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## Rivastigmine and Citalopram treatment for Alzheimer's disease (AD) in daily clinical practice

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**Background:** Pharmacological treatment for AD and depression are unfortunately few and of limited efficacy to cure the disease.

**Objectives:** To assess the combined effects of rivastigmine and citalopram on Alzheimer's Disease.

**Methods:** Longitudinal clinical prospective study with 1278 AD patients on rivastigmine 9,5mg/patch and citalopram 20-40 mg/day over 48 months was assessed on the basis of DSM-IV, NINCDS-ADRDA, MMSE, FRSSD, GDS, HRS-D and follow up of the patients.

**Results:** Four years after the baseline assessment, there were no significant differences in MMSE, Geriatric depression scale and Hamilton rating scale for depression between patients treated with rivastigmine alone or combined rivastigmine with citalopram with or without depression ( $p>0.05$ ). Functional Rating Scale for symptoms of dementia, Activities of Daily Living of patients with AD and depression treated with rivastigmine was significantly worse than patients treated with rivastigmine and no depression ( $p=0.027$ ).

**Conclusions:** The combination of rivastigmine and citalopram had no better results than rivastigmine alone in patients with AD.

### Biography

Krishna prasad pathak has completed PhD at the age of 35 years from Macedoniya university and doing research work on demenita issue in Nepal. He is the lecturer of Amity Global education , kathmandu Nepal. He has published some papers in reputed journals and has been serving as an editorial board member.

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