

NEWS RELEASE

CONTACT:

Michael Willis, CEO
720-548-1280
mwillis@medawareystems.com
www.medawareystems.com

MedAware Systems is presenting additional Alzheimer's research at the American College of Sports Medicine Annual Meeting

March 5, 2019 - Broomfield, Colorado

MedAware Systems, Inc. announced today that a second research paper, entitled *Effects Of Physical Activity On Cognitive Function In Alzheimer's Disease: A Comprehensive Meta-analysis* has also been selected for presentation at the Annual Meeting of the American College of Sports Medicine (ACSM), in Orlando, FL, May 28 – June 1, 2019.

Founded in 1954, ACSM advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. The organization has more than 50,000 members and certified professionals from 90 countries around the globe, representing 70 occupations within the sports medicine field.

This new meta-analysis, authored by Zung Vu Tran, PhD and a team of researchers at MedAware Systems, is an exhaustive literature review and analysis of the effects of physical activity on cognitive functions in adults with Alzheimer's Disease (AD) and dementia. The team reviewed data from 2,201 studies contained in the Company's comprehensive Dementia database. 34 studies reported outcomes on the use of some form of physical activity interventions.

The findings indicated that physical activity appears to mitigate cognitive declines in AD and dementia patients, with strength training showing a small beneficial effect (i.e., improvement, rather than slowing the decline in patients). Although these findings are based on a small number of studies in each physical activity category, results of this meta-analysis should provide investigators with evidence to further explore the use of physical training in AD and dementia patients.

"Global cognitive function is associated with increased physical activity. Physical frailty is associated with increased risk of Alzheimer's disease and can predict future cognitive decline in adults", said William Kent, President and COO. He continued, "This new meta-analysis informs areas of investigation that seek to understand the efficacy of such alternative therapies in AD."

ABOUT MEDAWARE SYSTEMS, INC.

MedAware Systems, Inc. changes the way Pharma and medical device companies, physicians, payers and patients derive usable evidence from published clinical trials research. The Company's *Science of Health Informatics* (SOHInfo™) is a Scientific-Data-as-a-Service (SDaaS™) that solves the problem of making the vast and chaotic body of clinical science research data instantly available and indispensable for understanding the safety and efficacy of medical treatments and devices.

###