Music as Medicine: Can singing together prevent cognitive decline in aging?

Cognitive function declines with advancing age and the prevalence and incidence of dementia rise dramatically in later life. Impaired cognitive function limits one's ability to work, live and socialize, and represent a major obstacle for active and functional aging. How to maintain good cognitive health in the later stage of life is an important and challenging question that requires well-founded research with good translational opportunities. In Singapore, we are currently working on a large randomized controlled trial that aims to assess the efficacy and underlying biological mechanisms of choral singing in the prevention of cognitive decline among at-risk individuals living in the community (ClinicalTrials.gov Identifier: NCT02919748). In this talk, I will summarize status of dementia prevention in the world and in Singapore, and elaborate on the scientific rationales, study designs, outcome measures, recruitment status and short term and long term plans of the choral singing RCT.

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