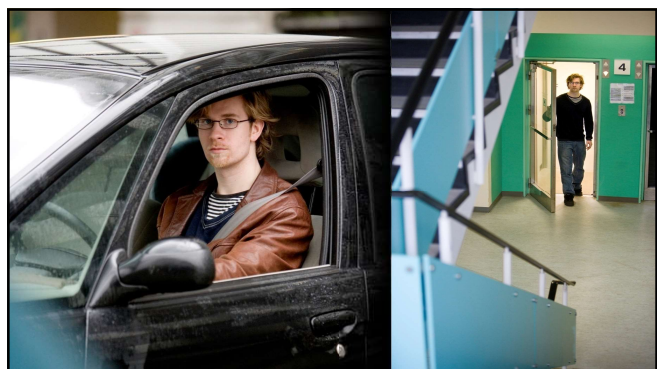
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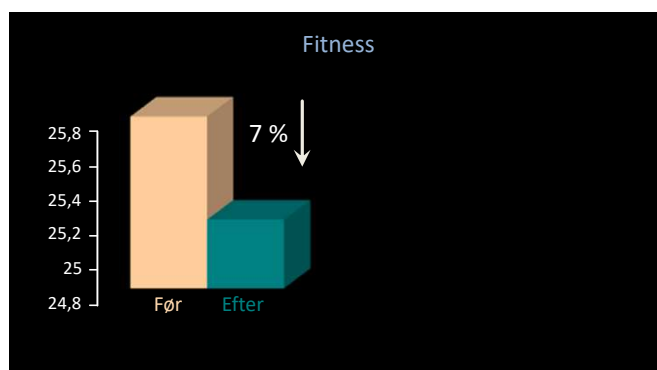
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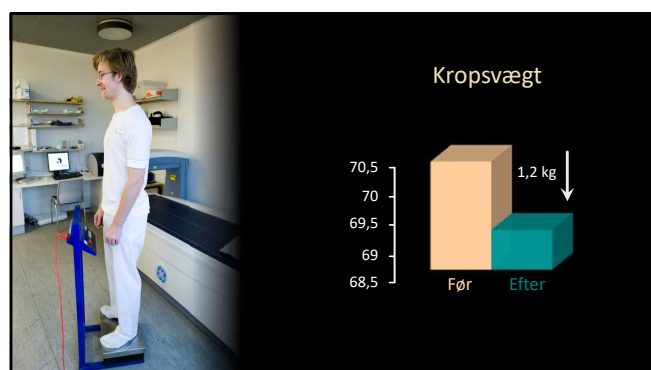
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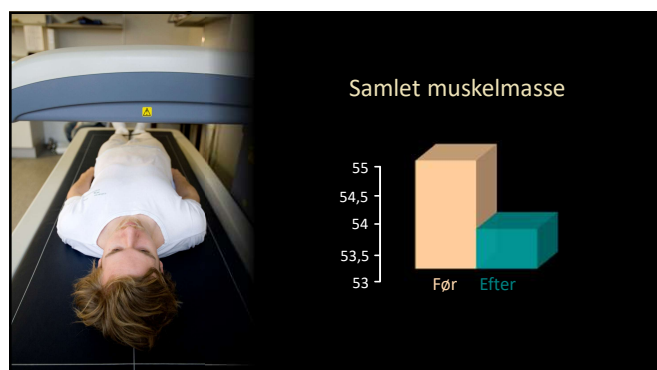
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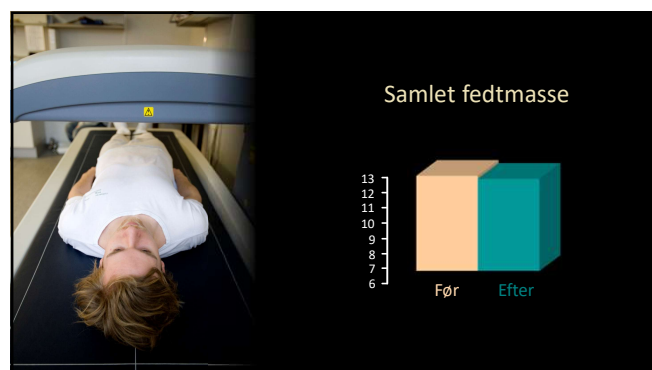
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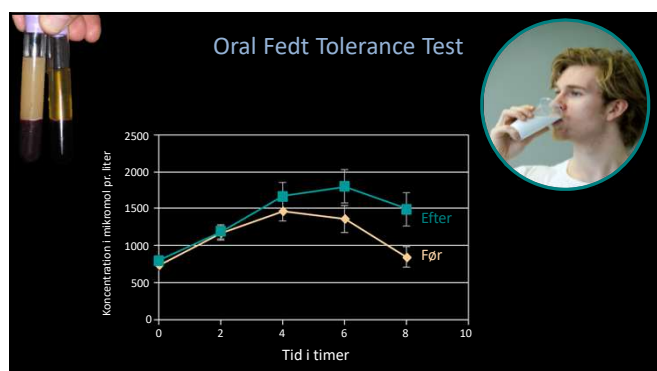
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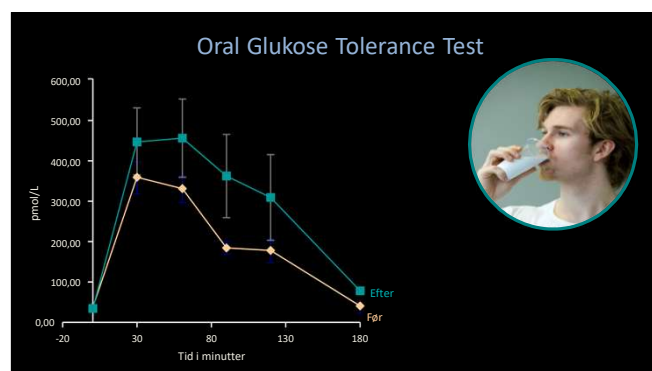
