



C'EST NORMAL AVEC L'ÂGE?

ARGUMENTS MUSCLÉS POUR PRENDRE VOTRE SANTÉ EN MAIN

un livre publié aux Éditions du Trécarré
avril 2019

www.denisfortier.ca

Références

A. C'est normal à votre âge, vraiment?	2
1. Les temps ont changé	2
2. On vous ment	2
3. Combattez la discrimination	3
B. 5 choses qu'on ne vous dit pas sur votre santé	4
1. La douleur est un mal élevé	4
2. Les opioïdes peuvent vous tuer	4
3. Votre taux d'inflammation est à la hausse	5
4. La surmédicalisation est un fléau	5
5. Les effets de l'obésité ne sont peut-être pas ceux que vous croyez	6
C. 6 clés pour faire mentir les prédictions	8
1. Traitez vos muscles comme il faut	8
2. Soignez l'arthrite	9
3. Prévenez l'arthrose	9
4. Mettez sur votre cerveau	10
5. Faites un pied de nez à votre équilibre	11
6. Dormez	11

A. C'est normal à votre âge, vraiment?

1. Les temps ont changé

- Ornish D, Brown SE, Scherwitz LW, Billings JH, Armstrong WT, Ports TA, et al. Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial. *Lancet*. 21 juill 1990;336(8708):129-33.
- Ornish D, Magbanua MJM, Weidner G, Weinberg V, Kemp C, Green C, et al. Changes in prostate gene expression in men undergoing an intensive nutrition and lifestyle intervention. *Proc Natl Acad Sci U S A*. 17 juin 2008;105(24):8369-74.
- Khaw K-T, Wareham N, Bingham S, Welch A, Luben R, Day N. Combined Impact of Health Behaviours and Mortality in Men and Women: The EPIC-Norfolk Prospective Population Study. *PLOS Medicine*. 8 janv 2008;5(1):e12.
- Barnard RJ, Jung T, Inkeles SB. Diet and exercise in the treatment of NIDDM. The need for early emphasis. *Diabetes Care*. déc 1994;17(12):1469-72.
- Seeman TE, Merkin SS, Crimmins EM, Karlamangla AS. Disability trends among older Americans: National Health And Nutrition Examination Surveys, 1988-1994 and 1999-2004. *Am J Public Health*. janv 2010;100(1):100-7.
- Ford ES, Bergmann MM, Kröger J, Schienkiewitz A, Weikert C, Boeing H. Healthy living is the best revenge: findings from the European Prospective Investigation Into Cancer and Nutrition-Potsdam study. *Arch Intern Med*. 10 août 2009;169(15):1355-62.
- Li Y, Pan A, Wang DD, Liu X, Dhana K, Franco OH, et al. Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population. *Circulation*. 24 juill 2018;138(4):345-55.
- Palmer AJ, Roze S, Valentine WJ, Spinass GA, Shaw JE, Zimmet PZ. Intensive lifestyle changes or metformin in patients with impaired glucose tolerance: modeling the long-term health economic implications of the diabetes prevention program in Australia, France, Germany, Switzerland, and the United Kingdom. *Clin Ther*. févr 2004;26(2):304-21.
- Morton D, Mitchell B, Kent L, Egger G, Hurlow T. Lifestyle as medicine - Past precepts for present problems. *Aust Fam Physician*. avr 2016;45(4):248-9.
- Bond Brill J. Lifestyle Intervention Strategies for the Prevention and Treatment of Hypertension: A Review. *American Journal of Lifestyle Medicine*. 1 juill 2011;5(4):346-60.
- Malatskey L, Zeev YB, Tzuk-Onn A, Polak R. Lifestyle medicine course for family medicine residents: preliminary assessment of the impact on knowledge, attitudes, self-efficacy and personal health. *Postgraduate Medical Journal*. 1 sept 2017;93(1103):549-54.
- Bodai BI, Nakata TE, Wong WT, Clark DR, Lawenda S, Tsou C, et al. Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival. *Perm J*. 2018;22:17-025.
- Clarke CA, Hauser ME. Lifestyle Medicine: A Primary Care Perspective. *Journal of Graduate Medical Education*. 1 déc 2016;8(5):665-7.
- Hivert Marie-France, Arena Ross, Forman Daniel E., Kris-Etherton Penny M., McBride Patrick E., Pate Russell R., et al. Medical Training to Achieve Competency in Lifestyle Counseling: An Essential Foundation for Prevention and Treatment of Cardiovascular Diseases and Other Chronic Medical Conditions: A Scientific Statement From the American Heart Association. *Circulation*. 11 oct 2016;134(15):e308-27.
- Beltrán-Sánchez H, Soneji S, Crimmins EM. Past, Present, and Future of Healthy Life Expectancy. *Cold Spring Harb Perspect Med* [Internet]. nov 2015. Disponible à : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4632858/>
- Principales causes de décès | Santéscope [Internet]. INSPQ. Disponible à : <https://www.inspq.qc.ca/santescope/syntheses/principales-causes-de-deces>
- Stenholm S, Head J, Kivimäki M, Kawachi I, Aalto V, Zins M, et al. Smoking, physical inactivity and obesity as predictors of healthy and disease-free life expectancy between ages 50 and 75: a multicohort study. *Int J Epidemiol*. 2016;45(4):1260-70.
- Gulcher SJT. Utilisation des médicaments chez les personnes âgées au Canada, 2016. :82.

2. On vous ment

- Chopik WJ, Bremner RH, Johnson DJ, Giasson HL. Age Differences in Age Perceptions and Developmental Transitions. *Front Psychol* [Internet]. 1 févr 2018 ;9. Disponible à : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5799826/>
- Mock SE, Eibach RP. Aging attitudes moderate the effect of subjective age on psychological well-being: evidence from a 10-year longitudinal study. *Psychol Aging*. déc 2011;26(4):979-86.
- Crimmins EM, Saito Y, Kim JK. Change in Cognitively Healthy and Cognitively Impaired Life Expectancy in the United States: 2000-2010. *SSM Popul Health*. déc 2016;2:793-7.

Commission Européenne - COMMUNIQUES DE PRESSE - Communiqué de presse - La Commission dresse le bilan de l'état de la santé dans l'UE [Internet]. Disponible à : http://europa.eu/rapid/press-release_IP-17-4722_fr.htm

Dépenses de santé par habitant, 2016 | Le Québec économique [Internet]. Disponible à : <https://qe.cirano.qc.ca/theme/indicateurs-sociaux/depenses-sante-financement/tableau-depenses-sante-habitant-2016>

État de Santé [Internet]. Disponible à : https://stats.oecd.org/Index.aspx?DataSetCode=HEALTH_STAT&lang=fr

Canada A de la santé publique du. État de santé des Canadiens 2016: Rapport de l'administrateur en chef de la santé publique - Comment nous portons-nous? - L'espérance de vie à la naissance [Internet]. aem. 2016 Disponible à : <https://www.canada.ca/fr/sante-publique/organisation/publications/rapport-administrateur-en-chef-sante-publique-sur-etat-sante-publique-au-canada/2016-etat-sante-canadiens/page-4-comment-nous-portons-nous-espérance-vie-naissance.html>

Canada S. Évaluation de la Stratégie fédérale de lutte contre le tabagisme 2012-2013 to 2015-2016 [Internet]. aem. 2017 Disponible à : <https://www.canada.ca/fr/sante-canada/organisation/transparence/rapports-gestion/evaluation/2012-2013-2015-2016-strategie-federale-lutte-contre-tabagisme.html#f3>

Cao B. Future healthy life expectancy among older adults in the US: a forecast based on cohort smoking and obesity history. Popul Health Metr [Internet]. 12 juill 2016 ;14. Disponible à : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4941025/>

Clarfield AM. Healthy Life Expectancy Is Expanding. Journal of the American Geriatrics Society. 2018;66(1):200-1.

