Benefits of oral nutritional supplementation in patients with probable Alzheimer’s disease (AD)

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The AD cause weight loss by the metabolism or by inadequate intake of dietary calories. The aim of this study was to determine whether protein-energy supplementation improves or maintains the nutritional status of these patients. Study followed for 6 months, 12 patients with CDR 1 and 2, and 6 men and 6 women with MMSE of Md=18.9 and Md=5 years of schooling. All received 2 daily doses of dietary supplement (600 kcal, 24.0 g/ptn) and weight, height, triceps skinfold (TS), arm circumference (AC) and arm muscle circumference (AMC) were evaluated. The results indicates: Height Md=1.59 m and gain of 1.2 kg after 6 months (57.03-58.3), resulting in increased BMI. The AC had a mean gain of 0.85 cm (25.67-26.52), AMB + 0.69 cm (21.56-22.25). TS remained unchanged, indicating that the gain was muscle mass. Although the results obtained is modest, it indicates that the addition of the oral supplement is required to maintain or improve the nutritional status of these patients and consequently the quality of the food.

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