

Rong Zhang, PhD.

Professor of Departments of Neurology and Internal Medicine/Cardiology at UT Southwestern Medical Center, Director of Cerebrovascular Laboratory at the Institute for Exercise and Environmental Medicine Texas Health Resources Presbyterian Hospital Dallas.

Dr. Zhang's lab has been funded by NIH and American Heart Association to study the impact of cardiovascular risk factors and exercise training on brain aging and Alzheimer disease over the last 20 years. Dr. Zhang and his team have published more than 150 research articles in cerebrovascular function and neuroimaging study of brain structure and function. Currently, he leads a large NIH trial to assess the effects of intensive treatment of systolic blood pressure on brain amyloid and tau deposition in older adults who have high risk of Alzheimer's disease and related dementias (NCT05331144).

Speech Title: Aerobic Exercise Training Reduces Central Arterial Stiffness and Improves Cerebral Blood Flow in Older Adults