

Preserving quality of life, physical health, and functional ability in Alzheimer's disease: the effect of physical exercise (ADEX)

<https://neurodegenerationresearch.eu/survey/title-of-pipreserving-quality-of-life-physical-health-and-functional-ability-in-alzheimers-disease-the-effect-of-physical-exercise-adex/>

Title of project or programme

Title of PI Preserving quality of life, physical health, and functional ability in Alzheimer's disease: the effect of physical exercise (ADEX)

Principal Investigators of project/programme grant

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Total sum awarded (Euro)

1773333

Start date of award

01-01-2011

Total duration of award in months

60

The project/programme is most relevant to

- Alzheimer's disease and other dementias

Keywords

Alzheimer, dementia, intervention, psysical exercise, randomised controlled trial

Research abstract in English

The aim of this research alliance is to develop a physical exercise programme for use in treating and caring for patients with Alzheimer's disease (AD) to improve physical health, functional ability and quality of life (QoL). Our aim is to explore the feasibility, potential effect and user acceptability of different versions and intensities of physical exercise as well as investigate potential biological mechanisms and predictors for the effect of physical exercise in patients by investigating microstructural changes and beta-amyloid accumulation, using advanced brain imaging and bio-fluid markers. Finally, the effect and cost-effectiveness of physical exercise will be investigated in a large randomised controlled trial (RCT). Eight memory clinics in Denmark will collaborate with the Danish Dementia Research Centre and key Danish and international experts in physical exercise, clinical databases, advanced brain imaging and clinical cohort studies in dementia. The physical exercise research programme will lead to a strategic alliance for clinical dementia research in Denmark, enhancing opportunities for 1) conducting investigator-initiated trials of interventions in AD and associated disorders as well as studies based on pooled data from international cohort databases; 2) attracting more drug trials sponsored by pharmaceutical and biotech industries; 3) translational research in collaboration with basic science research centres; 4) creating a common platform for training researchers for partnerships with private and public health care providers; and 5) enabling Danish researchers to join or lead European research projects and networks launched by the EU Joint Programming initiative on AD.

In which category does this research fall?

- Clinical research