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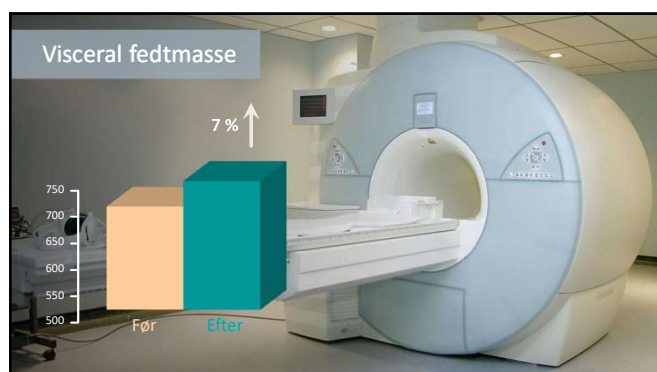
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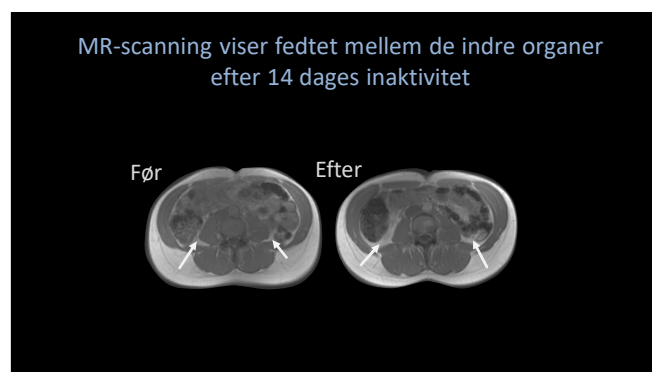
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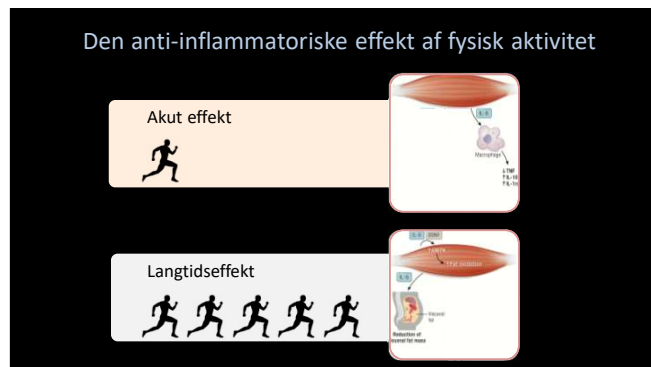
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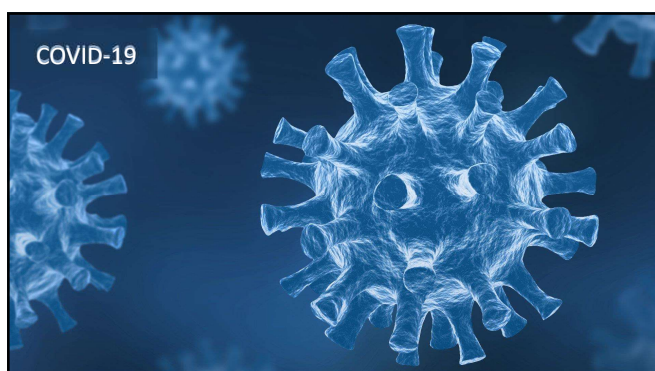
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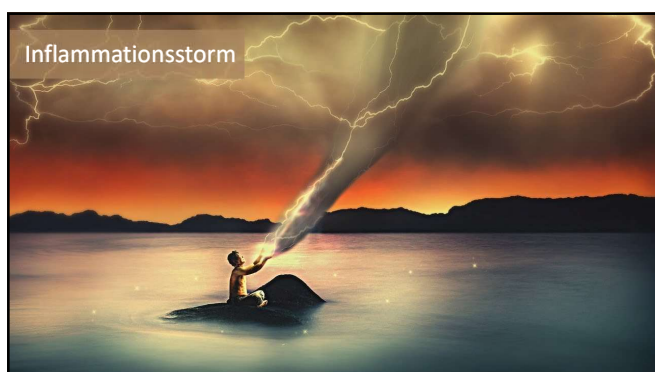
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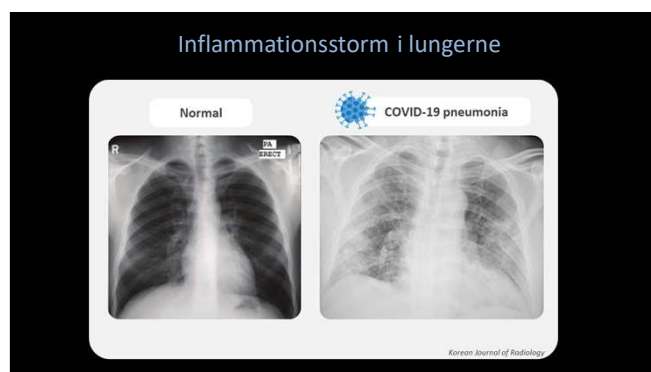
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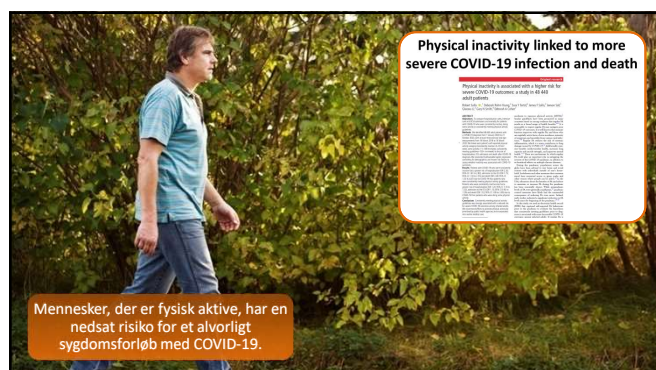
