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A randomized double-blind clinical trial of Greek high phenolic early harvest extra virgin olive oil of Chalkidiki variety in mild Cognitive Impairment: The MICOIL study

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A double-blind randomized trial examined the effect of Greek High phenolic Early Harvest extra virgin olive oil (HP-EHVOO) and extra virgin olive oil with moderate phenolic content (MP-EVOO) versus Mediterranean Diet in 60 participants with Mild Cognitive Impairment (MCI) for 12 months. An extensive neuropsychological battery including global cognition, verbal fluency, Activities of Daily Living (ADL), mood, attention, visuo-spatial ability and memory was used for the assessment of the subjects at baseline and after 12 months follow-up. Each participant was randomized and allocated in one of three groups i) the Group 1 received the HP-EVOO (50 mL/day), ii) the Group 2 received the MP-EVOO (50 mL/day), and iii) the Group 3 received only the Mediterranean Diet instructions which

followed also the other two groups. We found better post-trial cognitive performance versus control in almost all cognitive domains and significantly better performance in ADAS-Cog, verbal fluency and memory tasks for participants allocated to the Group 1. Also, participants assigned to Group 2 showed improvement compared to control Group 3, whereas Group 3 exhibited worse performance in almost every neuropsychological test. These findings suggest that a long-term intervention with HP-EVOO or MP-EVOO was associated with improvement in cognitive functions, and this improvement was found compared with the Mediterranean Diet group.

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