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BRidging Asia In Neurocognition

Speaker:

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Dr. Siegfried Kasper is Professor Emeritus of Psychiatry and former Chairman of the Department of Psychiatry and Psychotherapy at the Medical University of Vienna, Austria. He has published more than 600 publications and more than 250 books or book chapters in various areas of psychiatry. He concentrates on the biological bases of mental disorders and their possible treatment approaches. Dr Kasper is a frequent speaker and continues to be actively involved in research programmes studying depression, anxiety, psychosis, and dementia. Dr. Kasper serves/served on the executive committees and advisory boards of several international societies, such as the European College of Neuropsychopharmacology (ECNP) and the European Psychiatric Association (EPA). From 2005 to 2009, he was President of the World Federation of Societies of Biological Psychiatry (WFSBP) and has been appointed as Honorary President of the WFSBP in 2013. He was in the Executive Committee of the International College of Neuropsychopharmacology (CINP) for the period of 2012 to 2018 and is now President of this society. Dr. Kasper is also the Chair of the World Psychiatric Association (WPA) Section of Pharmacopsychiatry. He serves on the editorial boards of numerous journals, including The Lancet Psychiatry, CNS Spectrums, Pharmacopsychiatry, Journal of Affective Disorders, European Archives of Psychiatry and Neuroscience. He is Chief-Editor of the International Journal of Psychiatry in Clinical Practice and was Chief-Editor of the World Journal of Biological Psychiatry. As a result of his research expertise, Dr Kasper is the recipient of numerous national and international scientific and public awards.

Presentation Synopsis

Mild cognitive impairment (MCI) is considered as an intermediate state between normal cognitive aging and dementia. Cognitive complaints are associated with lower quality of life (QoL), higher depression and anxiety rate, higher perceived stress and lower general mental well-being (Stites et al. 2018). QoL is affected at early stages of cognitive decline (Barrios et al. 2013).

Behavioral and psychological symptoms, also referred to as neuropsychiatric symptoms (NPS), are common in patients with MCI and may be associated with greater functional impairment and progression to dementia (Ismail et al. 2016; Martin & Velayudhan 2020). Subjective cognitive decline (SCD) and anxiety together increase the risk and shorten the time to MCI and dementia (Liew_AAIC2020). The profile of symptoms, subtypes, and risks is fairly homogenous across Western and Asian cultures (Yatawara et al. 2018).

Both cognitive deficits and NPS in MCI develop to be a burden for patients and family members. Therefore, the treatment goal for MCI patients is to effectively alleviate symptoms (cognitive, behavioral and psychiatric symptoms) and to improve QoL (Kasper et al. 2020).

The Ginkgo biloba extract EGb 761® has demonstrated efficacy in cognitive function and NPS in patients with MCI, AD, VaD and mixed dementia (AD + CVD), together with a good safety profile (Kasper et al. 2020; Kandiah et al. 2019; Ihl et al. 2011). EGb 761® is characterized by a multi-target profile: it improves mitochondrial function, has antioxidant effects, enhances synaptic function and neuronal plasticity, has anti-inflammatory effects and improves cerebral blood flow (Liu et al. 2015; Müller et al. 2017). It thus interferes with both vascular pathologies (CVD) and neurodegeneration (Kasper et al. 2020). Such a multi-target intervention may be a more rational choice for a multi-factorial disease like dementia, particularly at the stage of MCI (Kasper et al. 2020).

EGb 761® has shown effects on cognition and NPS in patients with amnestic MCI (aMCI) (Gavrilova et al. 2014), and effects on cognition and QoL were found in subjects with very mild cognitive impairment (vMCI) (Grass-Kapanke et al. 2011). EGb 761® has shown effects on cognitive flexibility and prefrontal dopamine in subjects with subjective memory impairment (SMI) (Beck 2016). In clinical trials as well as in daily practice, EGb 761® has been found safe and well tolerated. Based on its favourable safety and efficacy profile, EGb 761® (240 mg/day) can be regarded as the only current option for the symptomatic treatment of cognitive impairment and associated NPS in MCI.