

## Want more BDNF? Go for a jog - Often!

In an important review paper published in Trends in Neuroscience, [2002](#) by Carl Cotman and Nicole Berchtold proposed "***exercise could provide a simple means to maintain brain function and promote brain plasticity***". 1,700 citations later, that proposal remains a central focus for hundreds of studies seeking both treatments and biomarkers for neurological and psychiatric disease. Aerobic exercise is a strong candidate for treating several of these conditions.

### Evidence is building:

For example, [Voss et al \(2013\)](#) demonstrated connectivity in the brain is highly correlated with percent change in serum BDNF levels. [Erickson et al \(2012\)](#) showed a strong correlation between exercise-induced changes in hippocampal volume and serum BDNF levels. Their findings also argue for a role for exercise in improving memory and reducing depression.

A few months ago, [Leckie et al \(2014\)](#) reported findings from a year-long study showing the benefits of exercise on brain function, particularly in older adults. Serum BDNF levels increased significantly in parallel with the improved brain function.

There are many good reviews of studies examining the effect of exercise on blood levels of BDNF, and how these correlate with disease state, hippocampal volume and many other parameters.

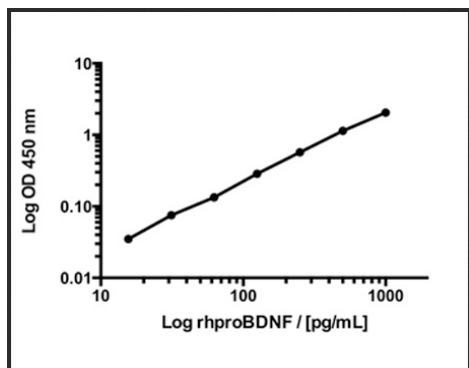
### Look at the Biosensis BDNF Rapid™ ELISAs:

Biosensis is the only company that offers BDNF and proBDNF ELISA kits that accurately quantify each isoform independently. These kits are highly validated both in-house and in leading independent BDNF research laboratories.



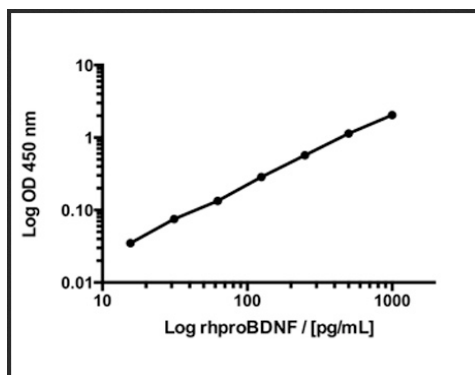
Our researchers are working hard to ensure these kits are the best available. This includes developing CE-Marked kits for even greater reproducibility and validation. If you are planning to measure BDNF levels in human clinical trials, you can find out more about these soon-to-be-released kits from our "talk-to-a-scientist" email service at [biospeak@biosensis.com](mailto:biospeak@biosensis.com).

**Remember:** Get your results in less than 4 hours - before lunch!



**BDNF Rapid ELISA Kit: Human, Mouse, Rat**

Standard curve of our BDNF Rapid™ ELISA Kit (Catalog No# [BEK-2211-2P](#)). This standard curve generated in our laboratories is for demonstration purposes. It can be used as a guide to expected performance.



**ProBDNF Rapid ELISA Kit: Human, Mouse, Rat**

Standard curve of our proBDNF Rapid™ ELISA Kit (Catalog No# [BEK-2217-2P](#)). This standard curve generated in our laboratories is for demonstration purposes. It can be used as a guide to expected performance.

Plus: Watch our Rapid™ technology in action with our new video [here](#).

If you have a query on any of our products, one of our experienced researchers can help at [biospeak@biosensis.com](mailto:biospeak@biosensis.com).

Until next time, good luck with your research - and don't forget to go for a jog!

Sincerely,  
The Biosensis Team.