

22nd International Conference on
Neurology and Neurophysiology

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23rd International Conference on
Neurology and Neurosurgery

April 23-24, 2018 Rome, Italy

Daily prefrontal repetitive transcranial magnetic stimulation combined with cognitive training as a treatment for mild cognitive impairment

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Background: To date, drug treatment for Alzheimer's disease (AD) has little efficacy and is of short duration. Transcranial magnetic stimulation (TMS) was developed as a non-invasive tool to activate the cortex, measure its connectivity and excitability, and assess the integrity of motor pathways. Its use in neurology, clinical neurophysiology and psychiatry has been spread from research to more strictly clinical purposes. Cognitive rehabilitation (CR) is an intervention to treat the overall well-being of the patient, to increase the reactivation of residual powers and slow down functional loss.

Objective: We aimed to explore the consistency and reliability of the effects of repetitive transcranial magnetic stimulation (rTMS) combined with cognitive training rehabilitation has positive results in mild cognitive impairment.

Methods: Five patients received treatment consisting of combined sessions of repetitive transcranial magnetic stimulation (rTMS) rehabilitation and CR for six weeks, one session each day for the first two weeks (from monday to friday), and three days a week from the third to the sixth week.

Results: The results were encouraging, and we recorded improvements in all the tests administered.

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