School of Psychology and Exercise Science
Research Seminar

Speaker: Dr Belinda Brown

Title: The role of physical activity in enhancing cognitive health and preventing dementia in older adults

Where: Kim Beazley Lecture Theatre (351.1.001)
When: 12:30 – 14:30, Friday 17 May 2019
Host: Dr Hakuei Fujiyama

Abstract:
Alzheimer's disease (AD) is the most common form of dementia, and is characterised by a gradual decline in cognitive function, changes in personality, and an eventual loss of normal bodily functions. With no proven pharmaceutical method available for the prevention or delay of AD, research attention has turned to lifestyle modifications that may aid in protecting the ageing brain. Previous studies have recognised that physically active individuals have better cognition and a reduced risk of dementia and AD, compared with their sedentary counterparts. Nevertheless, the effect of physical activity on biological factors associated with AD has been predominantly restricted to animal research, and thus my research has a focus on investigating the biological changes in the ageing brain associated with physical activity. Furthermore, little is known about the parameters of exercise (i.e. intensity and duration) and their effect on the brain. I will discuss this field of research, highlighting important high-impact work, and the direction that needs to be taken for physical activity to be implemented as a preventative factor for cognitive decline and dementia.

Biography:
Dr Belinda Brown is currently supported by an NHMRC-ARC Dementia Research Development Fellowship. Her research is primarily focused on understanding the role of lifestyle in maintaining a healthy ageing brain and preventing cognitive decline and dementia. Her previous work has identified a role of physical activity in: reducing toxic brain proteins associated with Alzheimer’s disease, enhancing cognitive function, and maintaining brain volume. She is currently undertaking a trial to investigate the role of exercise intensity on cognitive function and measures from brain imaging associated with declining brain health.

Meeting the presenter:
To arrange a meeting with the presenter, please contact the host.