New study: Ginkgo biloba special extract prescriptions associated with lower dementia risk

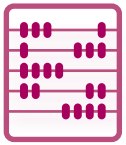
? Does prescribing Ginkgo protect patients with MCI against conversion to dementia?

! First large outpatient study.

Study design: Retrospective analysis of electronic health record database



- 24,483 patients ≥ 65 years from general practitioners or psychiatrists in Germany with MCI diagnosis between January 2000 and December 2019
- Observation up to 20 years (Ø 3.8 years)



Statistical regression analysis:

- Association between number of Ginkgo biloba extract (Gbe) prescriptions and dementia diagnosis compared to a reference group without Gbe prescriptions
- Corrected for age, gender, insurance status, various comorbidities, acetylcholinesterase inhibitor prescription

J. Bohlken, O. Peters, and K. Kostev. Association Between Ginkgo Biloba Extract Prescriptions and Dementia Incidence in Outpatients with Mild Cognitive Impairment in Germany: A Retrospective Cohort Study. J Alzheimers Dis 2022.

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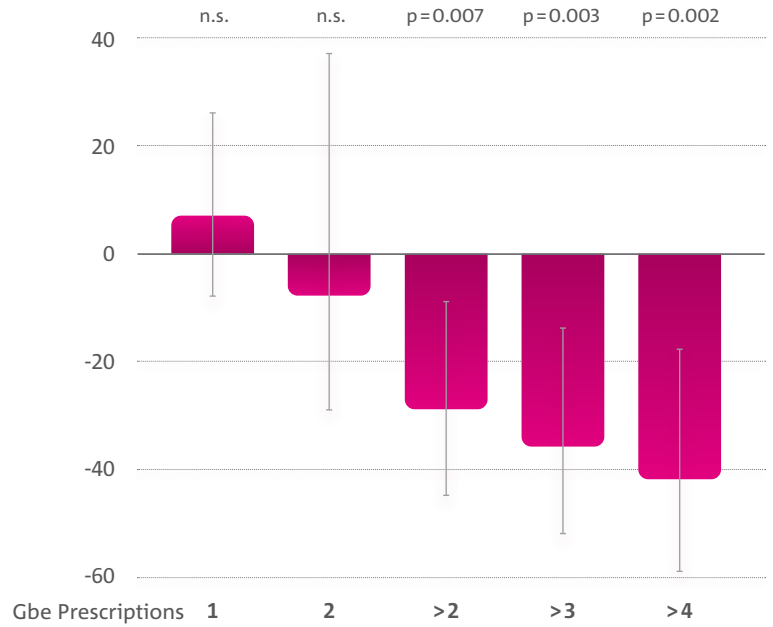
42% reduced dementia risk in patients with MCI receiving more than 4 prescriptions of Ginkgo biloba extract

Reduction of dementia risk (%)



- 24,483 outpatients with mild cognitive impairment (MCI) in neuropsychiatrist and general practitioner's practice
- Retrospective real-world analysis
- Observation times of up to 20 years
- Patients with at least 2 Ginkgo special extract prescriptions had a substantially reduced dementia risk compared to patients with no Gbe prescription; **for patients with over 4 prescriptions, that risk was reduced by 42%**

Graphic adapted from Bohlken et al. 2022

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