Li Y, Pan A, Wang DD, Liu X, Dhana K, Franco OH, et al. Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population. Circulation. 24 juill 2018;138(4):345-55.

Gouvernement du Canada SC. L'espérance de vie des Canadiens de 1920-1922 à 2009-2011 [Internet]. 2016 Disponible à : <https://www150.statcan.gc.ca/n1/pub/11-630-x/11-630-x2016002-fra.htm>

L'obésité dans le monde (OCDE 2017) [Internet]. CERIN. Disponible à : <https://www.cerin.org/rapports/lobesite-dans-le-monde-ocde-2017/>

Roser M. Life Expectancy. Our World in Data [Internet]. 23 mai 2013 ; Disponible à : <https://ourworldindata.org/life-expectancy>

Fallon A, O'Neill D. Missing in the Media: Cancer and Older People. Journal of the American Geriatrics Society. 2016;64(7):1512-3.

Société de l'assurance automobile du Québec. Profil détaillé des faits et des statistiques touchant les véhicules lourds. [Internet]. 2015 Disponible à : <http://collections.banq.qc.ca/ark:/52327/2755492>

Source des données du graphique 2.1 [Internet]. Disponible à : <https://www150.statcan.gc.ca/n1/pub/11-402-x/2011000/chap/seniors-aines-c-g/desc/desco1-fra.htm>

Scott G, McCarthy DM, Aldeen AZ, Czerniak A, Courtney DM, Dresden SM. Use of Online Health Information by Geriatric and Adult Emergency Department Patients: Access, Understanding, and Trust. Academic Emergency Medicine. 2017;24(7):796-802.

Scott G, McCarthy DM, Aldeen AZ, Czerniak A, Courtney DM, Dresden SM. Use of Online Health Information by Geriatric and Adult Emergency Department Patients: Access, Understanding, and Trust. Acad Emerg Med. 2017;24(7):796-802.

3. Combattez la discrimination

Aînés [Internet]. Disponible à : <https://www150.statcan.gc.ca/n1/pub/11-402-x/2011000/chap/seniors-aines/seniors-aines-fra.htm>

Loretto W, White P. Employers' attitudes, practices and policies towards older workers. Human Resource Management Journal. 2006;16(3):313-30.

Stypinska J, Turek K. Hard and soft age discrimination: the dual nature of workplace discrimination. Eur J Ageing. mars 2017;14(1):49-61.

Samra R, Griffiths A, Cox T, Conroy S, Gordon A, Gladman JRF. Medical students' and doctors' attitudes towards older patients and their care in hospital settings: a conceptualisation. Age Ageing. 1 sept 2015;44(5):776-83.

Chasens ER, Yang K, Baniak LM, Choi J, Imes CC. Sleep and other correlates of high-level health in older adults. Geriatr Nurs. juin 2018;39(3):344-9.

Stall N. Time to end ageism in medical education. CMAJ. 3 avr 2012;184(6):728-728.

B. 5 choses qu'on ne vous dit pas sur votre santé

1. La douleur est un mal élevé

- Karp JF, Shega JW, Morone NE, Weiner DK. Advances in understanding the mechanisms and management of persistent pain in older adults. *Br J Anaesth.* juill 2008;101(1):111-20.
- Lautenbacher S, Peters JH, Heesen M, Scheel J, Kunz M. Age changes in pain perception: A systematic-review and meta-analysis of age effects on pain and tolerance thresholds. *Neurosci Biobehav Rev.* avr 2017;75:104-13.
- Walco GA, Krane EJ, Schmader KE, Weiner DK. Applying a Lifespan Developmental Perspective to Chronic Pain: Pediatrics to Geriatrics. *J Pain.* 2016;17(9 Suppl):T108-117.
- van der Leeuw G, Leveille SG, Dong Z, Shi L, Habtemariam D, Milberg W, et al. Chronic Pain and Attention in Older Community-Dwelling Adults. *J Am Geriatr Soc.* juill 2018;66(7):1318-24.
- Hart RP, Martelli MF, Zasler ND. Chronic pain and neuropsychological functioning. *Neuropsychol Rev.* sept 2000;10(3):131-49.
- Paladini A, Fusco M, Coaccioli S, Skaper SD, Varrassi G. Chronic Pain in the Elderly: The Case for New Therapeutic Strategies. *Pain Physician.* oct 2015;18(5):E863-876.
- Hilton L, Hempel S, Ewing BA, Apaydin E, Xenakis L, Newberry S, et al. Mindfulness Meditation for Chronic Pain: Systematic Review and Meta-analysis. *Ann Behav Med.* avr 2017;51(2):199-213.
- Zeidan F, Grant JA, Brown CA, McHaffie JG, Coghill RC. Mindfulness meditation-related pain relief: Evidence for unique brain mechanisms in the regulation of pain. *Neurosci Lett.* 29 juin 2012;520(2):165-73.
- Dentino A, Medina R, Steinberg E. Pain in the Elderly: Identification, Evaluation, and Management of Older Adults with Pain Complaints and Pain-related Symptoms. *Prim Care.* sept 2017;44(3):519-28.
- Fancourt D, Steptoe A. Physical and Psychosocial Factors in the Prevention of Chronic Pain in Older Age. *J Pain.* déc 2018;19(12):1385-91.
- al GC et. Recurrent pain is associated with decreased selective attention in a population-based sample. - PubMed - NCBI [Internet]. Disponible à : <https://www.ncbi.nlm.nih.gov/pubmed/21122991>
- Self-report pain assessment tools for cognitively intact older adults: Integrative review | Request PDF [Internet]. ResearchGate. Disponible à : https://www.researchgate.net/publication/320236742_Self-report_pain_assessment_tools_for_cognitively_intact_older_adults_Integrative_review

2. Les opioïdes peuvent vous tuer

- Sjogren P, Grønbaek M, Peuckmann V, Ekholm O. A population-based cohort study on chronic pain: the role of opioids. *Clin J Pain.* déc 2010;26(9):763-9.
- Gold LS, Hansen RN, Avins AL, Bauer Z, Comstock BA, Deyo RA, et al. Associations of Early Opioid Use With Patient-reported Outcomes and Health Care Utilization Among Older Adults With Low Back Pain. *Clin J Pain.* 2018;34(4):297-305.
- AWCBC / ACATC: Statistiques [Internet]. Disponible à : http://awcbc.org/fr/?page_id=381
- Gouvernement du Canada TC. Canadian Motor Vehicle Traffic Collision Statistics: 2010 [Internet]. 2012 Disponible à : <https://www.tc.gc.ca/fra/securiteautomobile/tp-1317.htm#wb4>
- CCSA-Canadian-Drug-Summary-Prescription-Opioids-2017-fr.pdf [Internet]. Disponible à : <http://www.ccsa.ca/Resource%20Library/CCSA-Canadian-Drug-Summary-Prescription-Opioids-2017-fr.pdf>
- Megale RZ, Deveza LA, Blyth FM, Naganathan V, Ferreira PH, McLachlan AJ, et al. Efficacy and Safety of Oral and Transdermal Opioid Analgesics for Musculoskeletal Pain in Older Adults: A Systematic Review of Randomized, Placebo-Controlled Trials. *J Pain.* mai 2018;19(5):475.e1-475.e24.
- Chang Y-P. Factors associated with prescription opioid misuse in adults aged 50 or older. *Nurs Outlook.* avr 2018;66(2):112-20.
- Calvino B. L'hyperalgésie induite par les opioïdes. *Douleurs: Evaluation - Diagnostic - Traitement.* 1 oct 2013;14(5):226-33.
- Martin BC, Fan M-Y, Edlund MJ, Devries A, Braden JB, Sullivan MD. Long-term chronic opioid therapy discontinuation rates from the TROUP study. *J Gen Intern Med.* déc 2011;26(12):1450-7.
- Martinez V, Beloeil H, Marret E, Fletcher D, Ravaut P, Trinquart L. Non-opioid analgesics in adults after major surgery: systematic review with network meta-analysis of randomized trials. *Br J Anaesth.* 1 janv 2017;118(1):22-31.
- Chaparro LE, Furlan AD, Deshpande A, Mailis-Gagnon A, Atlas S, Turk DC. Opioids compared with placebo or other treatments for chronic low back pain: an update of the Cochrane Review. *Spine.* 1 avr 2014;39(7):556-63.

