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PROVIDING EXTRAORDINARY CARE TOGETHER

CLINICAL RESEARCH UNIT PRESENTS

META-JOURNAL HOUR

Is more night shift work prospectively associated with less healthy aging - more years with chronic diseases, cognitive and physical function, and mental health?

FULL ARTICLE

Rotating Night Shift Work and Healthy Aging After 24 Years of Follow-up in the Nurses' Health Study

Click to access full article:

https://jamanetwork.com/journals/jamanetworkopen/articlepdf/2791848/shi_2022_oi_2203_12_1650983627.91733.pdf

24th JUNE 2022 (FRIDAY) | 10.30 – 11.45AM | WEBEX

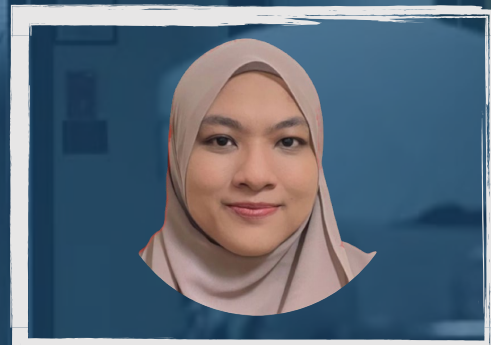
Speaker

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Brought to you via:



Ms. Iman Hafizah
Research Officer, CRU

Open to all UPM/ HPUPM staff, students and public
CPD points (UPM & MMA) and e-certificate will be awarded upon successful participation

For any inquiries, please contact: 03-97699759 or email: cru_hpupm@upm.edu.my

3 GOOD HEALTH AND WELL-BEING



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