

**Advances in Neonatal and Pediatric Nutrition**

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**14<sup>th</sup> International Congress on Advances in  
Natural Medicines, Nutraceuticals & Neurocognition**

July 19-21, 2018 | London, UK

**Effects of dietary supplementation with lotus seed and taurine on cognitive function in the elderly women with dementia****Kyung Ja Chang, Mi ae Bae, So hee Han and Sung Hoon Kim**  
Inha University, South Korea

Dementia is a neurodegenerative disease, which is higher in women elderly. The Lotus Seed (LS) is a natural oriental medicine effective for dementia and Taurine (TA) has been reported to play a significant role in brain function. The purpose of this study was to investigate the effects of dietary supplementation of LS and TA on the cognitive function (Mini-Mental State Examination-Dementia Screening, MMSE-DS) of elderly women with dementia. The subjects were 30 elderly women with dementia in one geriatric hospital in Korea. They were divided into two groups, 15 subjects in the LS and TA supplement group (LTG) and 15 subjects in the Control Group (CG). The two groups were matched in age, number of diseases, total score of cognitive function, height, weight BMI and blood pressure. The LTG and CG were provided scorched rice water made with powder of roasted LS (5g), TA (3g) and scorched glutinous rice (5g) and scorched rice water except the LS and TA for 4 weeks, respectively. The total score of MMSE-DS of before dietary supplementation was not significantly different between CG (14.1 points) and LTG (13.8 points). However, after dietary supplementation, total score of LTG was significantly increased ( $p < 0.008$ ). In particular, scores of 'place orientation' and 'judgement and abstract thinking' were significantly increased ( $p < 0.05$ ). These results showed that dietary supplementation of LS and TA has positive effects on the cognitive function (MMSE-DS) of the elderly women with dementia. Therefore, LS and TA may be used for the treatment and prevention of dementia.

**Biography**

Professor Kyung Ja Chag has completed her PhD at University of Minnesota in 1989 and she has been worked in Human Nutrition and Biochemistry Lab at Inha University since 1990. She has published more than 200 papers in reputed journals and has been serving as an editor in chief and editorial board members of reputed. Co-authors Mi ae Bae and So hee Han are graduate students in doctoral and master program at Inha University, respectively. Co-author professor Sung Hoon Kim is working in Natural Products and Organic Synthesis Lab at Konkuk University.

kjchang@inha.ac.kr

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