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Serum levels of high molecular weight adiponectin and leptin in elderly patients with dementia

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Dementia is a progressive impairment of cognitive function, sufficient to cause functional decline. It may affect up to 28 million individuals worldwide; 30% of those older than 85 years. Adiponectin is a cytokine released by the adipose tissue, present in the cerebrospinal fluid of human. It has important functions in the central nervous system. Leptin is another cytokine that has implications in cognitive decline and dementia processes. The aim of the present study was to determine the serum levels of adiponectin and leptin in elderly patients with dementia. 60 subjects aged 65 years and older were involved and divided into two groups; Group (I): 40 demented patients, and Group (II): 20 age and sex matched healthy subjects as a control group. Participants with dyslipidemia, hypertension, diabetes mellitus, chronic liver diseases, chronic kidney diseases, thyroid disorders, or morbid obesity were excluded from the study. All participants were subjected to Mini-Mental State Exam (MMSE) and Montreal Cognitive Assessment (MoCA) tests; serum adiponectin and leptin levels were measured. Serum adiponectin was higher, while leptin levels were lower in demented patients. A significant negative correlation between serum levels of adiponectin and both MMSE and MoCA scores, while a high positive correlation was noted between serum levels of leptin and both MMSE and MoCA scores. We concluded that serum adiponectin and leptin were strongly associated with dementia in elderly patients, which may help in understanding of its pathogenesis and emergence of new drugs for better outcome of this devastating disease.

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