Mindfulness-base Alzheimer’s stimulation

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Mindfulness modifies activity and brain structure through regular practice. This has presented as a promising treatment for AD. Our study evaluated whether the practice of mindfulness can modify the natural course of cognitive impairment associated with the disease. A randomized clinical non-inferiority and Equivalence Trials was conducted. A neuropsychological evaluation was performed with the CAMCOG -R of 168 subjects with probable AD according to NINCDS-ADRDA criteria in drug treatment with donepezil. Subjects were divided into groups of cognitive stimulation, relaxation, mindfulness and control. Each experimental group performed a total of 276 sessions of 90 minutes. The results indicated that the MBAS group cognitive scores remained stable for two years. Compared with the control group, the scores are greater after 6 months of treatment. Therefore, it seems that the practice of mindfulness may have a preventive role against the progression of cognitive decline in AD.

Biography
Domingo J Quintana-Hernandez is a clinical neuropsychologist since 1999 and a pioneer in Spain in the application of mindfulness to Alzheimer’s disease and other dementias. He currently leads research on mindfulness and Alzheimer’s disease with the first longitudinal study that has been conducted a randomized clinical trial.

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