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The Impact of Cognitive Training on Executive Function in Older Adults with Mild Cognitive Impairment

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Mild cognitive impairment (MCI) is a transitional stage between normal aging and dementia. This randomized controlled trial evaluated the effects of a 12-week computerized cognitive training program targeting executive function in 100 older adults with MCI. Participants receiving cognitive training showed significant improvements in executive function tasks, including working memory and cognitive flexibility, compared to the control group receiving usual care. Functional MRI scans revealed increased activation in prefrontal regions post-

intervention. These results suggest that targeted cognitive training can enhance executive function and may delay progression to dementia in MCI patients.

Biography

Maria Gonzalez researches neuroplasticity and cognitive interventions in aging populations. She leads multidisciplinary studies on delaying cognitive decline and improving quality of life in older adults.