Valentin Bragin et al., J Alzheimers Dis Parkinsonism 2016, 6:5(Suppl)
http://dx.doi.org/10.4172/2161-0460.C1.022

A Multifaceted rehabilitation model in Alzheimer's Disease maintains brain speed over 60 Months: A case report

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Objective: A multifaceted rehabilitation approach (MRA) in the treatment of Alzheimer's dementia (AD) patients is aimed at achieving optimum levels of physical, psychological and behavioral functioning in the presence of neurodegenerative processes, aging, and the progression of chronic medical illnesses. We hypothesize that the simultaneous implementation of multiple therapeutic modalities could delay the progression of dementia in mild and moderate stages including chronometric changes. Here we describe an individual with multiple medical problems with dementia depression successfully treated with a MRA.

Methods: Case Report.

Results: The MRA consisted of standard pharmacotherapy, physical and mental exercises, and other interventions. It was initiated in the office and maintained in the patient's home indefinitely, as would any other program for chronic disease.

Finger taping speed, simple, and complex (go/no go) reaction time was used as a proxy for brain speed.

The patient is a 80 y.o. male, engineer, with a long history of memory loss, and depression, on memantine and venlafaxine . He has hypertension, cardiovascular disease and dyslipidemia. At age 80, his finger taping speed, simple and complex reaction time were 202 ± 12 ms, 239 ±72 ms and 431± 100 ms, respectively. After 60 months of the treatment his finger typing speed, simple and complex reaction time were 186±14ms,

302±110 ms and 490±102 ms, respectively. Traditional cognitive testing results (MMSE) remained stable through this time period

Conclusion: An MRA can been an effective intervention strategy to prevent decrease of brain speed in the setting of dementia and depression.

Biography

Bragin, M.D., Ph.D. completed his MD and then PhD in biochemistry from the Medical Military Academy in St. Petersburg, Russia, where he studied the effects of stress on organ function and ATP synthesis. He is the director of the Stress Relief and Memory Training Center in Brooklyn, NY. His interests include stress and stress-related disorders. For many years he has focused on the rehabilitation of cognitive functioning in the elderly who suffer from memory loss and depression.

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