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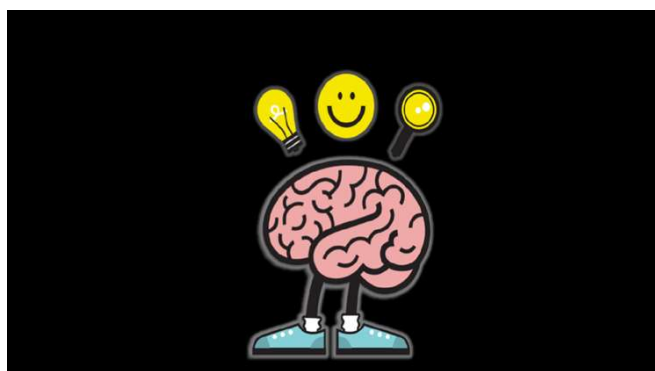
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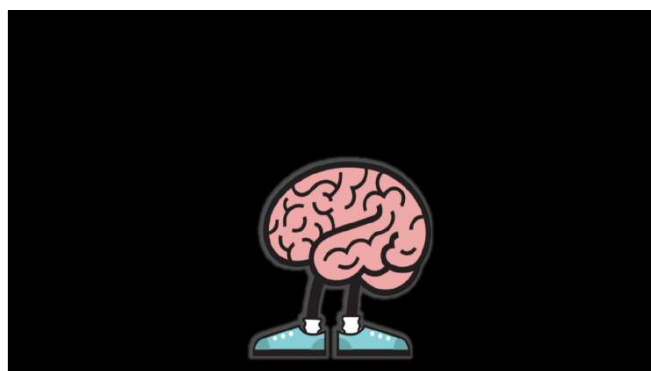
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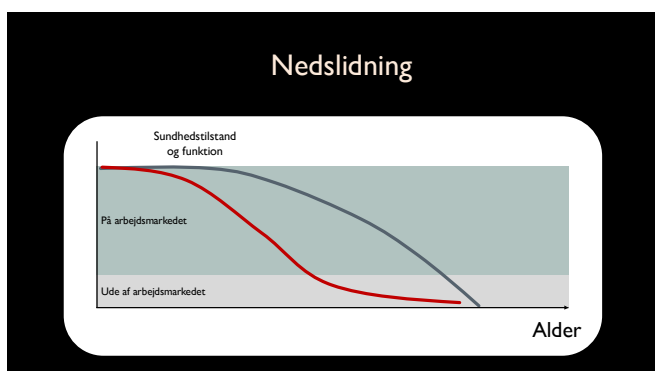
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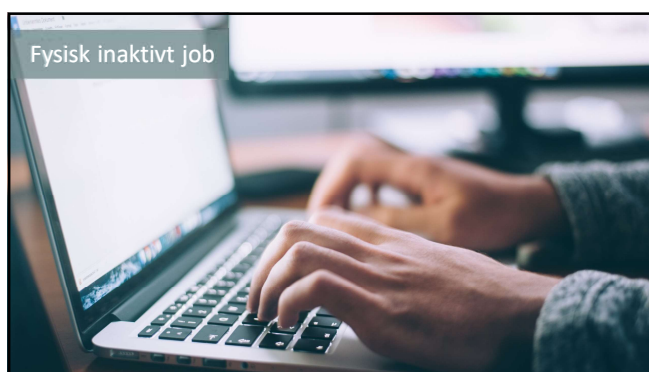
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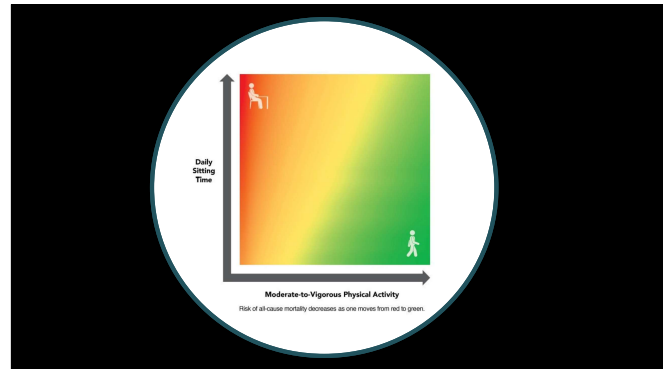
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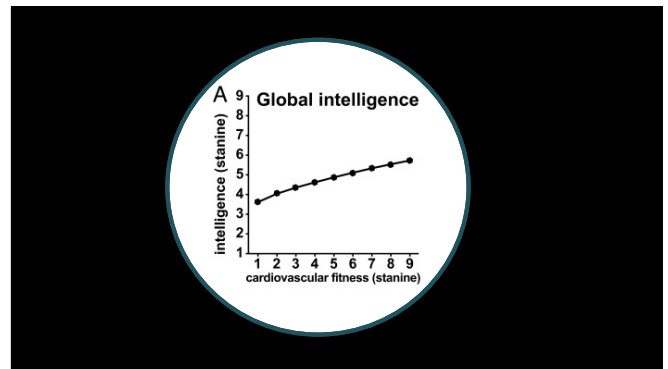