Frogner BK, Harwood K, Andrilla CHA, Schwartz M, Pines JM. Physical Therapy as the First Point of Care to Treat Low Back Pain: An Instrumental Variables Approach to Estimate Impact on Opioid Prescription, Health Care Utilization, and Costs. *Health Serv Res.* 2018;53(6):4629-46.

Prescription Opioid Data | Drug Overdose | CDC Injury Center [Internet]. 2018 Disponible à: <https://www.cdc.gov/drugoverdose/data/prescribing.html>

Canada A de la santé publique du. Rapport national: Décès apparemment liés à la consommation d'opioïdes au Canada (publié en juin 2018) [Internet]. aem. 2018 Disponible à: <https://www.canada.ca/fr/sante-publique/services/publications/vie-saine/rapport-national-deces-apparement-lies-consommation-opioïdes-publie-juin-2018.html>

Daoust R, Paquet J, Moore L, Émond M, Gosselin S, Lavigne G, et al. Recent opioid use and fall-related injury among older patients with trauma. *CMAJ.* 23 avr 2018;190(16):E500-6.

Zheng P, Kao M-C, Karayannis NV, Smuck M. Stagnant Physical Therapy Referral Rates Alongside Rising Opioid Prescription Rates in Patients With Low Back Pain in the United States 1997-2010. *Spine.* 1 mai 2017;42(9):670.

Calati R, Olié E, Ritchie K, Artero S, Courtet P. Suicidal Ideation and Suicide Attempts in the Elderly Associated with Opioid Use and Pain Sensitivity. *PPS.* 2017;86(6):373-5.

Huffman KL, Rush TE, Fan Y, Sweis GW, Vij B, Covington EC, et al. Sustained improvements in pain, mood, function and opioid use post interdisciplinary pain rehabilitation in patients weaned from high and low dose chronic opioid therapy. *Pain.* 2017;158(7):1380-94.

Schepis TS, McCabe SE. Trends in Older Adult Nonmedical Prescription Drug Use Prevalence: Results from the 2002-2003 and 2012-2013 National Survey on Drug Use and Health. *Addict Behav.* sept 2016;60:219-22.

3. Votre taux d'inflammation est à la hausse

Leonardi GC, Accardi G, Monastero R, Nicoletti F, Libra M. Ageing: from inflammation to cancer. *Immun Ageing* [Internet]. 19 janv 2018 ;15. Disponible à: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5775596/>

Glei DA, Goldman N, Rodríguez G, Weinstein M. Beyond Self-Reports: Changes in Biomarkers as Predictors of Mortality. *Popul Dev Rev.* 1 juin 2014;40(2):331-60.

Gouvernement du Canada SC. Indice de masse corporelle (IMC) mesuré chez les adultes (classification selon l'Organisation mondiale de la santé), selon le groupe d'âge et le sexe, Canada et provinces, Enquête sur la santé dans les collectivités canadiennes - Nutrition [Internet]. 2017 Disponible à: <https://www150.statcan.gc.ca/t1/tbl1/fr/tv.action?pid=1310079401>

Bano G, Trevisan C, Carraro S, Solmi M, Luchini C, Stubbs B, et al. Inflammation and sarcopenia: A systematic review and meta-analysis. *Maturitas.* févr 2017;96:10-5.

Liu Y-Z, Wang Y-X, Jiang C-L. Inflammation: The Common Pathway of Stress-Related Diseases. *Front Hum Neurosci.* 2017;11:316.

Yoo J-I, Ha Y-C, Choi H, Kim K-H, Lee Y-K, Koo K-H, et al. Malnutrition and chronic inflammation as risk factors for sarcopenia in elderly patients with hip fracture. *Asia Pac J Clin Nutr.* 2018;27(3):527-32.

Karin M. Nuclear factor-kappaB in cancer development and progression. *Nature.* 25 mai 2006;441(7092):431-6.

Nilsson A, Bergens O, Kadi F. Physical Activity Alters Inflammation in Older Adults by Different Intensity Levels. *Med Sci Sports Exerc.* 2018;50(7):1502-7.

Sanada F, Taniyama Y, Muratsu J, Otsu R, Shimizu H, Rakugi H, et al. Source of Chronic Inflammation in Aging. *Front Cardiovasc Med* [Internet]. 22 févr 2018 ;5. Disponible à: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5850851/>

Hanning U, Roesler A, Peters A, Berger K, Baune BT. Structural brain changes and all-cause mortality in the elderly population-the mediating role of inflammation. *Age (Dordr).* déc 2016;38(5-6):455-64.

Edwards MK, Loprinzi PD. Systemic inflammation as a function of the individual and combined associations of sedentary behaviour, physical activity and cardiorespiratory fitness. *Clin Physiol Funct Imaging.* janv 2018;38(1):93-9.

Corlier F, Hafzalla G, Faskowitz J, Kuller LH, Becker JT, Lopez OL, et al. Systemic inflammation as a predictor of brain aging: Contributions of physical activity, metabolic risk, and genetic risk. *Neuroimage.* 15 2018;172:118-29.

Hunter P. The inflammation theory of disease. *EMBO Rep.* nov 2012;13(11):968-70.

Buoite Stella A, Gortan Cappellari G, Barazzoni R, Zanetti M. Update on the Impact of Omega 3 Fatty Acids on Inflammation, Insulin Resistance and Sarcopenia: A Review. *Int J Mol Sci.* 11 janv 2018;19(1).

4. La surmédicalisation est un fléau

Modic MT, Obuchowski NA, Ross JS, Brant-Zawadzki MN, Grooff PN, Mazanec DJ, et al. Acute low back pain and radiculopathy: MR imaging findings and their prognostic role and effect on outcome. *Radiology.* nov 2005;237(2):597-604.

