Cholinesterase Inhibitors and Music Therapy: A good combination for Alzheimer’s disease?

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OBJECTIVES

• State background information on Alzheimer’s disease
• Determine efficacy of current pharmacotherapies
• Determine efficacy of music therapy

RESULTS

1. The clinical use of cerebrospinal fluid biomarker testing for Alzheimer’s disease diagnosis: a consensus paper from the Alzheimer’s Biomarkers Standardization Initiative.

2. Understanding the beneficial and detrimental effects of donepezil and rivastigmine to improve their therapeutic value.

3. Alzheimer’s disease: The pros and cons of pharmaceutical, nutritional, botanical, and stimulatory therapies with a discussion of treatment strategies from the perspective of patients and practitioners.


CONCLUSIONS

Testing of AD by biomarkers in CSF can lead to an early and more accurate diagnosis. The proper prescription and use of cholinesterase inhibitors are beneficial in treating symptoms of mild-to-moderate Alzheimer’s disease.

Music therapy has been shown to improve behavior issues in people suffering from Alzheimer’s disease. Music therapy has also been shown to provide relief to the caregiver.

Despite the perceived efficacy of current treatments, they are not a cure for Alzheimer’s disease.

Future goal of this study:
Perform a longitudinal study examining the interaction of cholinesterase inhibitors and music therapy.