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Summary of “How Exercise Can Moderate Brain Damage Caused By Drinking”

A new study, whether aerobic exercise could reverse or prevent alcohol-related brain damage from occurring in long-time drinkers, was posted in the journal “Alcoholism: Clinical & Experimental Research” by researchers at the University of Colorado at Boulder. In the new study, although the result could not conclude that exercise can cause harmed brain to improve among heavy drinkers, it suggests that aerobic exercise could be potentially helpful for them.