



Press release

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Basic information

Name: Martin Langeskov Christensen

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Department of: Public Health

Main supervisor: Ulrik Dalgas

Title of dissertation: Effects of aerobic exercise on brain health in people with multiple sclerosis

Date for defence: 30.08.2019 at (time of day): 13:00-15:00 Place: Section for Sport Science, Dalgas Avenue 4, 8000 Aarhus C

Press release (Danish)

Effekter af aerob træning på hjernens sundhed hos mennesker med multipel sclerose

Effekter af aerob træning på hjernens sundhed hos mennesker med multipel sclerose er et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af Martin Langeskov Christensen, der forsvare det d. 30/08

Accelereret hjerneatrofi er en primær faktor for de progressive funktionsnedsættelser, der klinisk karakteriserer mennesker med multipel sclerose. Præliminære data fra dyreforsøg og humane studier, der evaluerer fysisk træning, indikerer en mulig sygdomsmodificerende effekt. Også kognitive forstyrrelser er meget udbredte ved multipel sclerose. Progressiv konditionstræning repræsenterer en lovende tilgang mod bevarelse eller forbedring af det kognitive niveau hos mennesker med multipel sclerose. Dette ph.d. projekt undersøgte derfor, om superviseret højintens progressiv konditionstræning påvirker total og regional hjerneatrofi og kognitive forstyrrelser hos mennesker med multipel sclerose.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 30/08 kl. 13:00-15:00 i Sektion for Idræts auditorium, Aarhus Universitet, Dalgas Avenue 4, Aarhus C. Titlen på projektet er "Effects of aerobic exercise on brain health in people with multiple sclerosis". Yderligere oplysninger: Ph.d.-studerende Martin Langeskov Christensen, e-mail: mach@ph.au.dk, tlf. 50944521.

Bedømmelsesudvalg:

Professor Helle Terkildsen Maindal, Institut for Folkesundhed - Sektion for Sundhedsfremme og Sundhedsvæsen, Aarhus Universitet, Danmark.

Professor Stefan M. Gold, Institut for Psykiatri og Psykoterapi, Campus Benjamin Franklin (CBF) Charité Universitätsmedizin Berlin, Tyskland.

Lektor Jesper Lundbye-Jensen, Institut for Idræt og Ernæring, Københavns Universitet, Danmark.

Press release (English)

Effects of aerobic exercise on brain health in people with multiple sclerosis

Effects of aerobic exercise on brain health in people with multiple sclerosis is a new PhD project from Aarhus University, Health. The project was carried out by Martin Langeskov Christensen, who is defending his dissertation on 30/08.

Accelerated brain atrophy is a main marker of the progressing disabilities that clinically characterize people with multiple sclerosis. Preliminary data from animal studies and human studies indicate a possible disease-modifying effect of physical exercise, and particularly progressive aerobic exercise



has been suggested as a promising modality. In addition, cognitive impairment is highly prevalent in multiple sclerosis, and again progressive aerobic exercise represents a promising approach toward preservation or improvement of cognitive performance in people with multiple sclerosis. This PhD project therefore assessed whether supervised high-intensity progressive aerobic exercise affects total and regional brain atrophy and cognitive performance in people with multiple sclerosis.

The defence is public and takes place on 30/08 at 13:00-15:00 in the auditorium at Section for Sport Science, Aarhus University, Dalgas Avenue 4, Aarhus C. The title of the project is Effects of aerobic exercise on brain health in people with multiple sclerosis. For more information, please contact PhD student Martin Langeskov Christensen, email: mach@ph.au.dk, Phone +45 50944521.

Assessment committee:

Professor Helle Terkildsen Maindal, Department of Public Health, Section for Health Promotion and Health Services Aarhus University, Denmark

Professor Stefan M. Gold, Department of Psychiatry and Psychotherapy, Campus Benjamin Franklin (CBF) Charité Universitätsmedizin Berlin, Germany

Associate Professor Jesper Lundbye-Jensen, Department of Nutrition, Exercise and Sports, University of Copenhagen, Denmark

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