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Influence of combined physicalexerciseoncognition and modulation of epigenetic markers in institution alizedelderly

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The elderlypopulationhasincreasedexponentially in recentdecades. Withthis, manyelderlypeopleunabletoliveindependently start tolive in long-terminstitutions. Evidencesuggeststhatepigeneticfactors, mainlyreducedlevelsofhistoneacetylation and theBrainDerivedNeurotrophicFactor (BDNF) in thehippocampus, are associatedwiththeagingprocess and theemergenceofneurodegenerativediseases. The practiceofphysicalexerciseis a non-pharmacologicalstrategycapableofminimizing and preventingcognitiveimpairment, improvingmemory and learning processes. Studiesdemonstratethebenefitsofthispractice in institutionalizedelderlypeople, butthe molecular mechanismsinvolved are still unclear. Objective:toevaluatetheeffectof a combinedexerciseprotocoloncognition

Wehopethat, as cognitionhasimproved, global levelsofhistone H4 and BDNF acetylationwillhave positive results.

Aging. Cognition. Epigenetics.

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