Kolloquium „Berner Gespräche zur Sportwissenschaft“

Monday, October 30th 2023
4.15pm - 5.45pm
University of Bern, ZSSw building C, room C001, Bremgartenstr. 145, 3012 Bern

Cognitive impairment, dementia and physical activity

Dementia is a global, societal challenge. There is no foreseeable cure for the disease, and disease-modifying drugs are increasingly being approved but still fall far short in their effectiveness.
Physical activity has emerged in recent years as an important risk factor for the development of dementia and is also an important component in the treatment and care of people already suffering from dementia.
This presentation will focus on the relationship between physical activity and cognitive abilities or brain development. Current models and evidence will be presented on how physical activity can be improved (in old age) and implemented as a preventive measure in a social context.
Here, physical activity is described as a measure that is considered and implemented in a holistic, multimodal approach. This means, for example, that the question of what is described as a measure of success in intervention studies or in routine care and/or prioritized by those affected is investigated.

Prof. Dr. René Thyrian

René Thyrian is a psychologist and working group leader for "Interventional Care Research" at the German Center for Neurodegenerative Diseases (DZNE) and professor at the Institute for Community Medicine at Greifswald University Medical Center.
His research focuses on the prevention, treatment and care of people with dementia and their relatives.