- Wintemute K, McDonald K, Huynh T, Pendrith C, Wilson L. Addressing overuse starts with physicians: Choosing Wisely Canada. *Canadian Family Physician*. 1 mars 2016;62(3):199–200.
- Panel B the AGS 2015 BCUE. American Geriatrics Society 2015 Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults. - PubMed - NCBI [Internet]. Disponible à : <https://www.ncbi.nlm.nih.gov/pubmed/26446832>
- Annual+report+design+2017_FINAL_web.pdf [Internet]. Disponible à : https://static1.squarespace.com/static/5836fo1fe6f2e1fa62c11fo8/t/5a3oodeo8165f5507o242b6f/1513o98731414/Annual+report+design+2017_FINAL_web.pdf
- Anti-Aging Market by Demographics, by Products, by Services, by Devices, and by Region-Global Industry Analysis, Size, Share, Growth, Trends, and Forecasts (2016-2021) | Orbis Research [Internet]. Disponible à : <https://www.orbisresearch.com/reports/index/anti-aging-market-by-demographics-by-products-by-services-by-devices-and-by-region-global-industry-analysis-size-share-growth-trends-and-forecasts-2016-2021>
- Leelakanok N, Holcombe AL, Lund BC, Gu X, Schweizer ML. Association between polypharmacy and death: A systematic review and meta-analysis. *J Am Pharm Assoc* (2003). déc 2017;57(6):729-738.e10.
- Classement d'entreprises: les plus riches, les plus grandes, les plus profitables [Internet]. Disponible à : <https://www.journaldunet.com/economie/magazine/1159250-entreprises-les-plus-riches-du-monde/>
- Watanabe JH, McInnis T, Hirsch JD. Cost of Prescription Drug-Related Morbidity and Mortality. *Ann Pharmacother*. sept 2018;52(9):829–37.
- Weiner DK. Deconstructing Chronic Low Back Pain in the Older Adult: Shifting the Paradigm from the Spine to the Person. *Pain Med*. 1 mai 2015;16(5):881–5.
- Machado-Alba JE, Gaviria-Mendoza A, Machado-Duque ME, Chica L. Deprescribing: a new goal focused on the patient. *Expert Opin Drug Saf*. févr 2017;16(2):111–2.
- Burt J, Elmore N, Campbell SM, Rodgers S, Avery AJ, Payne RA. Developing a measure of polypharmacy appropriateness in primary care: systematic review and expert consensus study. *BMC Medicine*. 13 juin 2018;16(1):91.
- drug-use-among-seniors-2016-fr-web.pdf [Internet]. Disponible à : https://secure.cihi.ca/free_products/drug-use-among-seniors-2016-fr-web.pdf
- FastStats [Internet]. 2019 Disponible à : <https://www.cdc.gov/nchs/fastats/drug-use-therapeutic.htm>
- Liu Y-Z, Wang Y-X, Jiang C-L. Inflammation: The Common Pathway of Stress-Related Diseases. *Front Hum Neurosci* [Internet]. 20 juin 2017 ;11. Disponible à : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5476783/>
- Medicalizing the optimal: Anti-aging medicine and the quandary of intervention [Internet]. ResearchGate. Disponible à : https://www.researchgate.net/publication/248345953_Medicalizing_the_optimal_Anti-aging_medicine_and_the_quandary_of_intervention
- Nombre d'ordonnances par personne - Statistiques de santé et de bien être selon le sexe - Tout le Québec - Professionnels de la santé - MSSS [Internet]. Disponible à : <http://www.msss.gouv.qc.ca/professionnels/statistiques-donnees-sante-bien-etre/statistiques-de-sante-et-de-bien-etre-selon-le-sexe-volet-national/nombre-d-ordonnances-par-personne/>
- Kendrick D, Fielding K, Bentley E, Kerslake R, Miller P, Pringle M. Radiography of the lumbar spine in primary care patients with low back pain: randomised controlled trial. *BMJ*. 17 févr 2001;322(7283):400–5.
- The other big drug problem: Older people taking too many pills [Internet]. Washington Post. Disponible à : https://www.washingtonpost.com/national/health-science/the-other-big-drug-problem-older-people-taking-too-many-pills/2017/12/08/3cea5ca2-c30a-11e7-afe9-4f60b5a6c4a0_story.html
- Use of multiple brain-affecting drugs is rising among seniors, despite risks, U-M research finds | Michigan Medicine [Internet]. Disponible à : <https://www.uofmhealth.org/news/archive/201702/use-multiple-brain-affecting-drugs-rising-among-seniors>
- Masnoon N, Shakib S, Kalisch-Ellett L, Caughey GE. What is polypharmacy? A systematic review of definitions. *BMC Geriatr* [Internet]. 10 oct 2017 ;17. Disponible à : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5635569/>

5. Les effets de l'obésité ne sont peut-être pas ceux que vous croyez

- Smekal A, Vaclavik J. Adipokines and cardiovascular disease: A comprehensive review. *Biomed Pap Med Fac Univ Palacky Olomouc Czech Repub*. mars 2017;161(1):31–40.
- Bezerra IN, Curioni C, Sichieri R. Association between eating out of home and body weight. *Nutr Rev*. févr 2012;70(2):65–79.
- Lam MCL, Adams J. Association between home food preparation skills and behaviour, and consumption of ultra-processed foods: Cross-sectional analysis of the UK National Diet and nutrition survey (2008–2009). *Int J Behav Nutr Phys Act* [Internet]. 23 mai 2017 ;14. Disponible à : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5442685/>
- Younger J, Kapphahn K, Brennan K, Sullivan SD, Stefanick ML. Association of Leptin with Body Pain in Women. *J Womens Health (Larchmt)*. 1 juill 2016;25(7):752–60.

