



BRIDGE & SCIENCE

WHAT WE KNOW

- **SCIENTIFIC RESEARCH RELATED TO BRIDGE PROVES :**
 - **BRIDGE PROVIDES SOCIAL NETWORK**
 - **BRIDGE EFFECTIVELY COUNTERS LONELINESS**
 - **BRIDGE RAISES HAPPINESS**

WHATS ALSO PROVEN

Bridge and its social network

improves health and reduces mortality

risk especially among elderly

More scientific research results

- in the 55-91 age group, bridge players outperformed nonplayers in the measurement of **working memory and reasoning**
- bridge **lowers a Chance of getting Alzheimer's disease by as much as**
75% !!!!!
- **Multi-cognitive training in older adults can mitigate age-related structural and functional alternations in the brain, thereby helping to reduce or delay age-related cognitive decline, which in turn supports accomplishments of everyday tasks and independent living**

VERY FIRST INTERNATIONAL SCIENTIFIC CONFERENCE DEDICATED TO BRIDGE

Organised in Torun in 2017

**to publicise the facts about bridge
that have been scientifically proven**



Credit: NeuroPlusBrainSupplement.org

Conclusion

Multi-cognitive training in older adults can mitigate age-related structural and functional alternations in the brain, thereby helping to reduce or delay age-related cognitive decline, which in turn supports accomplishments of everyday tasks and independent living.



WHAT SHOULD WE DO NOW ?

We know that -

- BRIDGE IS ONE OF THE MOST COMPLEX COGNITIVE ACTIVITIES**
- BRIDGE IS THE NUMBER ONE MIND GAME**
- BRIDGE IMPROVES MEMORY AND CONCENTRATION**
- BRIDGE IS EASY TO LEARN AT ALL AGES**

FURTHER BRAIN RESEARCH USING fMRI

**PROFESSOR SAMANTHA PUNCH
(STIRLING UNIVERSITY)
HAS JUST ADDRESSED YOU**

WHY WE SHOULD SUPPORT SCIENTIFIC RESEARCH CONNECTED WITH BRIDGE ?

HAVING SCIENTIFICALLY PROVEN FACTS SHOWING THE ADDITIONAL VALUES THAT BRIDGE PROVIDES WE WILL BE ABLE TO :

- **ASK Local Authorities, Government Ministries, WHO, AlzheimerAssociation FOR SUPPORT**
- **CONVINCE SPONSORS TO USE OUR RESULTS FOR PUBLICITY like slogan “We not only produce medicine, we also support prevention of ill health ”**

WHY WE SHOULD SUPPORT SCIENTIFIC RESEARCH CONNECTED WITH BRIDGE ?

- TO PROMOTE OUR GAME IN ALL KINDS OF MEDIA LIKE :
INTERNET, TELEVISION & RADIO, PRESS
- TO PROVE THAT BRIDGE IS THE NUMBER ONE MIND GAME
- TO GET NEW SPONSORS AND SUPPORT
- TO GET MORE NEW MEMBERS FROM ALL AGE GROUPS

ALZHEIMER EUROPE CONFERENCE

- I presented RESEARCH RESULTS
- THAT **BRIDGE CAN PREVENT ALZHEIMER'S**
- It WAS ACCEPTED BY THOSE SCIENTISTS to WHOM I TALKED
- WE CAN EXPECT FUTURE CO-OPERATION WITH ALZHEIMER EUROPE AND THEIR SUPPORTERS

OBJECTIVES OF THE WBF BRIDGE & SCIENCE COMMITTEE

- **Publish a review of all scientific reports with bridge as its subject**
- **Define what will be important and useful for promoting our beloved game with the help of Science**
- **On that basis, make applications to EU Alzheimer Committee , Alzheimer Europe and WHO to get their support and cooperation**

OBJECTIVES OF THE WBF BRIDGE & SCIENCE COMMITTEE

- **Finalize research with Functional Magnetic Resonance (fMRI) on how brain reacts during the playing of bridge and what are the long term effects on the brains of the elderly**
- **Promote our game with the use of Scientific Research Results on all possible ways in all kind of media.**
- **Organize further Scientific Conferences about bridge to include its influence on young players (we know it exists but Scientific proof will make it irrefutable)**

OBJECTIVES OF THE COMMITTEE

WE ARE NOT ONLY FOCUSED ON THE ELDERLY AND THEIR PROBLEMS.

OUR COMMON TARGET IS TO GET MORE YOUNG PEOPLE INTO BRIDGE

AND THAT'S WHY WE WANT TO SUPPLY ALL NBOs WITH SCIENTIFICALLY PROVEN FACTS ON HOW GOOD IS BRIDGE FOR YOUNGSTERS.

THERE ARE A LOT OF RESEARCH REPORTS WHICH WE WILL PUT INTO ONE FILE TOGETHER WITH EXISTING COOPERATION AGREEMENTS BETWEEN NBOs AND MINISTRIES of EDUCATION IN SOME COUNTRIES

POLISH BRIDGE UNION NEW MEMBERS TENDENCIES

SAME AMOUNT OF MONEY SPENT ON YOUTH AND ELDERLY

**THE ONLY GROUP WHERE NUMBER OF NEW MEMBERS
IS GROWING IS 60+ (DUE TO **BRIDGE 60+** PROJECT)**

**NOW ALL PARTICIPANTS OF BRIDGE 60+ ARE OBLIGED
TO TEACH BRIDGE AT LEAST ONE GRANDCHILD - OUR
NEW PROJECT "**BRIDGE CONNECTING GENERATIONS**"**

THE CHEAPEST WAY TO GET MORE YOUNGSTERS

FEW WORDS ABOUT MATHEMATICS & BRIDGE

- Of course there is one science crucial to the basis of bridge and that's MATHEMATICS .
- Not only classifying bridge in game theory but just for normal calculations of chances - probabilities
- For many years in Poland, the mathematical aspects of our game have been the subject of scientific works. They have no value for publicity being too difficult for even regular bridge players but important from the game theory point of view.

HOW ABOUT OTHER SCIENCE AND BRIDGE?

- WE HAVE SEEN THAT BRIDGE CAN BE A SUBJECT OF RESEARCH IN SOCIOLOGY , MEDICINE , MATHEMATICS AND EDUCATION.
- AFTER STARTING BRIDGE LESSONS FOR STUDENTS AND SCIENTISTS AT MY GDAŃSK UNIVERSITY OF TECHNOLOGY I GOT INVITED TO ANOTHER CONFERENCE : “AGILE PROJECT MANAGEMENT”.
- THEY RECOGNIZED THAT BRIDGE STRATEGIES ARE VERY CLOSE TO AGILE PROJECT MANAGEMENT AND THAT TEACHING STUDENTS BRIDGE SHOULD HELP THEM IN THIS AREA
- I HOPE THIS IS NOT THE LAST CHANCE FOR BRIDGE

THANK YOU FOR YOUR
PATIENCE