Debunking Medical Myths: Ginkgo Biloba + Alzheimer'S Disease

Nitya Deshpande  
*Wayne State University School of Medicine, gh5126@wayne.edu*

Emily Smith  
*Wayne State University School of Medicine, gh5260@wayne.edu*

Mura Abdul-Nabi  
*Wayne State University School of Medicine, hk1930@wayne.edu*

Lukas Biel  
*Wayne State University School of Medicine, hl5527@wayne.edu*

Melissa Elmali  
*Wayne State University School of Medicine, hm0621@wayne.edu*

*See next page for additional authors*

Follow this and additional works at: [https://digitalcommons.wayne.edu/pat_edu_proj](https://digitalcommons.wayne.edu/pat_edu_proj)

Part of the Curriculum and Instruction Commons, Medical Education Commons, and the Public Health Commons

**Recommended Citation**

Deshpande, Nitya; Smith, Emily; Abdul-Nabi, Mura; Biel, Lukas; Elmali, Melissa; and McCormick, Joseph, "Debunking Medical Myths: Ginkgo Biloba + Alzheimer'S Disease" (2023). *Patient Education Projects*. 575. [https://digitalcommons.wayne.edu/pat_edu_proj/575](https://digitalcommons.wayne.edu/pat_edu_proj/575)

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.
Authors
Nitya Deshpande, Emily Smith, Mura Abdul-Nabi, Lukas Biel, Melissa Elmali, and Joseph Mccormick

This infographic is available at DigitalCommons@WayneState: https://digitalcommons.wayne.edu/pat_edu_proj/575
Ginkgo biloba is a large tree species, known for its fan shaped leaves. It was first cultivated in ancient China over 1,000 years ago for medical healing. Today, Ginkgo is an herbal supplement commonly used in the United States and Europe for the purpose of cognitive improvement. The involvement of Ginkgo biloba in improving memory function remains a controversial topic in modern medicine.

Scientists have conducted several studies investigating the role Ginkgo biloba may have in treating dementia, Alzheimer’s disease, and other cognitive disorders. Studies have found no statistically significant improvement of dementia-related symptoms in participants who were administered Ginkgo biloba versus a placebo. Thus, there is no scientific proof to support the role of Ginkgo in preserving memory function.

The most commonly prescribed pharmaceuticals for Alzheimer’s disease are cholinesterase inhibitors. Results from experimental studies conclude that cholinesterase inhibitors (Donepezil, Galantamine, Rivastigmine) show significant slowing of dementia in cases of mild to moderate Alzheimer’s disease. Other treatments include Memantine and cognitive stimulation therapy.