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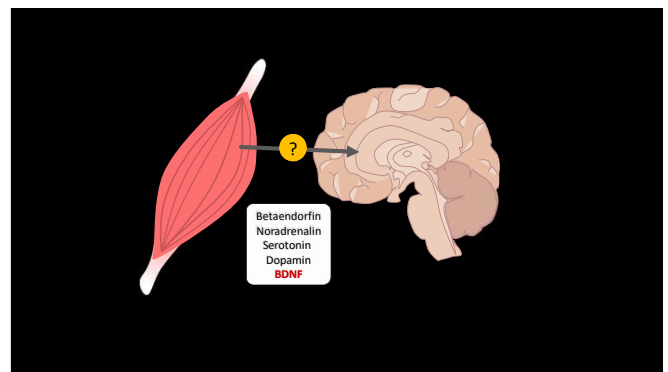
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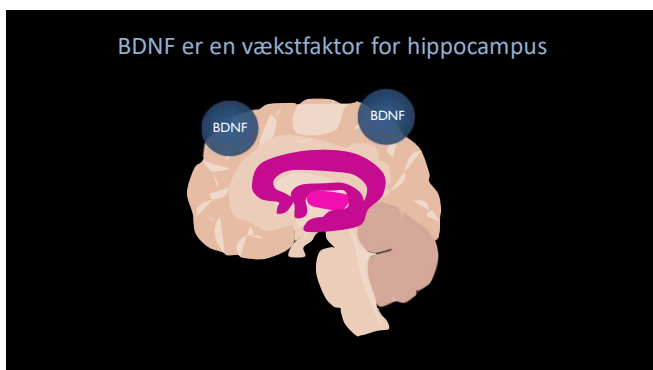
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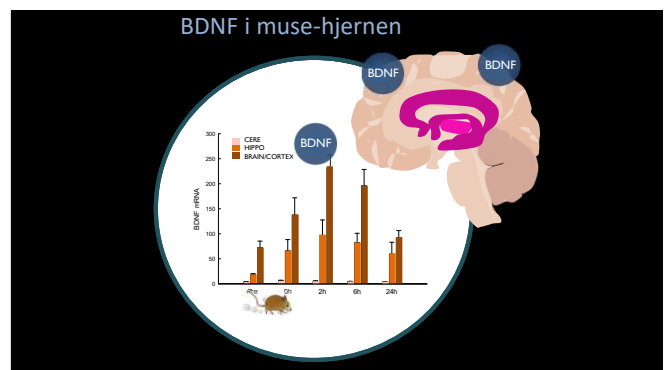
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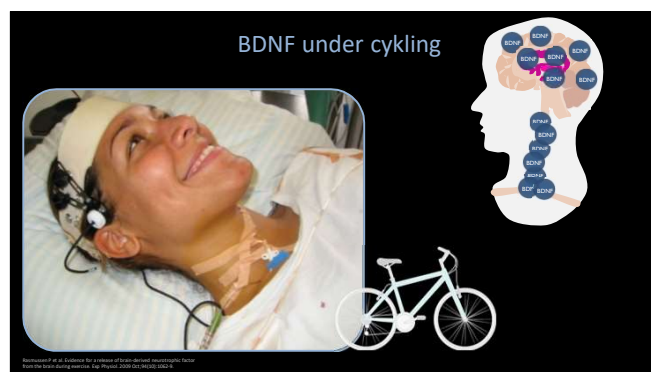
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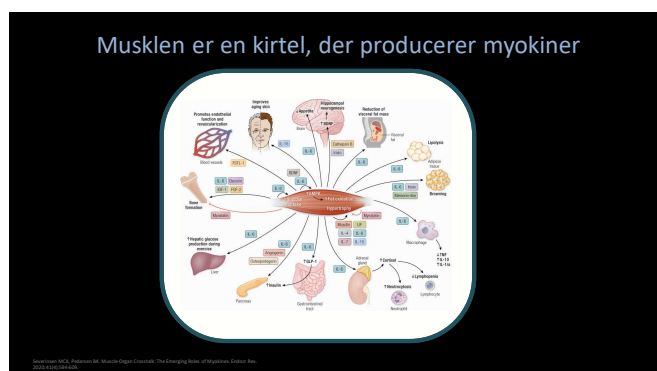
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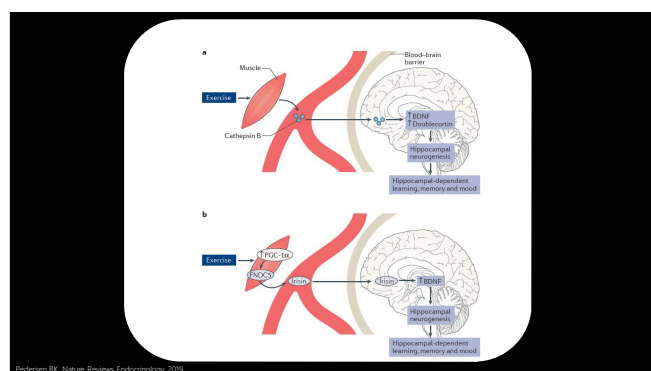
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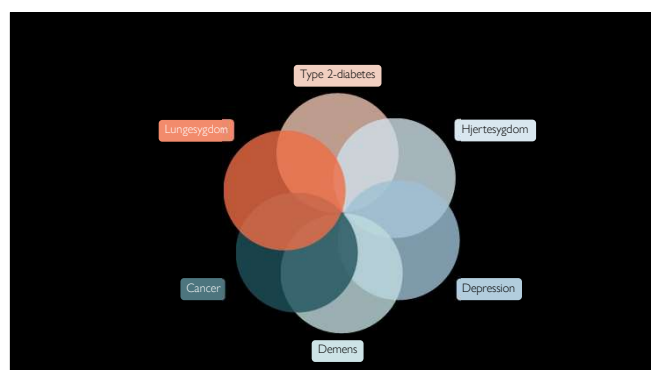
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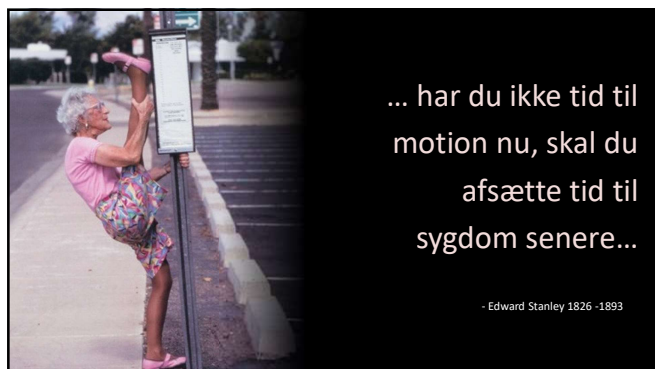
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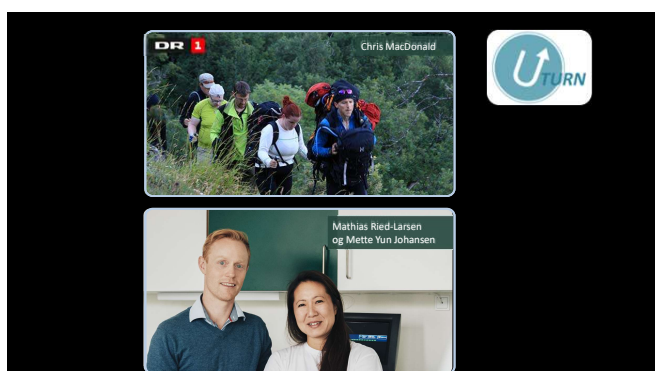
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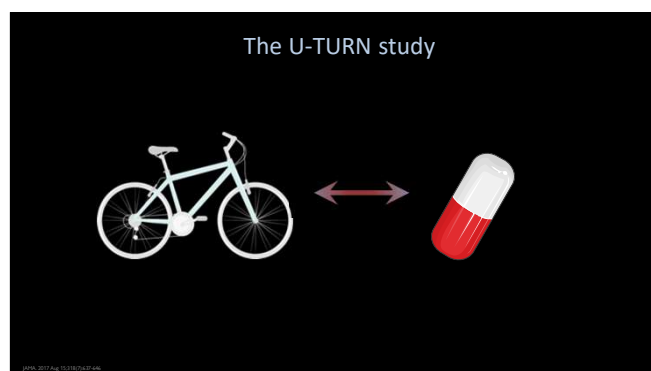
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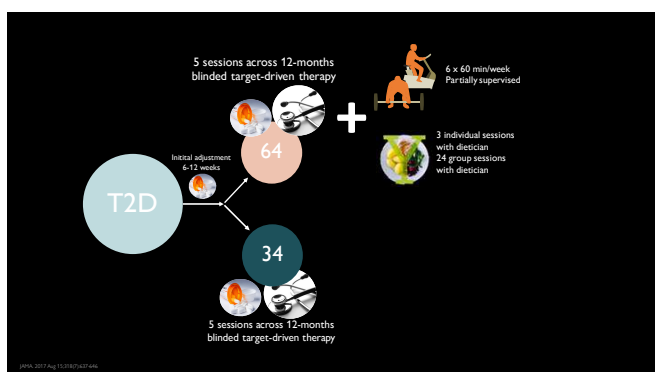
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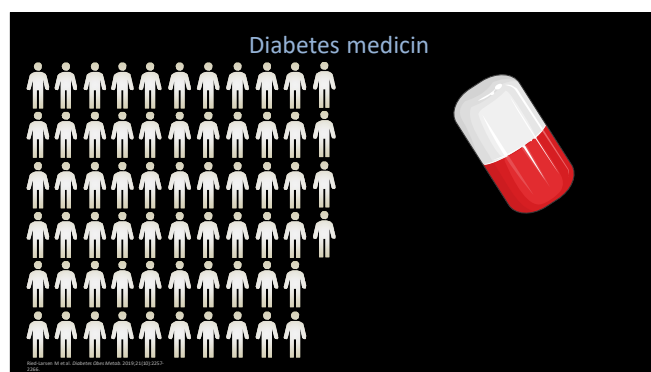
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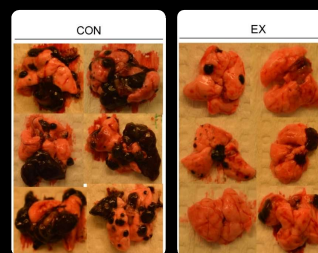