- Cho B-Y, Seo D-C, Lin H-C, Lohrmann DK, Chomistek AK. BMI and Central Obesity With Falls Among Community-Dwelling Older Adults. *Am J Prev Med.* 2018;54(4):e59-66.
- Leigh L, Byles JE, Jagger C. BMI and healthy life expectancy in old and very old women. *Br J Nutr.* 2016;116(4):692-9.
- Zong G, Eisenberg DM, Hu FB, Sun Q. Consumption of Meals Prepared at Home and Risk of Type 2 Diabetes: An Analysis of Two Prospective Cohort Studies. *PLOS Medicine.* 5 juill 2016;13(7):e1002052.
- Subak LL, Pinto AM, Wing RR, Nakagawa S, Kusek JW, Herman WH, et al. Decrease in Urinary Incontinence Management Costs in Women Enrolled in a Clinical Trial of Weight Loss to Treat Urinary Incontinence. *Obstet Gynecol.* août 2012;120(2 Pt 1):277-83.
- Scott D, Duque G, Ebeling PR. Does obesity reduce risk for osteoporosis and fractures in older adults? *Internal Medicine Journal.* 2018;48(1):104-5.
- Environnements facilitants l'obésité et le surpoids [Internet]. Disponible à: http://obesite.ulaval.ca/obesite/generalites/environnement_facilitant.php
- Wiggers D, Vanderlee L, White CM, Reid JL, Minaker L, Hammond D. Food sources among young people in five major Canadian cities. *Can J Public Health.* août 2018;109(4):506-15.
- Cao B. Future healthy life expectancy among older adults in the US: a forecast based on cohort smoking and obesity history. *Popul Health Metr [Internet].* 12 juill 2016 ;14. Disponible à: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4941025/>
- Yiengprugsawan V, Steptoe A. Impacts of persistent general and site-specific pain on activities of daily living and physical performance: A prospective analysis of the English Longitudinal Study of Ageing. *Geriatrics & Gerontology International.* 2018;18(7):1051-7.
- Banack HR, Wactawski-Wende J, Hovey KM, Stokes A. Is BMI a valid measure of obesity in postmenopausal women? *Menopause.* 2018;25(3):307-13.
- L'activité physique en quelques chiffres - Flash Surveillance - Professionnels de la santé - MSSS [Internet]. Disponible à: <http://www.msss.gouv.qc.ca/professionnels/statistiques-donnees-sante-bien-etre/flash-surveillance/activite-physique-en-quelques-chiffres/>
- Canada A de la santé publique du. Lutter contre l'obésité au Canada – Taux d'obésité et d'excès de poids chez les adultes canadiens [Internet]. aem. 2018 Disponible à: <https://www.canada.ca/fr/sante-publique/services/publications/vie-saine/taux-obesite-exces-poids-adultes-canadiens.html>
- Blümel JE, Arteaga E, Mezones-Holguín E, Zúñiga MC, Witis S, Vallejo MS, et al. Obesity is associated with a higher prevalence of musculoskeletal pain in middle-aged women. *Gynecol Endocrinol.* mai 2017;33(5):378-82.
- Dufour AB, Losina E, Menz HB, LaValley MP, Hannan MT. Obesity, foot pain and foot disorders in older men and women. *Obes Res Clin Pract.* août 2017;11(4):445-53.
- Beltrán-Sánchez H, Soneji S, Crimmins EM. Past, Present, and Future of Healthy Life Expectancy. *Cold Spring Harb Perspect Med [Internet].* nov 2015 ;5(11). Disponible à: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4632858/>
- de Rooij BH, van der Berg JD, van der Kallen CJH, Schram MT, Savelberg HHCM, Schaper NC, et al. Physical Activity and Sedentary Behavior in Metabolically Healthy versus Unhealthy Obese and Non-Obese Individuals - The Maastricht Study. *PLoS ONE.* 2016;11(5):e0154358.
- de Winter M, Rioux BV, Boudreau JG, Bouchard DR, Sénéchal M. Physical Activity and Sedentary Patterns among Metabolically Healthy Individuals Living with Obesity [Internet]. *Journal of Diabetes Research.* 2018 Disponible à: <https://www.hindawi.com/journals/jdr/2018/7496768/>
- Asp M, Simonsson B, Larm P, Molarius A. Physical mobility, physical activity, and obesity among elderly: findings from a large population-based Swedish survey. *Public Health.* juin 2017;147:84-91.
- Spooner C, Jayasinghe UW, Faruqi N, Stocks N, Harris MF. Predictors of weight stigma experienced by middle-older aged, general-practice patients with obesity in disadvantaged areas of Australia: a cross-sectional study. *BMC Public Health.* 21 mai 2018;18(1):640.
- Demir O, Sen V, Irer B, Bozkurt O, Esen A. Prevalence and Possible Risk Factors for Urinary Incontinence: A Cohort Study in the City of Izmir. *Urol Int.* 2017;99(1):84-90.
- Flegal KM, Carroll MD, Ogden CL, Curtin LR. Prevalence and trends in obesity among US adults, 1999-2008. *JAMA.* 20 janv 2010;303(3):235-41.
- Handrigan GA, Maltais N, Gagné M, Lamontagne P, Hamel D, Teasdale N, et al. Sex-specific association between obesity and self-reported falls and injuries among community-dwelling Canadians aged 65 years and older. *Osteoporos Int.* 2017;28(2):483-94.
- O'Dowd A. Spending on junk food advertising is nearly 30 times what government spends on promoting healthy eating. *BMJ.* 11 oct 2017;359:j4677.
- Douketis JD, Macie C, Thabane L, Williamson DF. Systematic review of long-term weight loss studies in obese adults: clinical significance and applicability to clinical practice. *Int J Obes (Lond).* oct 2005;29(10):1153-67.
- Ramírez Torres M, Ruiz Valenzuela RE, Esparza-Romero J, López Teros MT, Alemán-Mateo H. The fat mass index, not the fat-free mass index, is associated with impaired physical performance in older adult subjects: Evidence from a cross-sectional study. *Clin Nutr.* avr 2019;38(2):877-82.

Reynolds SL, Saito Y, Crimmins EM. The impact of obesity on active life expectancy in older American men and women. *Gerontologist*. août 2005;45(4):438-44.

Juul F, Martinez-Steele E, Parekh N, Monteiro CA, Chang VW. Ultra-processed food consumption and excess weight among US adults. *British Journal of Nutrition*. juill 2018;120(1):90-100.

Davis SR, Castelo-Branco C, Chedraui P, Lumsden MA, Nappi RE, Shah D, et al. Understanding weight gain at menopause. *Climacteric*. oct 2012;15(5):419-29.

World Health Organization. Waist circumference and waist-hip ratio: report of a WHO expert consultation, Geneva, 8-11 December 2008. Geneva: World Health Organization; 2011.

C. 6 clés pour faire mentir les prédictions

1. Traitez vos muscles comme il faut

Delitto D, Judge SM, George TJ, Sarosi GA, Thomas RM, Behrns KE, et al. A clinically applicable muscular index predicts long-term survival in resectable pancreatic cancer. *Surgery*. 2017;161(4):930-8.

Schwellnus MP, Derman EW, Noakes TD. Aetiology of skeletal muscle « cramps » during exercise: a novel hypothesis. *J Sports Sci*. juin 1997;15(3):277-85.

Kim J-H, Kim D-Y. Aquarobic exercises improve the serum blood irisin and brain-derived neurotrophic factor levels in elderly women. *Exp Gerontol*. 2018;104:60-5.

Gianoudis J, Bailey CA, Daly RM. Associations between sedentary behaviour and body composition, muscle function and sarcopenia in community-dwelling older adults. *Osteoporos Int*. 1 févr 2015;26(2):571-9.

Maxwell SK, Kokokyi S, Breiner A, Ebadi H, Bril V, Katzberg HD. Characteristics of muscle cramps in patients with polyneuropathy. *Neuromuscul Disord*. août 2014;24(8):671-6.

Angeli P, Albino G, Carraro P, Dalla Pria M, Merkel C, Caregaro L, et al. Cirrhosis and muscle cramps: evidence of a causal relationship. *Hepatology*. févr 1996;23(2):264-73.

Ozaki H, Kitada T, Nakagata T, Naito H. Combination of body mass-based resistance training and high-intensity walking can improve both muscle size and O₂ peak in untrained older women. *Geriatrics & Gerontology International*. 2017;17(5):779-84.

Sebo P, Cerutti B, Haller DM. Effect of magnesium therapy on nocturnal leg cramps: a systematic review of randomized controlled trials with meta-analysis using simulations. *Fam Pract*. févr 2014;31(1):7-19.

Léger B, Derave W, De Bock K, Hespel P, Russell AP. Human sarcopenia reveals an increase in SOCS-3 and myostatin and a reduced efficiency of Akt phosphorylation. *Rejuvenation Res*. févr 2008;11(1):163-175B.

Bettis T, Kim B-J, Hamrick MW. Impact of muscle atrophy on bone metabolism and bone strength: implications for muscle-bone crosstalk with aging and disuse. *Osteoporos Int*. août 2018;29(8):1713-20.

Fry CS, Lee JD, Mula J, Kirby TJ, Jackson JR, Liu F, et al. Inducible depletion of satellite cells in adult, sedentary mice impairs muscle regenerative capacity without affecting sarcopenia. *Nat Med*. janv 2015;21(1):76-80.

Ghimire M, Sharma SK, Chimoriya R, Das GC. Intradialytic Muscle Cramp and its Association with Peripheral Arterial Disease in End Stage Renal Disease Patients on Hemodialysis. *JNMA J Nepal Med Assoc*. déc 2014;52(196):967-71.

Abdulla AJ, Jones PW, Pearce VR. Leg cramps in the elderly: prevalence, drug and disease associations. *Int J Clin Pract*. nov 1999;53(7):494-6.

Minetto MA, Holobar A, Botter A, Ravenni R, Farina D. Mechanisms of cramp contractions: peripheral or central generation? *J Physiol (Lond)*. 1 déc 2011;589(Pt 23):5759-73.

Paillard T. Muscle plasticity of aged subjects in response to electrical stimulation training and inversion and/or limitation of the sarcopenic process. *Ageing Research Reviews*. 1 sept 2018;46:1-13.

