



Effectiveness of the Combination of Memantine Plus Vitamin D on Cognition in Patients With Alzheimer Disease: A Pre-Post Pilot Study

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Résumé en anglais	<p>Objective: To determine whether treatment with memantine plus vitamin D is more effective than memantine or vitamin D alone in improving cognition among patients with Alzheimer disease (AD). Methods: We studied 43 white outpatients (mean 84.7 ± 6.3 years; 65.1% women) with a new diagnosis of AD, who had not taken anti-dementia drugs or vitamin D supplements. We prescribed memantine alone ($n=18$), vitamin D alone ($n=17$), or memantine plus vitamin D ($n=8$) for an average of 6 months. We assessed cognitive change with the Mini-Mental State Examination (MMSE). We used age, sex, pre-treatment MMSE score, and duration of treatment as covariables. Results: Before treatment, the 3 groups had comparable MMSE scores. At 6 months, participants taking memantine plus vitamin D increased their MMSE score by 4.0 ± 3.7 points ($P=0.034$), while participants taking memantine alone remained stable (change of 0.0 ± 1.8 points; $P=0.891$), as did those taking vitamin D alone (-0.6 ± 3.1 points; $P=0.504$). Treatment with memantine plus vitamin D was associated with improvement in the MMSE score compared to memantine or vitamin D alone after adjustment for covariables ($P<0.01$). Mixed regression analysis showed that the visit by combined treatments (memantine plus vitamin D) interaction was significant ($P=0.001$), while memantine or vitamin D alone showed no effect. Conclusions: Patients with AD who took memantine plus vitamin D for 6 months had a statistically and clinically relevant gain in cognition, underlining possible synergistic and potentiating benefits of the combination.</p>

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