

8TH GAIT AND BRAIN SEMINAR SERIES IN CONJUNCTION WITH THE CENTRE FOR COGNITIVE VITALITY AND BRAIN HEALTH GRAND ROUNDS

Tuesday, October 21, 2014

St. Joseph's Health Care London, Parkwood Hospital, Parkwood Auditorium B-283

Cognitive plasticity in older adults: Effects of cognitive training and physical exercise



Guest Speaker – Louis Bherer, PhD

Louis Bherer is a professor in the Department of Psychology, Chair in Preventive Health Science Research, and Scientific Director of the PERFORM Centre at Concordia University in Montréal. He is also a researcher and laboratory director at the Research Centre of the Institut universitaire de gériatrie de Montréal. Bherer completed a Master's degree in Cognitive Psychology, a PhD in Neuropsychology, and a post-doc in Aging and Neuroscience at Beckman Institute for Advanced Science and Technology.

He and his team want to improve understanding of why and how intellectual stimulation and physical activity can help seniors maintain better brain functioning. He is also exploring whether these benefits are long lasting and are equivalent for seniors of all ages, sexes and health conditions. Bherer's research program is currently supported by the Canadian Institute of Health Research, the Natural Sciences and Engineering Research Council of Canada and the Canadian Foundation for Innovation. Dr. Bherer is the associate leader of the Motor, Exercise and Cognition team, which is led by Dr. Montero-Odasso and has been recently funded by CIHR under the Canadian Consortium on Neurodegeneration in Aging Initiative.

Numerous studies suggest that cognitive training can help improve cognitive performance and that this improvement is associated with identifiable patterns of brain plasticity. An issue is to what extent cognitive training interventions lead to significant benefits that transfer to real life situations. In this talk, Bherer will present results from our lab suggesting that cognitive training leads to more than just task specific learning and thus supports the notion that cognitive plasticity for attentional control is preserved in late adulthood. He will also review our results showing that physical exercise training can lead to significant benefits in cognitive performance in older adults. Moreover, Bherer will present results with patients at risk of cognitive decline suggesting that cognitive training and exercise interventions are promising non-pharmaceutical tools to help improve cognition, gait, balance and mobility in older patients.

Agenda

2:50

Introduction by
Dr. Manuel Montero-
Odasso, MD, PhD

3:00

Lecture,
Louis Bherer, PhD

3:45

Question & Answer

4:00-
4:20

Evaluations

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Learning Objectives

1. Understand the benefits and limits of computerized cognitive training on cognitive performances in older adults.
2. Understand effects of physical activity and exercise on brain structure and functions in older adults of different physical conditions.
3. Study how cognitive training and physical exercise, performed alone or combined, can help improve cognition, balance and gait in older adults.

Sponsors

Division of Geriatric Medicine, Department of Medicine, at the Schulich School of Medicine & Dentistry, Western University.

Acknowledgements

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Study Credits

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University (1.5 hours).

Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

Seating is Limited

Please RSVP to Rose Freitas:

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The Gait and Brain Seminar Series is a no-cost event.