Neuropsychiatric Disease and Treatment

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REVIEW

Ginkgo biloba Extract EGb 761 in the Treatment of Patients with Mild Neurocognitive Impairment: A Systematic Review

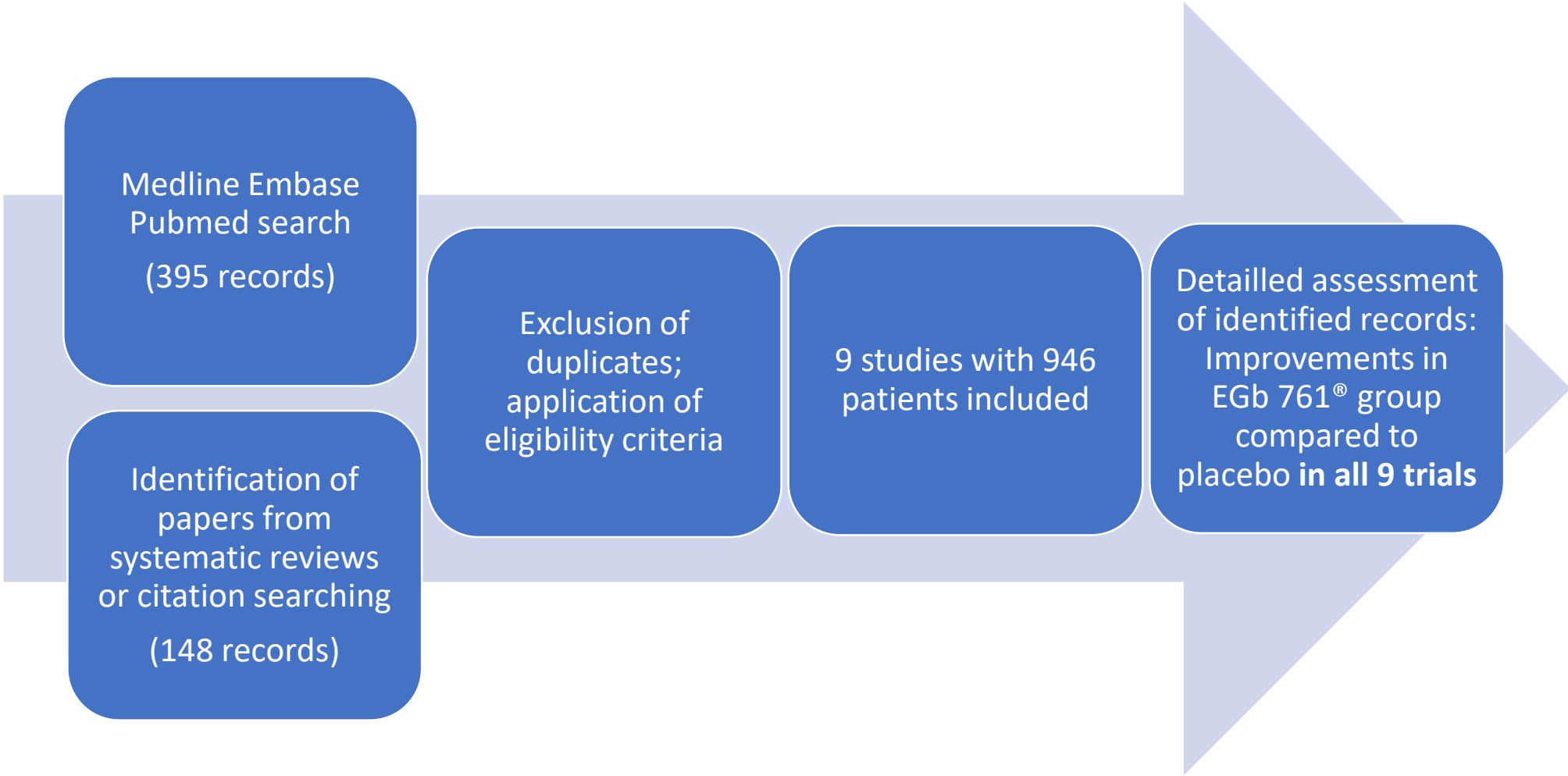
Jakub Hort[1], Thomas Duning[2], Robert Hoerr[3]

[1]Memory Clinic, Department of Neurology, Charles University, 2nd Faculty of Medicine and Motol University Hospital, Prague, Czech Republic; [2]Department of Neurology, Klinikum Bremen-Ost, Bremen, Germany; [3]Research and Development, Dr. Willmar Schwabe GmbH & Co. KG, Karlsruhe, Germany

The study was timely and necessary

- Meta analyses or systematic reviews demonstrating efficacy and safety of *Ginkgo* extract EGb 761® in the indication areas of dementia, tinnitus, vertigo, or intermittent claudication are available.
- However, such work has so far been missing for mild neurocognitive disorder according to the **D**iagnostic and **S**tatistical **M**anual of Mental Disorders, **5th** edition ; published trials span from 1987 to 2019

Methodology according to PRISMA recommendations



Hort et al., Neuropsychiatric Dis Treatment 2023

Beneficial effects of EGb 761® were observed in various domains of mild neurocognitive impairment