Matsumoto M, Watanabe K, Tsuji T, Ishii K, Takaishi H, Nakamura M, et al. Nocturnal Leg Cramps: A Common Complaint in Patients With Lumbar Spinal Canal Stenosis. *Spine*. 1 mars 2009;34(5):E189.

de Rooij BH, van der Berg JD, van der Kallen CJH, Schram MT, Savelberg HHCM, Schaper NC, et al. Physical Activity and Sedentary Behavior in Metabolically Healthy versus Unhealthy Obese and Non-Obese Individuals - The Maastricht Study. *PLoS ONE*. 2016;11(5):e0154358.

Jonkman NH, Del Panta V, Hoekstra T, Colpo M, van Schoor NM, Bandinelli S, et al. Predicting Trajectories of Functional Decline in 60- to 70-Year-Old People. *Gerontology*. 2018;64(3):212-21.

Culvenor AG, Wirth W, Roth M, Hunter DJ, Eckstein F. Predictive Capacity of Thigh Muscle Strength in Symptomatic and/or Radiographic Knee Osteoarthritis Progression: Data from the Foundation for the National Institutes of Health Osteoarthritis Biomarkers Consortium. *Am J Phys Med Rehabil*. 2016;95(12):931-8.

Katzberg H, Kokokyi S, Halpern E, Lovblom E, Barnett C, Hume D, et al. Prevalence of muscle cramps in patients with diabetes. *Diabetes Care*. 2014;37(1):e17-18.

Tramontano A, Veronese N, Sergi G, Manzato E, Rodriguez-Hurtado D, Maggi S, et al. Prevalence of sarcopenia and associated factors in the healthy older adults of the Peruvian Andes. *Archives of Gerontology and Geriatrics*. 1 janv 2017;68:49-54.

Leong DP, Teo KK, Rangarajan S, Lopez-Jaramillo P, Avezum A, Orlandini A, et al. Prognostic value of grip strength: findings from the Prospective Urban Rural Epidemiology (PURE) study. *Lancet*. 18 juill 2015;386(9990):266-73.

Johnson NE, Sowden J, Dilek N, Eichinger K, Burns J, McDermott MP, et al. Prospective study of muscle cramps in Charcot-Marie-tooth disease. *Muscle Nerve*. avr 2015;51(4):485-8.

Verdijk LB, Sniijders T, Holloway TM, VAN Kranenburg J, VAN Loon LJC. Resistance Training Increases Skeletal Muscle Capillarization in Healthy Older Men. *Med Sci Sports Exerc*. 2016;48(11):2157-64.

Schneider AS, Fürholzer W, Marquardt C, Hermsdörfer J. Task specific grip force control in writer's cramp. *Clin Neurophysiol*. avr 2014;125(4):786-97.

Scicchitano BM, Pelosi L, Sica G, Musarò A. The physiopathologic role of oxidative stress in skeletal muscle. *Mechanisms of Ageing and Development*. 1 mars 2018;170:37-44.

Tsuyuguchi R, Kurose S, Seto T, Takao N, Tagashira S, Tsutsumi H, et al. Toe grip strength in middle-aged individuals as a risk factor for falls. *J Sports Med Phys Fitness*. sept 2018;58(9):1325-30.

Goldman JG. Writer's cramp. *Toxicon*. 1 déc 2015;107:98-104.

2. Soignez l'arthrite

Erwin J, Edwards K, Woolf A, Whitcombe S, Kilty S. Better arthritis care: Patients' expectations and priorities, the competencies that community-based health professionals need to improve their care of people with arthritis? *Musculoskeletal Care*. 2018;16(1):60-6.

Abdulla A, Adams N, Bone M, Elliott AM, Gaffin J, Jones D, et al. Guidance on the management of pain in older people. *Age Ageing*. mars 2013;42 Suppl 1:i1-57.

Shih M, Hootman JM, Kruger J, Helmick CG. Physical activity in men and women with arthritis National Health Interview Survey, 2002. *Am J Prev Med*. mai 2006;30(5):385-93.

Song J, Chang RW, Dunlop DD. Population Impact of Arthritis on Disability in Older Adults. *Arthritis Rheum*. 15 avr 2006;55(2):248-55.

Centers for Disease Control and Prevention (CDC). Prevalence of doctor-diagnosed arthritis and arthritis-attributable activity limitation—United States, 2010-2012. *MMWR Morb Mortal Wkly Rep*. 8 nov 2013;62(44):869-73.

Gouvernement du Canada SC. Problèmes de santé chroniques, 2016 [Internet]. 2017 Disponible à : <https://www150.statcan.gc.ca/n1/pub/82-625-x/2017001/article/54858-fra.htm>

Dunlop DD, Semanik P, Song J, Manheim LM, Shih V, Chang RW. Risk factors for functional decline in older adults with arthritis. *Arthritis Rheum*. avr 2005;52(4):1274-82.

St. Sauver JL, Warner DO, Yawn BP, Jacobson DJ, Mc Gree ME, Pankratz JJ, et al. Why do patients visit their doctors? Assessing the most prevalent conditions in a defined US population. *Mayo Clin Proc*. janv 2013;88(1):56-67.

3. Prévenez l'arthrose

Palmer KT, Goodson N. Ageing, musculoskeletal health and work. *Best Pract Res Clin Rheumatol*. juin 2015;29(3):391-404.

Hannan MT, Felson DT, Pincus T. Analysis of the discordance between radiographic changes and knee pain in osteoarthritis of the knee. *J Rheumatol*. juin 2000;27(6):1513-7.

Woolf AD, Pflieger B. Burden of major musculoskeletal conditions. *Bull World Health Organ*. 2003;81(9):646-56.

Tsunoda K. Height loss caused by bent posture: A risk factor for stroke from ENT clinic - is it time to reconsider the physical examination? *Acta Otolaryngol*. oct 2011;131(10):1079-85.

Hannan MT, Broe KE, Cupples LA, Dufour AB, Rockwell M, Kiel DP. Height loss predicts subsequent hip fracture in men and women of the Framingham Study. *J Bone Miner Res*. janv 2012;27(1):146-52.

Masunari N, Fujiwara S, Kasagi F, Takahashi I, Yamada M, Nakamura T. Height loss starting in middle age predicts increased mortality in the elderly. *J Bone Miner Res*. janv 2012;27(1):138-45.

Schenker ML, Mauck RL, Ahn J, Mehta S. Pathogenesis and prevention of posttraumatic osteoarthritis after intra-articular fracture. *J Am Acad Orthop Surg*. janv 2014;22(1):20-8.

Bhattacharyya T, Gale D, Dewire P, Totterman S, Gale M, Mclaughlin S, et al. THE CLINICAL IMPORTANCE OF MENISCAL TEARS DEMONSTRATED BY MAGNETIC RESONANCE IMAGING IN OSTEOARTHRITIS OF THE KNEE☆. *The Journal of Bone and Joint Surgery-american Volume*. 1 janv 2003;85(1):4-9.

Yeoum SG, Lee JH. Usefulness of estimated height loss for detection of osteoporosis in women. *J Korean Acad Nurs*. déc 2011;41(6):758-67.

St. Sauver JL, Warner DO, Yawn BP, Jacobson DJ, Mc Gree ME, Pankratz JJ, et al. Why do patients visit their doctors? Assessing the most prevalent conditions in a defined US population. *Mayo Clin Proc*. janv 2013;88(1):56-67.

4. Misez sur votre cerveau

(PDF) Alzheimer's disease prevention: From risk factors to early intervention [Internet]. ResearchGate. Disponible à: https://www.researchgate.net/publication/319652727_Alzheimer's_disease_prevention_From_risk_factors_to_early_intervention

Féart C, Samieri C, Rondeau V, Amieva H, Portet F, Dartigues J-F, et al. Adherence to a Mediterranean diet, cognitive decline, and risk of dementia. *JAMA*. 12 août 2009;302(6):638-48.

