

SYSTEMATIC REVIEW OF THE EFFECTIVENESS OF TRADITIONAL
CHINESE MEDICINE TREATMENT ON ALZHEIMER'DISEASE

A Capstone Project

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by

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ABSTRACT

Title: SYSTEMATIC REVIEW OF THE EFFECTIVENESS OF TRADITIONAL CHINESE MEDICINE TREATMENT ON ALZHEIMER'DISEASE

Background: Alzheimer's is the leading cause of dementia in the elderly, affecting 4.5 million Americans. Alzheimer's Disease (AD) is the most common cause of dementia in western countries. Approximately 15 percent of all persons over the age of 60 have significant memory loss, and more than half is the result of AD. This translates into approximately 4.5 million persons with AD in the United States, with a total health care cost of more than 120 billion dollars per year. The disease also exacts a heavy emotional toll on family members and caregivers. Traditional Chinese Medicine literature indicate the effectiveness to the treatment of Alzheimer's Disease from the clinical evidence based trial and the research that has been doing during the past years.

Purpose of Study: To find Chinese Acupuncture and Herbal Medicine literature in treating Alzheimer's disease.

Design: Systematic, meta-analysis of research literature.

Findings: Acupuncture, Herbs and Herbal Formulas randomized evidence, available from five trials, shows benefit for treating AD in Traditional Chinese Medicine. At present, the clinical evidence commonly held that Traditional Chinese Medicine not only does no harm to people with AD, but also can help AD patients get better quality life.

Conclusions: The clinical study confirmed that Traditional Chinese Medicine treatments are beneficial to the AD patients. This research outcome can be useful to biomedical researchers, pharmaceutical industry, Chinese medicine practitioners, and patients as well.

Key Words: Acupuncture, Herb, Alzheimer, systematic review, cognitive impairment, dementia, elderly, randomized clinical trial.