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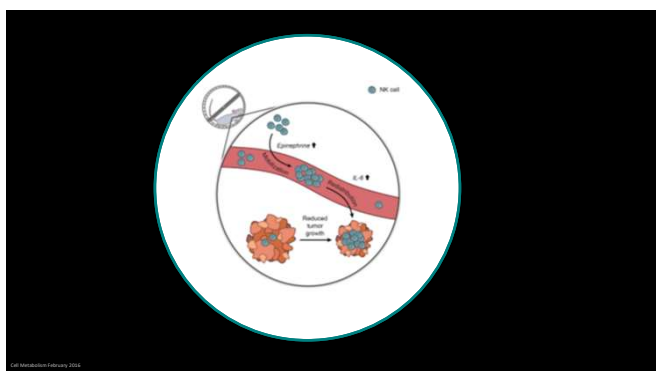


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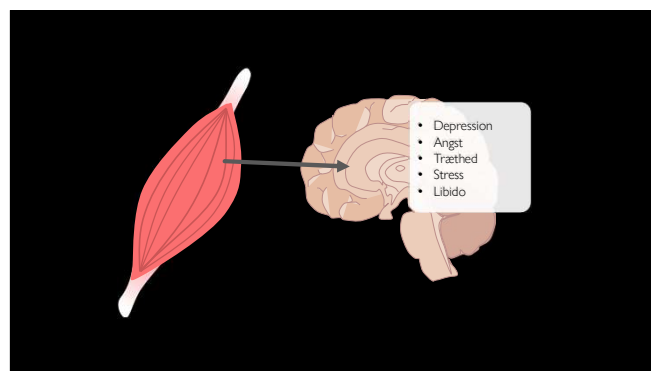
Exercise effect on a metastatic model of B16 malignant melanoma



