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Physical activity, socialization and reading in the elderly over the age of seventy: What is the relation with cognitive decline? Evidence from “The Treviso Longeva (TRELONG) study”

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Abstract

Evidence in the literature suggests that physical activity, social contacts and cognitively stimulating activity, such as reading, often considered individually, may improve cognitive performance. Our work examines their interactions and confirms their positive effects on cognitive functions. The correlations between physical activity, socialization, reading and improved cognitive performance remained significant after adjusting for confounding factors, such as comorbidity and hearing function. Our work suggests that these factors are important for the prevention of cognitive decline in the elderly.

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