

Special Issue

The Brain-Boosting Power of Exercise: Improving Cerebrovascular and Cognitive Health

Message from the Guest Editors

The current worldwide incidence of dementia is more than 57 million, with nearly 10 million new cases every year. Dementia is associated with adverse changes in cerebrovascular structure and function, which contribute to a decline in cognition. There are various modifiable risk factors that lead to impaired vascular function, contributing to dementia, including physical inactivity.

There is increasing evidence that exercise training may help to maintain optimal cerebrovascular function and thereby prevent or slow the development of cognitive impairment. Investigations researching the adaptations to cerebrovascular and cognitive function with exercise training in health and disease would support the rationale for the use of exercise as medicine to reduce the risk of dementia.

Therefore, the purpose of this Special Issue is to examine the impact of exercise training on cerebrovascular and cognitive function in health and disease mitigation. We welcome manuscripts and expressions of interest that have investigated this novel and emerging area of research.

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