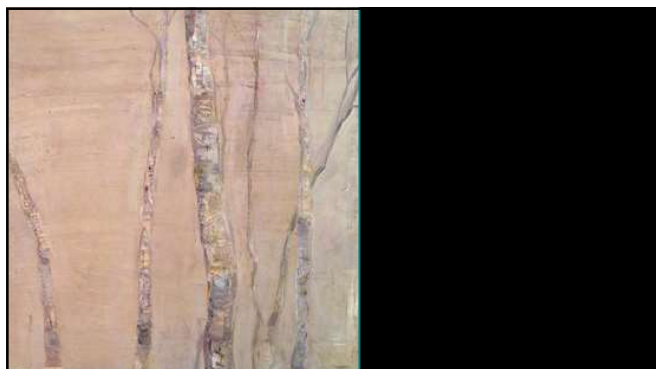
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... jeg husker den første dag, hvor jeg får udgangstilladelse. Det er en meget, meget varm dag. Jeg går op ad Nordre Fasanvej, og så er det, at jeg hører musik. På denne stillestående varme sommersøndag eftermiddag, hører jeg pludselig, at nogen spiller "Rock Around The Clock Tonight"



156

Jeg går efter musikken.
Gennem et vindue ser jeg så dette hold af kvinder, der danser til musikken. Klædt i pink, gul, koboltblå – i virkeligheden meget stærkere farver end jeg kunne tåle. Men jeg var draget. Det var kvinder på min alder eller yngre eller ældre, som dyrkede aerobics for fuld udblæsning. Og så var det, jeg vidste, at det var det, jeg skulle.



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Så du begynder at gå i fitnesscenter?

158

Ja, jeg dyrker hård konditionstræning i form af aerobics. Ikke 1 time ad gangen, men to timer i træk. Hver dag. Og ofte både formiddag og eftermiddag.



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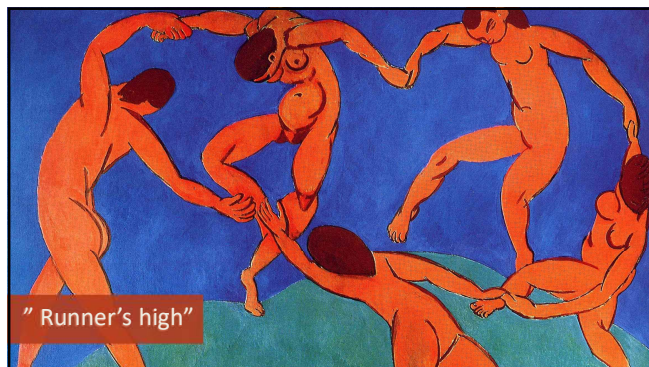
Og hvad sker der – forsvinder depressionen og tvangstankerne, mens du laver aerobics?

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Nej, slet ikke. Jeg kan have de forfærdeligste tanker, mens jeg hopper rundt. Det er bagefter det sker. Når jeg rigtigt har svedt og bagefter står under bruseren og senere smører min krop ind i lotion, så er det, at jeg får denne utrolige følelse af velvære. Desværre varer denne følelse ikke ved særlig længe. Men det er dette "kick" af velvære og nydelse, som jeg stræber efter.



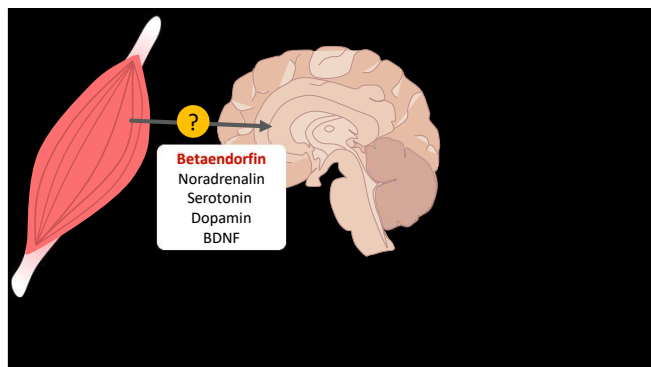
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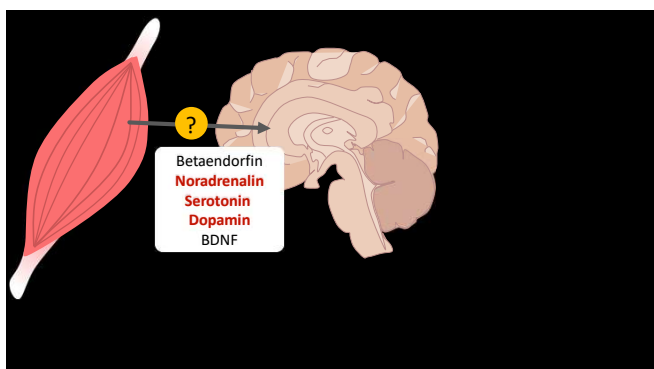
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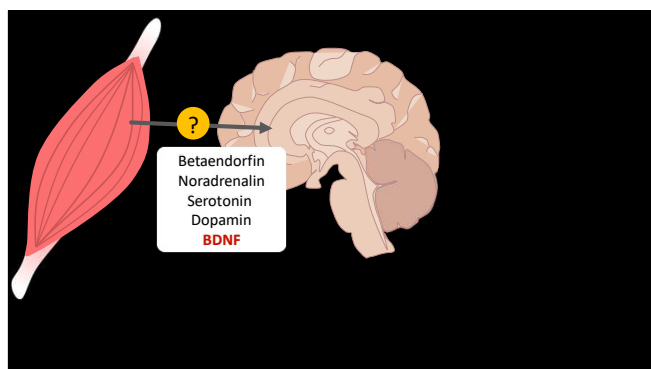
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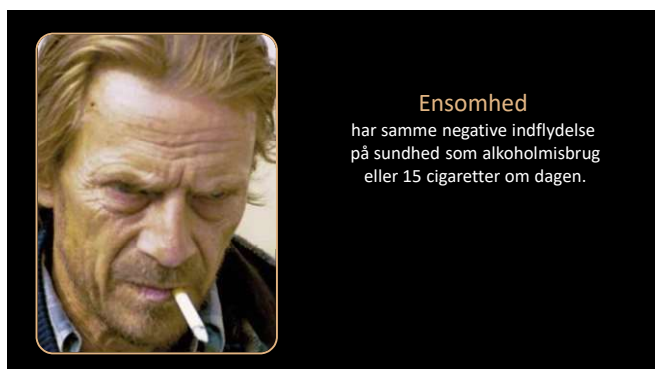
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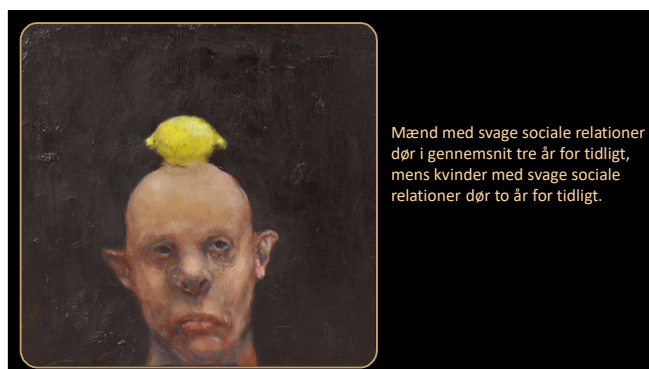
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Pas børnebørn og lev længere

