

Physical and mental exercises, diet, regular medical examinations:
which will help to avoid deterioration

More and more people are now suffering from Alzheimer's disease. This condition can become a severe emotional, financial and social burden. In the course of a new study, scientists have found out whether certain changes in lifestyle can improve brain health and mental abilities. The results of this work are published in Jama magazine.

Scientists selected people with a low level of physical activity for a new study (less than 60 minutes of moderate physical activity per week) who did not comply with the Mind diet. Also, the participants had to correspond to at least two of the following conditions: the availability of problems with the memory of a close relative; the presence of high blood pressure, cholesterol or blood sugar; identification of oneself as part of a racial or ethnic group, which is often not sufficiently presented in research; Age from 70 to 79 years or male gender.

There were two groups in total. The differences between them were the implementation of the program. The first group was structured. The participants in it received additional support from trained specialists and worked closely with teams of 10-15 people to maintain motivation and a sense of responsibility. They also performed aerobic exercises of medium and high intensity four times a week for 30-35 minutes, as well as exercises for strength and flexibility twice a week; used the computer program for brain training three times a week for 30 minutes, regularly participated in other intellectually complex and social events; followed the Mind diet; Every six months they checked blood pressure, weight, tested.

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The second group was more independent, but still had access to support from the teams of peers and consultants of the Alzheimer Association for Combating Disease. Participants from this group received tips on physical exercises, food and brain health, in two years they attended six meetings of the peer teams and held an annual medical examination during visits to the clinic.

In a structured group, the results were manifested as a result faster than in a group of independent therapy. Statistically significant was the difference between them in planning, solving problems and multitasking. A little better structured group was in the speed of information processing.

It turns out that a combination of regular physical exercises, healthy nutrition, mental stimulation and social activity can help maintain brain health and reduce the risk of memory deterioration. This is especially true for those who have increased probability of developing dementia.

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