



## Takehiko Fujino

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### **Efficacy and blood plasmalogen changes by oral administration of plasmalogen in patients with Alzheimer's disease**

Reduced levels of plasmalogens (PLs), a special class of glycerophospholipids, have been reported in the brains and the blood of patients with Alzheimer's disease (AD). Therefore, we have assessed the efficacy and safety of scallop-derived PLs in patients with AD. The results were as follows: The multicenter, randomized, double-blind, placebo-controlled trial in patients with mild AD and mild cognitive impairment; Of 328 patients enrolled, 276 patients completed the trial. They orally received either 1 mg/day of PLs or placebo. In mild AD patients, Wechsler Memory Scale- Revised significantly improved among females and those aged below 77 years in the treatment group. Non-controlled trial in patients with moderate to severe AD; 53% of 57 patients with moderate AD and 28% of 18 patients with severe AD showed a significant improvement of Mini Mental State Examination after the oral administration of 1 mg PLs daily for three months. All patients with mild to severe AD showed the reduced levels of erythrocyte membrane and plasma PLs. Oral administration of purified PLs derived from scallop increased

the levels of PLs in the peripheral blood. The improvement of cognitive functions correlated with the increase of erythrocyte membrane PLs. These findings suggest that oral administration of scallop-derived purified PLs improve cognitive functions of AD patients.

#### **Speaker Biography**

Takehiko Fujino is an Emeritus Professor of Kyushu University. He has graduated from Medical School of Kyushu University, Japan, in 1964. He is strongly interested in the Integrated Medicine, especially in the correlation between brain and other organs although his specialty was initially Cardiology of Internal Medicine. He has advocated a new concept "Brain Fatigue", from which many kinds of diseases might be induced, and developed "BOOCS: Brain-Oriented Oneself-Care System", a new method for removal of "Brain Fatigue" in 1994. It has been known that many kinds of disorders such as metabolic syndrome, depression and dementia were improved and then the death rate of those patients decreased by "BOOCS" method. As one of those researches, he has studied the correlation between plasmalogen and "Brain Fatigue".

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