Bedsteforældre, der regelmæssigt passer deres børnebørn, har en 37 % lavere dødelighed end de bedsteforældre, der slet ikke ser deres børnebørn.



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Frivillighed



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Frivillighed er en helbreds faktor

... på linje med sund kost og motion.

... frivilligt arbejde påvirker både den fysiske og den mentale sundhed.

... mere tilfredse med livet og har større selvtillid og følelse af lykke, færre depressionssymptomer og mindre psykologisk stress.

... frivillighed er også koblet til bedre fysisk helbred og lavere dødelighed.



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Hvad har den altopfrende nonne og den passionerede maratonløber til fælles med manden på bænken?

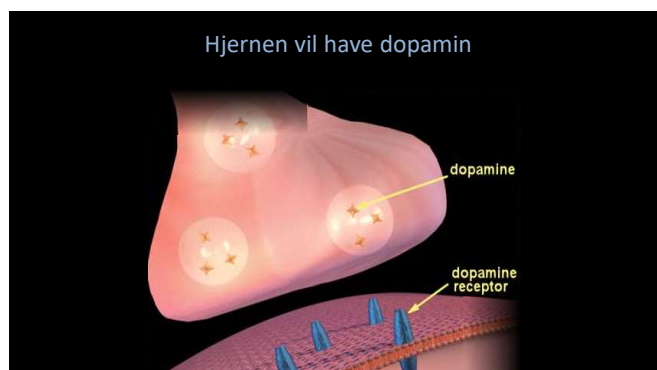


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.. ludomanen, kokain snifferen eller hende, der bare ikke kan lade slikskålen stå?



186



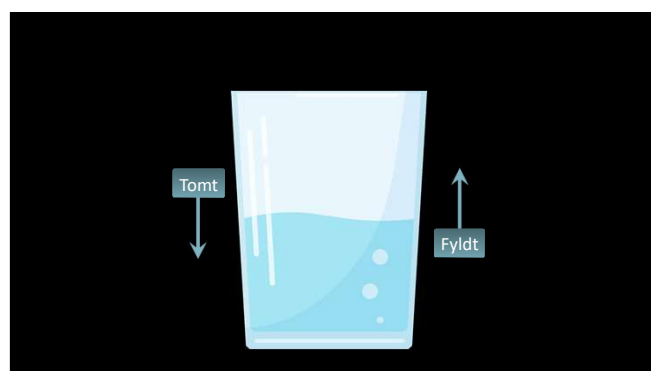
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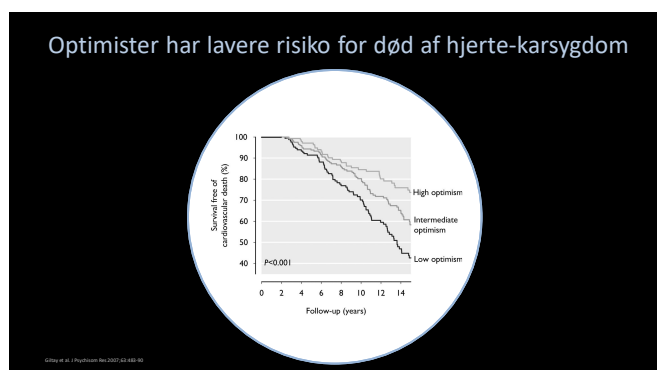
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Syv til otte timers nattesøvn er bedst

Man skal have vasket hjernen

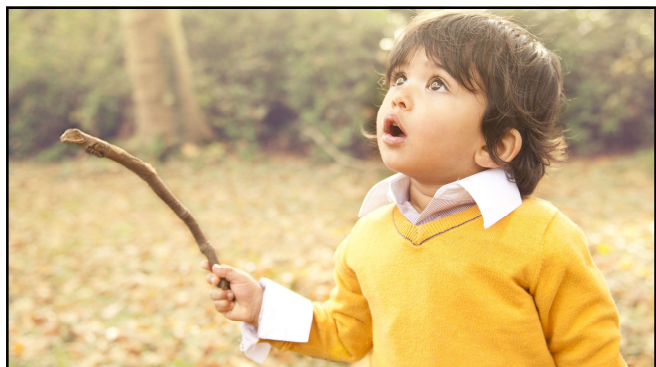
An infographic with a black background featuring the word 'KRAM' in large, colorful letters. Surrounding the letters are various icons and labels in light blue boxes: 'Familie og venner' (family and friends) with an icon of two people, 'Søv' (sleep) with a moon and 'Z's, 'Forfængelighed' (vanity) with an icon of a person on a horse, 'Optimisme' (optimism) and 'Frivillighed' (volunteering) with an icon of a person with a heart, and 'Kaffe' (coffee) with a coffee cup icon. There are also icons of a carrot and an apple, and a bottle of wine.

