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NEWS RELEASE

To members of the press:

October 28, 2015

TSUKUI CORPORATION

Start of Functional Training to Prevent Dementia at TSUKUI Day Services

New introduction of “Cognibike” ergometer based on the concept of “cognicise**”

TSUKUI CORPORATION (head office: Konan-ku, Yokohama-shi; President and Representative Director: Hiroshi Tsukui; hereinafter “the Company”) has introduced the “Cognibike” ergometer jointly developed by the National Center for Geriatrics and Gerontology and Inter Reha Co., Ltd. based on the concept of “cognicise” at 94 of its day service locations and has launched full-scale functional training to prevent dementia in its day service operations.

As Japan becomes a super-aged society, the Ministry of Health, Labour and Welfare estimated in 2012 that the number of elderly people with dementia was around 4.62 million, and the number with the previous stage, mild-cognitive impairment (MCI), stood at around 4.00 million, approximately one in four of the population aged 65 or over. As Japan’s society continues to age, the number of elderly people with dementia is predicted to rise, making dementia prevention an issue to be addressed.



In its day services, the Company has examined various initiatives to prevent dementia. Risk factors for dementia include lifestyle diseases and smoking, depression, and lack of exercise, and it is important to eliminate these factors. Among them, eliminating lack of exercise is said to be effective for maintaining and improving cognitive function. For mild-cognitive impairment (MCI), dual task training that uses the brain while exercising is considered to be an effective prevention measure.



The Company has introduced the “Cognibike” ergometer at 94 of its day service locations. The Cognibike is a dual task ergometer where users can use both their body (pedal load and pedaling) and their brain (memory and mathematic tasks, etc.), based on the concept of “cognicise” promoted by the National Center of Geriatrics and Gerontology as an exercise program to prevent dementia. The Cognibike is a variation of cognicise, requiring little space and having almost no risk of overturning. Even users with weak physical strength can use it to enjoy effective exercise.

The Cognibike usage data from the Company’s day services will be analyzed with the assistance of the National Center for Geriatrics and Gerontology, leading to development of new programs, and the continued use of the machine by many users is expected to advance research

on dementia prevention further. The Company will also work to verify the effectiveness on dementia prevention among elderly people in need of long-term care.

The Company employs a total of 237 therapists as of September 30, 2015, comprising 138 physical therapists, 81 occupational therapists, and 18 speech-language-hearing therapists, and conducts functional training at its day services and so forth throughout Japan. The introduction of the Cognibike is expected to promote proactive participation in individual functional training in day services and a further expansion of the customer base.

The Company will continue to approach dementia prevention from various perspectives, and to support customers' activities at home through "maintaining and improving mental/physical functions and daily-living functions" by providing functional training.

[Reference]

Cognicise is a neologism and a general expression for initiatives to prevent dementia that combine exercise and cognitive tasks (mathematics, word-chain games and the like) developed by the National Center of Geriatrics and Gerontology. The word "cognicise" is made up from the words "cognition" and "exercise." Cognition refers to various cognitive tasks that place a cognitive load on the brain, and exercise refers to various physical tasks. There are various similar words associated with different types of exercise, such as cognistep, cognidance, cogniwalking, and cognibike. Cognicise is a general term to include all of these. (Translation of citation from the website of the National Center of Geriatrics and Gerontology)

* Cognicise is a registered trademark of the National Center of Geriatrics and Gerontology.
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