

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

<https://www.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

Title	Forname	Surname	Institution	Country
Director	Gunhild	Waldemar	Danish Dementia Research Centre, Dept. of Neurology, Rigshospitalet, Copenhagen University Hospital	Denmark
Associate professor	Steen	Hasselbalch	Danish Dementia Research Centre, Dept. of Neurology, Rigshospitalet, Copenhagen University Hospital	Denmark
Post.doc.	Anja	Hviid Simonsen	Danish Dementia Research Centre, Dept. of Neurology, Rigshospitalet, Copenhagen University Hospital	Denmark
Consultant	Peter	Johannsen	Danish Dementia Research Centre, Dept. of Neurology, Rigshospitalet, Copenhagen University Hospital	Denmark
Ole	Terkelsen	Consultant	Department of Clinical Quality, The Capital Region of Denmark	Denmark
Senior consultant	Maria		Karolinska University hospital	Sweden

## Address of institution of lead PI

Institution Danish Dementia Research Centre, Dept. of Neurology, Rigshospitalet, Copenhagen University Hospital  
Street Address Blegedamsvej 9  
City Copenhagen  
Postcode 2100

## Country

- Denmark

## 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