

Brain vascular and neural function linked to balance across the adult lifespan

Status: Recruiting

Eligibility Criteria

Sex: Male or Female

Age Group: 18 years and over

This study is also accepting healthy volunteers

Inclusion Criteria:

- Age within the following 3 group age ranges, 21-30yo; middle-aged: 40-55yo; older: 65-95yo adults - no major orthopedic disability - vision that is 20/40 or better with or without corrective lenses - English speaking - able to stand for 3 minutes and walk 10 meters (33 feet) with or without an assistive device and without the assistance of another person - see link to clinicaltrials.gov for complete Inclusion criteria

Exclusion Criteria:

- insulin-dependent diabetes - peripheral neuropathy - myocardial infarction (heart attack) or symptoms of coronary artery disease within 2 years - congestive heart failure or class IV heart failure - any impairment affecting balance or thinking

Conditions & Interventions

Interventions:

Behavioral: aerobic exercise

Conditions:

Community Health

Keywords:

neurotypical, aging, balance

More Information

Description: We are studying the relationship between cerebrovascular health and balance control associated with aging. Cerebrovascular function will be assessed with an ultrasound of cerebral blood flow and EKG done while participants exercise. We will also do an EEG with balance testing. Participants will complete two sessions, each 1.5 -2.5 hours and 2.5-3 hours in duration, 1 to 14 days apart. We will compare the results of younger, middle-aged and older adult participants.

Study Contact: Brains in Motion STUDY - brainsinmotion@umn.edu

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Phase: NA

IRB Number: STUDY00021001

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