Hardman RJ, Kennedy G, Macpherson H, Scholey AB, Pipingas A. Adherence to a Mediterranean-Style Diet and Effects on Cognition in Adults: A Qualitative Evaluation and Systematic Review of Longitudinal and Prospective Trials. *Front Nutr*. 2016;3:22.

Crous-Bou M, Minguillón C, Gramunt N, Molinuevo JL. Alzheimer's disease prevention: from risk factors to early intervention. *Alzheimers Res Ther* [Internet]. 12 sept 2017. Disponible à: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5596480/>

Fratiglioni L, Paillard-Borg S, Winblad B. An active and socially integrated lifestyle in late life might protect against dementia. *Lancet Neurol*. juin 2004;3(6):343-53.

Walco GA, Krane EJ, Schmader KE, Weiner DK. Applying a Lifespan Developmental Perspective to Chronic Pain: Pediatrics to Geriatrics. *J Pain*. 2016;17(9 Suppl):T108-117.

Donley GAR, Lönnroos E, Tuomainen T-P, Kauhanen J. Association of childhood stress with late-life dementia and Alzheimer's disease: the KIHU study. *Eur J Public Health*. 01 2018;28(6):1069-73.

Alladi S, Bak TH, Duggirala V, Surampudi B, Shailaja M, Shukla AK, et al. Bilingualism delays age at onset of dementia, independent of education and immigration status. *Neurology*. 26 nov 2013;81(22):1938-44.

Jochimsen HM, Muller M, Visseren FL, Scheltens P, Vincken KL, Mali WP, et al. Blood pressure and progression of brain atrophy: the SMART-MR Study. *JAMA Neurol*. août 2013;70(8):1046-53.

Peng P, Wang Z, Jiang T, Chu S, Wang S, Xiao D. Brain-volume changes in young and middle-aged smokers: a DARTEL-based voxel-based morphometry study. *Clin Respir J*. sept 2017;11(5):621-31.

Duzel E, van Praag H, Sendtner M. Can physical exercise in old age improve memory and hippocampal function? *Brain*. mars 2016;139(Pt 3):662-73.

Zhu N, Jacobs DR, Schreiner PJ, Launer LJ, Whitmer RA, Sidney S, et al. Cardiorespiratory fitness and brain volume and white matter integrity: The CARDIA Study. *Neurology*. 9 juin 2015;84(23):2347-53.

Crimmins EM, Saito Y, Kim JK. Change in Cognitively Healthy and Cognitively Impaired Life Expectancy in the United States: 2000-2010. *SSM Popul Health*. déc 2016;2:793-7.

Bisht K, Sharma K, Tremblay M-È. Chronic stress as a risk factor for Alzheimer's disease: Roles of microglia-mediated synaptic remodeling, inflammation, and oxidative stress. *Neurobiology of Stress*. 1 nov 2018;9:9-21.

Lautenschlager NT, Cox KL, Flicker L, Foster JK, van Bockxmeer FM, Xiao J, et al. Effect of physical activity on cognitive function in older adults at risk for Alzheimer disease: a randomized trial. *JAMA*. 3 sept 2008;300(9):1027-37.

Matura S, Fleckenstein J, Deichmann R, Engeroff T, Füzéki E, Hattingen E, et al. Effects of aerobic exercise on brain metabolism and grey matter volume in older adults: results of the randomised controlled SMART trial. *Transl Psychiatry*. juill 2017;7(7):e1172.

O'Donnell MJ, Chin SL, Rangarajan S, Xavier D, Liu L, Zhang H, et al. Global and regional effects of potentially modifiable risk factors associated with acute stroke in 32 countries (INTERSTROKE): a case-control study. *Lancet*. 20 août 2016;388(10046):761-75.

Yuede CM, Timson BF, Hettlinger JC, Yuede KM, Edwards HM, Lawson JE, et al. Interactions between stress and physical activity on Alzheimer's disease pathology. *Neurobiology of Stress*. 1 févr 2018;8:158-71.

19.

Government of Canada SC. Le Quotidien — Décès et causes de décès, 2015 [Internet]. 2018 Disponible à: <https://www150.statcan.gc.ca/n1/daily-quotidien/180223/dq180223c-fra.htm>

Vergheze J, Lipton RB, Katz MJ, Hall CB, Derby CA, Kuslansky G, et al. Leisure Activities and the Risk of Dementia in the Elderly. *New England Journal of Medicine*. 19 juin 2003;348(25):2508-16.

Gouvernement du Canada SC. Les dix principales causes de décès, 2011 [Internet]. 2014 Disponible à: <https://www150.statcan.gc.ca/n1/pub/82-625-x/2014001/article/11896-fra.htm>

Li R, Liu Y. Physical activity and prevention of Alzheimer's disease. *J Sport Health Sci*. déc 2016;5(4):381-2.

Scarmeas N, Luchsinger JA, Schupf N, Brickman AM, Cosentino S, Tang MX, et al. Physical Activity, Diet, and Risk of Alzheimer Disease. *JAMA*. 12 août 2009;302(6):627-37.

Sexton CE, Storsve AB, Walhovd KB, Johansen-Berg H, Fjell AM. Poor sleep quality is associated with increased cortical atrophy in community-dwelling adults. *Neurology*. 9 sept 2014;83(11):967-73.

Gouvernement du Canada I de recherche en santé du C. Pourquoi les femmes sont-elles plus souvent atteintes de la maladie d'Alzheimer? - IRSC [Internet]. 2018 Disponible à : <http://www.cihr-irsc.gc.ca/f/50785.html>

Raz N, Lindenberger U, Rodrigue KM, Kennedy KM, Head D, Williamson A, et al. Regional brain changes in aging healthy adults: general trends, individual differences and modifiers. *Cereb Cortex*. nov 2005;15(11):1676-89.

Pillai JA, Verghese J. Social networks and their role in preventing dementia. *Indian J Psychiatry*. janv 2009;51(Suppl1):S22-8.

Ross JA, Glibus G, Van Bockstaele EJ. Stress induced neural reorganization: A conceptual framework linking depression and Alzheimer's disease. *Prog Neuropsychopharmacol Biol Psychiatry*. 13 2018;85:136-51.

Hanning U, Roesler A, Peters A, Berger K, Baune BT. Structural brain changes and all-cause mortality in the elderly population-the mediating role of inflammation. *Age (Dordr)*. déc 2016;38(5-6):455-64.

Rebok GW, Ball K, Guey LT, Jones RN, Kim H-Y, King JW, et al. Ten-Year Effects of the ACTIVE Cognitive Training Trial on Cognition and Everyday Functioning in Older Adults. *J Am Geriatr Soc*. janv 2014;62(1):16-24.

Samaras K, Lutgers HL, Kochan NA, Crawford JD, Campbell LV, Wen W, et al. The impact of glucose disorders on cognition and brain volumes in the elderly: the Sydney Memory and Ageing Study. *Age (Dordr)*. avr 2014;36(2):977-93.

Barnes DE, Yaffe K. The projected effect of risk factor reduction on Alzheimer's disease prevalence. *Lancet Neurol*. sept 2011;10(9):819-28.

* Le texte de la page 176 sera corrigé lors de la première réimpression. Voici ce qui aurait dû être écrit: « Or, vos probabilités de succomber à un si triste événement ne seraient pourtant que d'environ 1 sur 188 000 pour l'avion et d'une sur 103 pour la voiture, selon le National Safety Council des États-Unis. »

5. Faites un pied de nez à votre équilibre

da Silva RA, Vieira ER, Carvalho CE, Oliveira MR, Amorim CF, Neto EN. Age-related differences on low back pain and postural control during one-leg stance: a case-control study. *Eur Spine J*. avr 2016;25(4):1251-7.