Det er farligere at se et år ældre ud end at være det



An infographic titled 'Faktorer, der påvirker velvære' (Factors affecting well-being). It features a central word cloud with the words 'KRAEM' in large, colorful letters. Surrounding this are several circular icons and text boxes representing different factors: 'Familie og venner' (Family and friends) with an icon of two people sitting at a table; 'Søv' (Sleep) with an icon of a crescent moon and stars; 'Forfængelighed' (Pride) with an icon of a person sitting on a bench; 'Optimisme' (Optimism) and 'Frivillighed' (Volunteering) with an icon of a person holding a heart; 'Kaffe' (Coffee) with an icon of a coffee cup; and 'Ærefrygt' (Fear of shame) with an icon of a person sitting on a bench. The background is a dark blue gradient.

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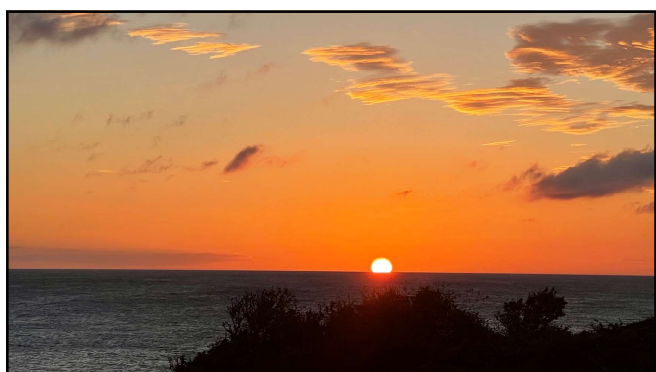
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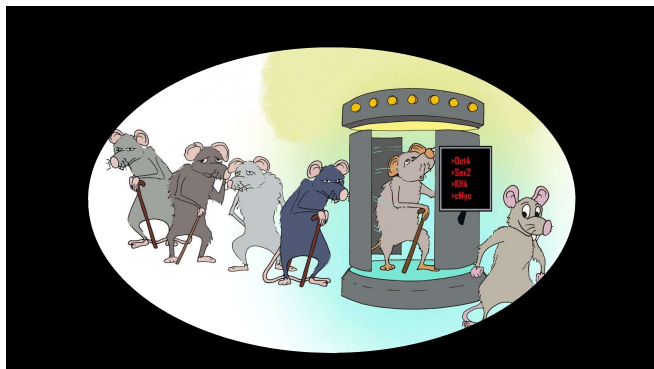
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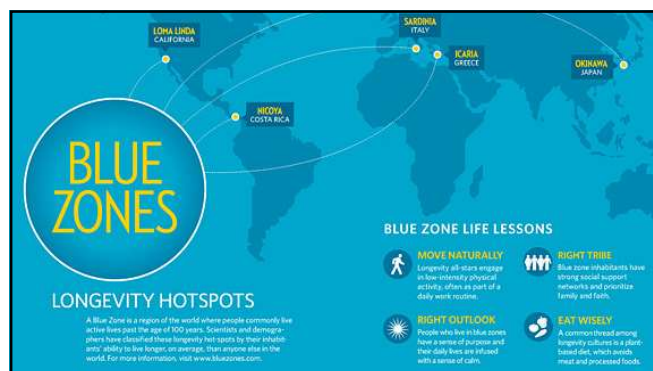
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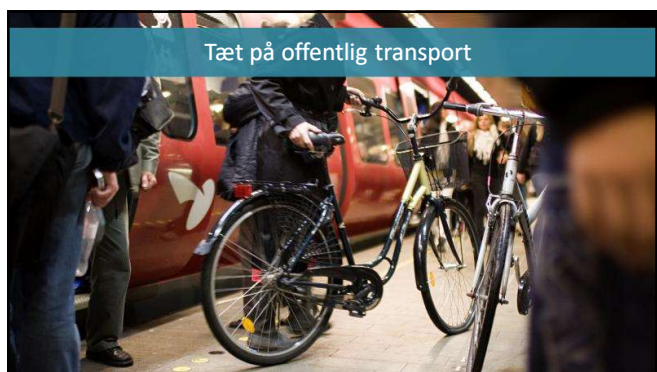
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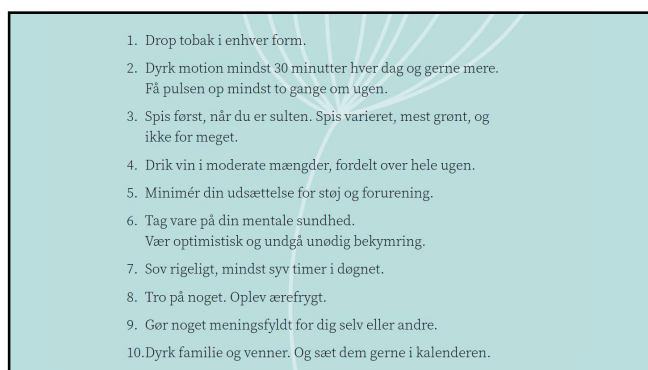
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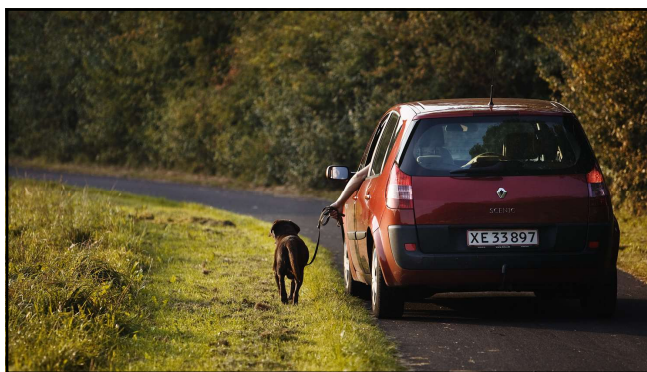
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