RELATION BETWEEN LEVEL OF PHYSICAL ACTIVITY AND COGNITIVE ABILITIES IN PATIENTS WITH ALZHEIMER’S DISEASE


Introduction: Physical activity has been recommended as non-pharmacological treatment for patients with Alzheimer’s disease (AD).

Objective: Relate the physical activity level and cognitive abilities of patients with Alzheimer’s disease.

Methods: Twenty-nine patients with clinical diagnosis of AD and characterized by descriptive analysis (average and standard deviation): 78.2 ± 6.3 years old; 1.5 (0.5) CDR: mean, 19.4 ± 3.7 points in Mini Mental State Examination (MMSE). We applied the Modified Baecke Questionnaire for Elderly to quantify the level of physical activity and the MMSE to measure cognitive abilities.

Results: There was a positive correlation between level of physical activity and cognitive abilities ($r = 0.394$ $p = 0.42$), using Spearman correlation.

Conclusion: The results show that higher levels of physical activity had a relation with better cognitive performance. The systematic physical activity contributes to improve cerebral blood perfusion, which may influence the cognitive abilities. Higher levels of physical activity in elderly patient with AD will be better for cognitive function and consequently, we can expect a better performance on activities of daily. It is recommended the systematic practice of physical activity for patients with AD.