[Clinical observation on acupuncture combined with music for treatment of Alzheimer disease]

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OBJECTIVE: To find the method for increasing clinical therapeutic effect on Alzheimer disease (AD). METHODS: The patients of AD meeting American NINCDS-ADRDA Criteria were randomly divided into group A and group B. The group A (n = 21) were treated with acupuncture for 10 courses, 10 sessions constituting one course; and the group B (n = 20) were treated with combination of acupuncture and music therapy. The acupuncture method was the same as the group A and the music therapy was given for 20 sessions, once every 5 days. After treatment, their effectiveness were evaluated with the Mini-Mental State Examination (MMSE) and Activities of Daily Living (ADL). RESULTS: After treatment, the scores for MMSE increased significantly (P < 0.05) and the scores for ADL decreased significantly (P < 0.05) in the both groups, and the therapeutic effect in the group A was better than the group B (P < 0.05). CONCLUSION: Acupuncture combined with music therapy can increase the therapeutic effect on AD.

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