Rogge A-K, Röder B, Zech A, Nagel V, Hollander K, Braumann K-M, et al. Balance training improves memory and spatial cognition in healthy adults. *Scientific Reports* [Internet]. 2017. Disponible à : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5515881/>

Piitulainen H, Seipäjärvi S, Avela J, Parviainen T, Walker S. Cortical Proprioceptive Processing Is Altered by Aging. *Front Aging Neurosci* [Internet]. 2018. Disponible à : <https://www.frontiersin.org/articles/10.3389/fnagi.2018.00147/full>

Rogge A-K, Röder B, Zech A, Hötting K. Exercise-induced neuroplasticity: Balance training increases cortical thickness in visual and vestibular cortical regions. *Neuroimage*. 01 2018;179:471-9.

Boisgontier MP, Olivier I, Chenu O, Nougier V. Presbyopia: the effects of physiological ageing on proprioceptive control. *Age (Dordr)*. oct 2012;34(5):1179-94.

Hüfner K, Binetti C, Hamilton DA, Stephan T, Flanagin VL, Linn J, et al. Structural and functional plasticity of the hippocampal formation in professional dancers and slackliners. *Hippocampus*. août 2011;21(8):855-65.

6. Dormez

Rawtaer I, Mahendran R, Chan HY, Lei F, Kua EH. A nonpharmacological approach to improve sleep quality in older adults. *Asia Pac Psychiatry*. juin 2018;10(2):e12301.

Everitt H, Baldwin DS, Stuart B, Lipinska G, Mayers A, Malizia AL, et al. Antidepressants for insomnia in adults. *Cochrane Database Syst Rev*. 14 mai 2018;5:CD010753.

Montgomery P, Dennis J. Bright light therapy for sleep problems in adults aged 60+. *Cochrane Database Syst Rev*. 2002; (2):CD003403.

Canadian Sleep Society [Internet]. Disponible à : <https://scs-css.ca/>

CBT-I Is The First-Line Treatment for Chronic Insomnia | CBT [Internet]. Disponible à : <https://www.cbtforinsomnia.com/cbt-i-is-the-first-line-treatment-for-chronic-insomnia/>

Morin CM, Benca R. Chronic insomnia. *The Lancet*. 24 mars 2012;379(9821):1129-41.

Zee P, Attarian H, Videnovic A. Circadian Rhythm Abnormalities. *Continuum: Lifelong Learning in Neurology*. 1 févr 2013;19(1, Sleep Disorders):132-47.

Kim JH, Duffy JF. Circadian Rhythm Sleep-Wake Disorders in Older Adults. *Sleep Med Clin*. mars 2018;13(1):39-50.

Taylor DJ, Mallory LJ, Lichstein KL, Durrence HH, Riedel BW, Bush AJ. Comorbidity of chronic insomnia with medical problems. *Sleep*. févr 2007;30(2):213-8.

- Foroughi M, Razavi H, Malekmohammad M, Adimi Naghan P, Jamaati H. Diagnosis of Obstructive Sleep Apnea Syndrome in Adults: A Brief Review of Existing Data for Practice in Iran. *Tanaffos*. 2016;15(2):70-4.
- Drug Use Among Seniors in Canada, 2016. :69.
- KARAMI Z, GOLMOHAMMADI R, HEIDARIPAH LAVIAN A, POOROLAJAL J, HEIDARIMOGHADAM R. Effect of Daylight on Melatonin and Subjective General Health Factors in Elderly People. *Iran J Public Health*. mai 2016;45(5):636-43.
- Mauvieux B, Gouthière L, Sesboué B, Denise P, Davenne D. Effets de l'entraînement physique et sportif sur le rythme circadien de la température et le rythme veille-sommeil chez la personne vieillissante. Exemples chez des retraités et des travailleurs de nuit. *Pathologie Biologie*. 55(3-4):205-7.
- Milne S, Elkins MR. Exercise as an alternative treatment for chronic insomnia (PEDro synthesis). *Br J Sports Med*. 1 mars 2017;51(5):479-80.
- Spörrndly-Nees S, Åsenlöf P, Lindberg E. High or increasing levels of physical activity protect women from future insomnia. *Sleep Med*. avr 2017;32:22-7.
- Nakakubo S, Makizako H, Doi T, Tsutsumimoto K, Lee S, Lee S, et al. Impact of poor sleep quality and physical inactivity on cognitive function in community-dwelling older adults. *Geriatr Gerontol Int*. nov 2017;17(11):1823-8.
- Ferré S, Earley C, Gulyani S, Garcia-Borreguero D. In search of alternatives to dopaminergic ligands for the treatment of restless legs syndrome: iron, glutamate, and adenosine. *Sleep Medicine*. 1 mars 2017;31:86-92.
- Les jambes sans repos [Internet]. CHUV. Disponible à: <https://www.chuv.ch/fr/sommeil/cirs-home/patients-et-familles/les-troubles-du-sommeil/les-jambes-sans-repos/>
- Gammack JK. Light therapy for insomnia in older adults. *Clin Geriatr Med*. févr 2008;24(1):139-49, viii.
- Edinger JD, Carney CE. *Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach, Therapist Guide*. Oxford University Press; 2014. 161 p.
- Chen L-J, Steptoe A, Chen Y-H, Ku P-W, Lin C-H. Physical activity, smoking, and the incidence of clinically diagnosed insomnia. *Sleep Med*. 2017;30:189-94.
- Scholtens RM, van Munster BC, van Kempen MF, de Rooij SEJA. Physiological melatonin levels in healthy older people: A systematic review. *J Psychosom Res*. 2016;86:20-7.
- Celle S, Roche F, Kerleroux J, Thomas-Anterion C, Laurent B, Rouch I, et al. Prevalence and clinical correlates of restless legs syndrome in an elderly French population: the synapse study. *J Gerontol A Biol Sci Med Sci*. févr 2010;65(2):167-73.
- Braley TJ, Dunietz GL, Chervin RD, Lisabeth LD, Skolarus LE, Burke JF. Recognition and Diagnosis of Obstructive Sleep Apnea in Older Americans. *J Am Geriatr Soc*. juill 2018;66(7):1296-302.
- Glass J, Lanctôt KL, Herrmann N, Sproule BA, Busto UE. Sedative hypnotics in older people with insomnia: meta-analysis of risks and benefits. *BMJ*. 17 nov 2005;331(7526):1169.
- Gulia KK, Kumar VM. Sleep disorders in the elderly: a growing challenge. *Psychogeriatrics*. mai 2018;18(3):155-65.
- Stenholm S, Head J, Kivimäki M, Magnusson Hanson LL, Pentti J, Rod NH, et al. Sleep Duration and Sleep Disturbances as Predictors of Healthy and Chronic Disease-Free Life Expectancy Between Ages 50 and 75: A Pooled Analysis of Three Cohorts. *J Gerontol A Biol Sci Med Sci*. 16 janv 2019;74(2):204-10.
- Lim ASP, Kowgier M, Yu L, Buchman AS, Bennett DA. Sleep Fragmentation and the Risk of Incident Alzheimer's Disease and Cognitive Decline in Older Persons. *Sleep*. 1 juill 2013;36(7):1027-32.
- Feinsilver SH, Hernandez AB. Sleep in the Elderly: Unanswered Questions. *Clin Geriatr Med*. 2017;33(4):579-96.
- Min Y, Kirkwood CK, Mays DP, Slattum PW. The Effect of Sleep Medication Use and Poor Sleep Quality on Risk of Falls in Community-Dwelling Older Adults in the US: A Prospective Cohort Study. *Drugs Aging*. févr 2016;33(2):151-8.