- neuropsychological tests (8 of 9 studies)
- scales for neuropsychiatric symptoms (3 of 3 studies)
- geriatric rating scales (1 of 2 studies)
- global ratings of change (1 of 1 study)
- several domains of cognition: memory, speed of processing, attention and executive functioning
- depression (2 of 3 studies)
- anxiety (1 of 1 study)
- the rate of adverse events was invariably similar in the EGb 761® group and the placebo group

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Summary

- In 9 placebo-controlled, randomized, and double-blind clinical trials including 946 patients, the efficacy and safety of EGb 761® in mild neurocognitive impairment according to DSM-5 was assessed
- In all 9 trials, EGb 761® was superior to placebo in various measures
- EGb 761® was safe and well tolerated
- Other treatment options for mild neurocognitive disorders, besides EGb 761®, are limited

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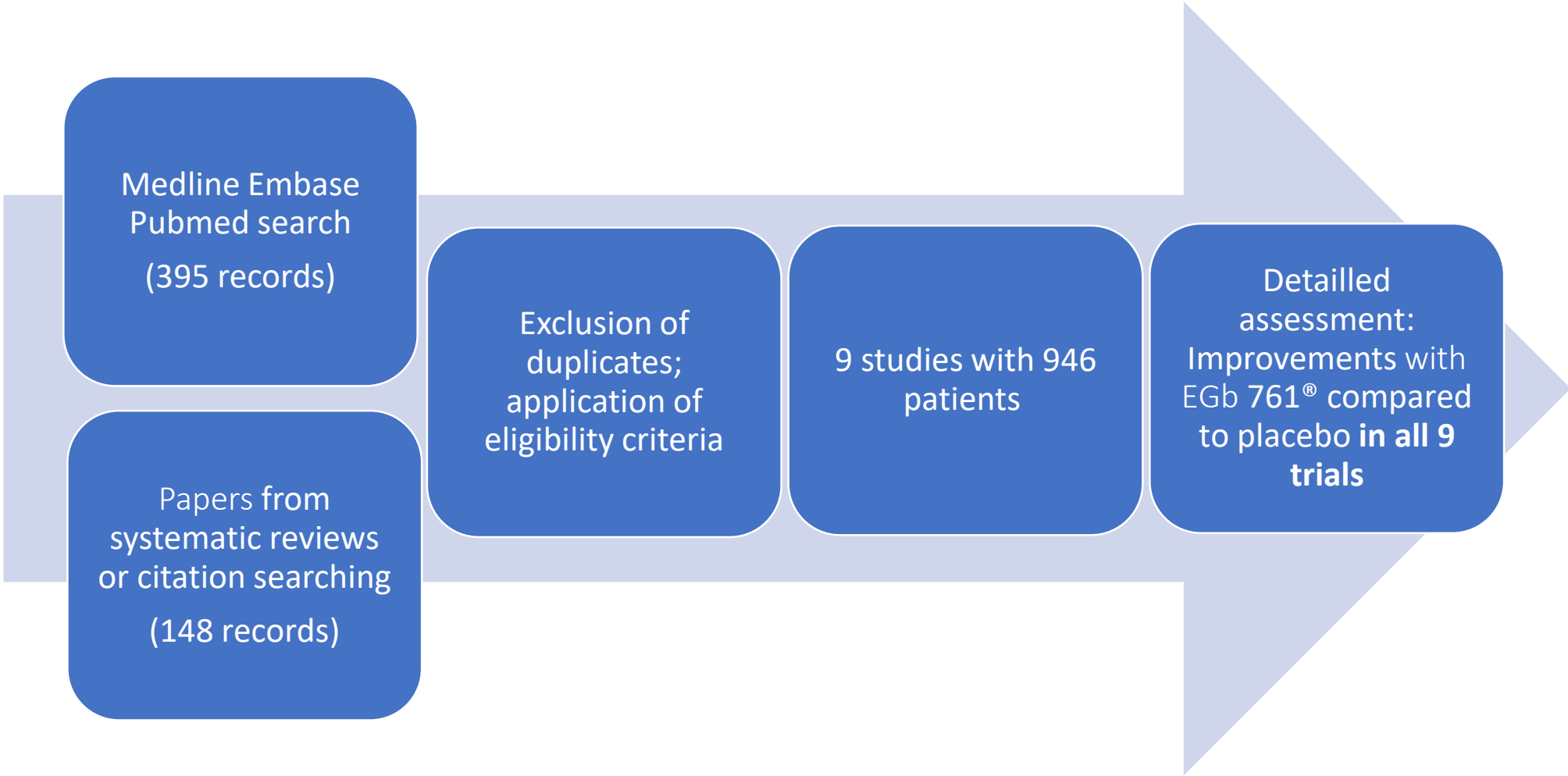
Efficacy and safety of EGb 761® in Mild Cognitive Impairment confirmed by systematic review



Hort et al., Ginkgo biloba Extract EGb 761 in the Treatment of Patients with Mild Neurocognitive Impairment: A Systematic Review. Neuropsychiatric Dis Treatment 2023 Vol. 19 Pages 647-660.