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Comparative study of choline alfoscerate as a combination therapy with donepezil

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Abstract:

Choline alfoscerate is a phospholipid including choline that increases the release of acetylcholine and improves memory and learning. ASCOMALVA trial, a combination of donepezil and choline alfoscerate had slowed cognitive decline in Alzheimer's disease. Choline alfoscerate becomes common adjuvant medicine with AchEI (Acetyl choline esterase inhibitor). We aimed to confirm whether replicable improvement effect, when compared to donepezil alone or in combinations that currently used in South Korea. 119 patients with cognitive decline with an MMSE score of 26 or less were included. Subjects were randomly assigned to one of the group administered with 1. donepezil alone (DO), 2. donepezil and choline alfoscerate (DN), 3. donepezil and acetyl-L-carnitine (DA) or 4. donepezil and ginkgo biloba extract (DG). Medications maintained at least for 24 weeks. Cognitive evaluations with MMSE, CDR, ADAS-Cog, and ADAS-Noncog were performed at 12 and 24 weeks. At 12 week, MMSE increased by 3.52% in the DN group whereas 1.36% in DO. At 24 week, MMSE showed an increase of 1.07% in DO, 1.61% in DN, but decrease by 5.71% in DA+DG. ADAS-Cog decreased by 0.9% in DO while improvemet by 13.9% in DN at 12 week. At 24 week, it improved by 18.5% in DN (vs. 9.4% in DO group). ADAS-Noncog also revealed a better performance in DN than that of DO at 12 and 24 week. In conclusions, choline alfoscerate exhibits an additional cognitive benefits in cognitive and non-cognitive domain, supporting ASCOMALVA trial.

Biography:

Manho Kim is a neurologist and professor working on the genetic neurodegenerative field in Seoul National University Hospital. He did postdoctoral studies from MGH, Harvard medical school in the translational medicine in one of neurogenetic disorders. He has published more than 200 papers in reputed journals and has served as an associate editor-in-chief in Nature Publishing Co.

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