

P92

Effects of training program on activities of daily living & lipid profiles in male patients with dementia

Yi-Sub Kwak, Soo-Wan Nam¹, Dong-Eun Kim¹,
Kyung-Tae Chung² and Young-Kee Jeong²

Department of Leisure & Sport Science, Dong Eui University, Busan, Korea 614-714

¹Department of Biotechnology & Bioengineering, Dong Eui University, Busan, Korea
614-714

²Department of Life Science and Applied Biotechnology, College of Natural Science,
Dong-Eui University, Busan, 614-714, Korea

The purpose of this study was to investigate effects of regular exercise on ADL(activities of daily living) and lipid profiles in male patients with dementia. The subjects were consisted of 24 male patients with dementia, they were divided into two groups : the exercise group (EG, n=12) and the control group (CG, n=12). The exercise group participated in regular exercise program, and their ADL, lipid profiles (total cholesterol, triglyceride, HDL-C, LDL-C) levels were evaluated at baseline (pre, 0mo), after 6 months (mid, 6mo), and after 12 months (post, 12mo). The subjects carried on exercising 30~60 minutes a day, 2~3 times per week for 12 months. Statistical techniques for data analysis was paired samples t-test. The level of statistical significance was $\leq .05$. The results of this study were summarized as follows:

In the case of EG, mid and post ADL values significantly higher than that of pre value, whereas there was no significant difference in the CG. Mid and post values of TC, TG, and LDL-C were significantly lower than that of pre value in the EG. However, mid and post HDL-C values were higher in the EG compared to pre value.

In conclusion, these results suggest that regular exercise have an positive effect on ADL and lipid profiles in male patient with dementia. In addition, regular exercise may be helpful to reduce the incidence of heart disease and coronary sclerosis.

key word: ADL, lipid profiles (TC, TG, HDL-C, LDL-C), dementia