

Physical activity, mastication and pain in dementia

<https://neurodegenerationresearch.eu/survey/title-of-pi/physical-activity-mastication-and-pain-in-dementia/>

Title of project or programme

Title of PI Physical activity, mastication and pain in dementia

Principal Investigators of project/programme grant

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- Netherlands

Source of funding information

Dutch Alzheimer's Association (Azheimer Nederland)

Total sum awarded (Euro)

1000000

Start date of award

01-07-2007

Total duration of award in months

60

The project/programme is most relevant to

- Alzheimer's disease and other dementias

Keywords

physical activity, exercise, mastication, oral care, teeth care, pain, cognition, behaviour, sleep-wake rhythm, mood, dementia, aging

Research abstract in English

An increase in physical activity, e.g. participation in an exercise program, appears to have a beneficial influence on cognitive functioning in older people and in patients in a very early stage of dementia. Effects of a relative short exercise program, i.e. 6 weeks, are inconsistent in a more advanced stage of dementia. Consequently, we started a longitudinal physical activity program that now runs for 1.5 years, to examine whether a much longer intervention period yields more beneficial effects on cognition and behaviour in a more advanced stage of dementia. One type of physical activity that receives hardly any attention with respect to memory is mastication. Results of animal experimental studies and a few human experimental studies with young and older persons without dementia show a close relationship between mastication and memory. Therefore, we started a project on the relationship between mastication, cognition, and behaviour in patients with dementia. Finally, pain is one of the most undertreated symptoms in dementia and may therefore be one of the causes of inactivity/passivity in older persons with dementia. In other words, physical activity and pain are closely related. For that reason, a project is implemented in which pain observation takes place daily; such an increase in the quality of caring highly contributes to a more effective treatment strategy.

Lay Summary

In which category does this research fall?

- Clinical research