



https://www.medpagetoday.com/neurology/alzheimersdisease/102961?xid=nl_mpt_DHE_2023-02-03&eun=g148346d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Evening%202023-02-03&utm_term=NL_Daily_DHE_dual-gmail-definition

Sustained vigorous exercise might have slowed disease progression in two patients with positive Alzheimer's biomarkers and mild cognitive impairment, two case reports suggested.

At age 64, patient 1 was diagnosed with amnesic mild cognitive impairment. More than 15 years later, at age 80, he had minimal cognitive and functional decline and was diagnosed with mild Alzheimer's disease.

Patient 2 was diagnosed with amnesic mild cognitive impairment at age 72. At age 80, he showed no clinical progression.