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# PARKINSON'S DISEASE AND MOVEMENT DISORDERS

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## **Integrative rehabilitation maintains cognitive function in patients with Mild AD and MCI: Case studies**

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**Statement of the Problem:** The pathogenesis of Alzheimer's disease (AD) remains unknown to this day. Over the past decade, clinical treatment of AD went far beyond amyloid and Tau protein theories. The most successful treatment model for AD is integrative. It combines all available modalities, including pharmacological and non-pharmacological. The purpose of this study is to demonstrate the results of rehabilitative treatment in patients with Mild AD and mild cognitive impairment (MCI) via utilization of a novel computerized program.

**Methodology & Theoretical Orientation:** The theory behind this treatment is the notion that increased cerebral blood flow is a highly modifiable factor as well as a crucial element in the treatment of people with dementia. Our computerized program consists of the motor speed (MS) and reaction time (RT) registration. Among the registration parameters there are simple and complex RT (SRT and CRT, accordingly) and working memory (i.e., numbers) RT (WMRT).

**Findings:** We present 4 people with duration of therapy ranging from 4 to 8 years. In this group, the MMSE score, clock drawing test, and verbal fluency (animals and letters) were stable for the whole period of treatment. The same stability was noted for MS, SRT, CRT, and WMRT. Performance and errors across all tested categories remained stable for SRT and CRT for the whole group, and for WMRT only in two patients.

**Conclusion & Significance:** Stabilization of cognitive functions in patients with AD and MCI was achieved as a result of utilization of the computerized program. Integrative rehabilitation is a feasible treatment option for dementia patients to improve their quality of life until new effective medications and other approaches become available.

### **Biography**

Valentin Bragin, MD/PhD, has his clinical expertise in evaluation and treatment of people suffering from memory loss, dementia and depression. Based on his experimental and clinical experiences, he developed and implemented a rehabilitative protocol for patients with dementia. Results of this treatment protocol have been presented at different conferences starting in 2000. Simultaneously, a computerized program was designed to track treatment progression. The focus of his experimental work in Russia was ontogenetic changes in various types of muscle proteins (i.e., cardiac and skeletal muscle tissue). He also studied the effects of different types of hypoxia, including several types of physical trauma and ischemia of a lung lobe section. In the United States, he studied the induction of cortical  $\beta$ -APP in the brain of a rat as a result of subcortical innervation loss. His passion lies in improving the quality of life and preventing cognitive decline in people with dementia.

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