

China backs 'Tai Chi Training' to improve Parkinson's Disease and mild cognitive impairment

01 April 2022 | News

The research achievements of Ruijin Hospital, Fosun Foundation and Sino Taiji team have been published in authoritative journals

The latest research shows that Tai Chi training (an internal Chinese martial art) is conducive to the treatment of Parkinson's disease and the prevention of Alzheimer's disease. Professor Shengdi Chen from the Neurology Department of Ruijin Hospital, Shanghai Jiao Tong University School of Medicine has just published papers in the international authoritative medical journals, *Translational Neurodegeneration* and *Alzheimer's & Dementia*, indicating that long-term Tai Chi training can effectively improve the motor symptom in patients with Parkinson's disease, and significantly delay cognitive decline in patients with mild cognitive impairment (MCI).

This is also the scientific research achievements of the two philanthropic projects, "Tai Chi Adjuvant Therapy for Parkinson's Disease" and "Tai Chi Training Delays Alzheimer's Disease", jointly launched by Fosun Foundation, Sino Taiji and the Neurology Department of Ruijin Hospital.

Up to now, the "Tai Chi Adjuvant Therapy for Parkinson's Disease" project has provided free courses for 445 patients with Parkinson's disease, and will continue to carry out charitable Tai Chi courses for patients with Parkinson's disease across the country.

In addition, the "Tai Chi Training Delays Alzheimer's Disease" project will launch a 5-year in-depth clinical research to recruit MCI patients in the community, and to explore the effect of longer-term Tai Chi training on MCI patients, helping more patients with MCI to improve their cognitive function and delay the occurrence of Alzheimer disease through charitable Tai Chi training projects.