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Debunking Medical Myths: Ginkgo Biloba Prevents Alzheimer'S Disease

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MEDICAL MYTH:

GINKGO BILOBA

PREVENTS

ALZHEIMER'S DISEASE

Red 39: Abrahams, C., Apostolakis, N., Cabatu, A., Çobani, E., Mack, C., Ruprecht, M.

WHAT IS GINKGO BILOBA?



<https://www.nccih.nih.gov/health/ginkgo>

- Ginkgo biloba is a tree native to China. For thousands of years, people have used an extract from the tree's leaves in medicines (1).
- The extract — typically sold as an over-the-counter pill — has recently become a popular treatment choice for Americans with age-related mental and physical disorders like Alzheimer's disease (1).

IS GINKGO BILOBA AN EFFECTIVE TREATMENT FOR ALZHEIMER'S DISEASE?



Alzheimer's disease (AD) is progressive and leads to memory loss and other mental deficiencies. There is no cure, but it is typically treated with medications that improve cognition (1).

After about six months of ginkgo biloba treatment, AD patients did not improve on memory tests, according to a 2012 study (1).

In a clinical trial from 2002-2004, the long-term use of ginkgo biloba did not reduce development of AD compared to placebo treatment (2).

Across 21 clinical trials, a review study showed that when compared with placebo or conventional medicine in individual trials, ginkgo biloba demonstrated similar but inconsistent findings (3).

IN CONCLUSION,

At this time, there is not enough research to support that ginkgo biloba improves cognition in patients with Alzheimer's disease (AD) or should be used in preventing the progression of AD.

Patients with AD should consult with their physician to find a treatment plan that works best for them.

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