

Discovery Day in Health Sciences

Gait and Brain Lab Resources

Learn about our Lab

Our lab is called the Gait and Brain lab and is led by Dr. Montero-Odasso, a scientist and geriatric doctor with recognition across the world. Our lab looks at how the way a person walks is related to their brain function. This line of research is very new and is at the cutting-edge forefront of advancements in the science of brain and motor development. We are interested in older populations of individuals who are at risk for memory problems (such as dementia).

Check out a YouTube video showcasing our research initiatives!

<https://www.youtube.com/watch?v=JfwU6tCwPS0&feature=youtu.be>

Feel free to also take a look at our lab website. We're always looking for new ways to include members of the community in our research endeavours so feel free to get in touch with us.

<https://gaitandbrain.com/>

Gait and Brain App

You may have a loved one who is older and potentially at risk for dementia. In our lab, we're consistently finding that gait (the way a person walks) is related to their cognitive performance (the way their brain functions). We have done this through neat and fascinating research studies in which we ask people to talk (and think) while they walk. If you're interested in doing this, check out our app! <https://gaitandbrain.com/app/>

Here, you can simply enter in age and gender, then calculate the time (in seconds) it takes to walk a given distance (in meters). We compare the speed (distance/time) of walking when doing so normally (i.e., "usual pace") to the speed while doing one of the three following tasks:

- 1) Counting Backwards: count backwards from 100 while walking (e.g., "100, 99, 98 etc)
- 2) Serial Sevens: count backwards from 100 in increments of 7 while walking (e.g., 100, 93, 86, 79 etc).
- 3) Naming Animals: name as many animals as you can while you walk (e.g., monkey, kangaroo, lizard etc)

Note that our app is designed for individuals 65-80 years of age.

The output will determine the risk of progression from mild cognitive impairment (MCI) to dementia with some interesting statistical models.

Our Twitter Feed

Take a look at our tweets @GaitandBrain ! Here, you'll find information on cutting edge research in geriatric medicine, current and past conferences, and expert opinion on various research topics from our lab director, Dr. Montero-Odasso.