

## **An Update on the Role of Exercise and Cognition in Adults**

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As the population ages, minimizing cognitive decline and dementia become important both to the individual and to society. Physical exercise as an intervention to prevent or delay cognitive decline is being studied, and the effects appear beneficial. Evidence from a 2018 systemic review and meta-analysis by Northey, et al. from the British Journal of Sports Medicine will be presented. Additional information regarding the possible etiologies of the effect of exercise and cognition will be addressed, including information on brain derived neurotrophic factor.

### **Reference:**

Northey JM, et al. Br J Sports Med 2018;52:154-160