

Influence of Nutritional Support on Nutritional and Mental Status in Dementia Patients with Alzheimer's Disease (AD), Influence on Cognitive Functions, Comparative and Intervention Study

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Based on our observations the patients with AD suffer more severe degree of malnutrition in comparison with control group of vascular dementia patients. Patients with AD who died suffered from severe malnutrition in the last three months of their life. In our next group we observe a total of 83 AD patients who received increased amount of protein via nutritional support in the form of polymeric entreat nutrition by sipping a total of 655 kcal per day = 2520 kJ, 48.9 g protein, 72.09 g carbohydrates, 21.1 g of lipids once a day to their regular diet always outside of the main meals, We monitored MNA and anthropometric parameters body weight, BMI, triceps skin fold thickness, calf and arm circumference and mental status using MMSE performed every 3 months with monitoring daily spontaneous food intake.

Intake of all macronutrients during nutritional support was increased and did not interfere with food intake. We have found statistically significant increase in BMI, weight and arm circumference, and MNA. We did not find any cognitive decline, no statistical change in MMSE during nutritional support. Nutritional intervention significantly decreased the progression of the deterioration of the AD patients' mental function.

AD patients need higher amount of energy and macronutrients to keep their mental function. Nutritional support should be an integral part of the treatment of AD patients and should be initiated not at an advanced stage of AD but as soon as possible after determining dg AD to prolong the current quality of life.

Biography:

Dr. Miroslava Navratilova, Ph.D is Internal medicine and Nutrition Specialist in ICU, Head of Counseling for Disorders of Metabolism and Nutrition Dpt of Psychiatry, Postgraduate study Warsaw, Maastricht, Bonn, Working License F016 Artificial Nutrition and Metabolic Care, head of International Research, one of the first in Europe (first in Czech Rep.) described malnutrition in AD in Longitudinal Study (Grant Ministry of health XD/7964-3), Research Projects and Educational program "Malnutrition and The recent Findings" Dublin Galway, Donegal, Award of Czech Society of Internal Medicine for the Best Book Publication, Prof. Hanzlíček Award and Dr. Paul Jannsen Award for Best Scientific Work in the field of Psychiatry for the Monograph Clinical Nutrition in Psychiatry (the main author of the book) Supported by the project (Ministry of Health, Czech Republic) for conceptual development of research organization 65269705 (University Hospital Brno, Czech Republic)