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Effect of nutritional intervention on cognitive performance in subjects of cognitive impairment

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Ignorance by family leads to development of stress and nutritional impairment in elderly. Weight loss is associated with chronic and progressive diseases like dementia and cancer as well as it may also occur because of normal aging process due to dietary habits. Material and methods: A total of 80 subjects were enrolled based on Mini Mental State Examination (MMSE) score < 24, which were randomly divided into two groups as Group A (case) and Group B (control), each group having 40 subjects. Baseline measurements done in Group A and Group B. The assessment of dementia in present study was done by MMSE score. Assessment of daily calorie intake by Food Frequency Questionnaire (Designed by Indian Council of Medical Research). Interventions: We had increased the amount of calorie which was deficit in his/ her diet by increasing the total quantity of food which he/ she was taking previously. Assessment of cognitive performance was done after every 3 months by MMSE score. Result: Mean age of group A was slightly higher than group B but not differed statistically. The basic characteristics viz. age, gender, weight, height, BMI (Body mass index), residence, education and occupation were found similar between the two groups. Primary outcome measures Mean calorie intake/day did not differ significantly between the two groups. Secondary outcome measure The baseline MMSE score of Group A was slightly higher than that of Group B, but not differed statistically. After 3 months of intervention, the mean MMSE score increase significantly ($p < 0.05$) in Group A as compared to Group B. Further, after 6 months post treatments, MMSE score also improve significantly ($p < 0.001$) in Group A as compared to Group B. Conclusion: Dietary pattern in older people who are on medical therapy should be changed to small sized frequent meal so that they can cope with body's reduced homeostatic reserve. It will help them for proper digestion and absorption of the nutrient and so that their quality of life can be improved.

Biography

Neema Tiwari did her graduation and post-graduation in Pathology from Eras Lucknow Medical college and Hospital, she is currently working as Senior Resident, Pathology in department of clinical hematology and hemato-oncology, King George Medical University, India. She has done numerous intramural and extramural research projects and has many national and international publications to her credit. She has presented papers in IAP and CAP conferences. She has recently presented a poster on MDS in the ISHBT-EHS TUTORIAL-2018 held in India.

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