

The key role of exercise for healthy ageing, cognitive impairment and dementia podcast



This podcast will give an overview on the current evidence on how physical activity can impact on cognition and mental health in older adults with normal cognition, Mild Cognitive Impairment (MCI) and dementia. It also will highlight the current discussions in the literature what strategies might be effective to motivate sedentary older adults to become more physically active and to adhere to physical activity programs and will give practical recommendations for clinical settings.

The recording is of a presentation delivered at the 6th Exercise & Sports Science Australia Conference and Sports Dietitians Australia Update: **Research to Practice** (2014).

Presented by Professor Nicola Lautenschlager

Nicola T. Lautenschlager, MD, FRANZCP, is the University of Melbourne Professor of Psychiatry of Old Age at the Department of Psychiatry and the Head of the Academic Unit for Psychiatry of Old Age. She also is the Clinical Director for the St. Vincent's Aged Mental Health Service at St. George's Hospital in Kew. Nicola is the current Editor-in-Chief of International Psychogeriatrics, the scientific journal of the International Psychogeriatric Association (IPA). Since 2007 she is a Professorial Fellow of the National Ageing Research Institute (NARI). Nicola received her medical and academic training in Germany at the Technical University of Munich and worked as a postdoctoral fellow at Boston University. Prior to her move to Melbourne in 2008 she worked at The University of Western Australia at the School of Psychiatry and Clinical Neurosciences and the WA Centre for Health & Ageing. Her current research focus is on early diagnosis of cognitive impairment and intervention trials for older adults to improve mental health outcomes.

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