

PP 040: Effect of tea consumption on cognitive decline in Parkinson's Disease

Y Imran¹, P Dissanayaka¹, H Gunasekara², V Suriyakumara¹, L Gonawala¹, N Wijekoon¹, R de Silva¹

¹*Interdisciplinary Centre for Innovation in Biotechnology and Neuroscience, University of Sri Jayewardenepura, Sri Lanka*

²*Sri Jayewardenepura General Hospital, Sri Lanka*

As reported in literature, Parkinson's Disease (PD) has long been associated with cognitive impairment which has been found to correlate with age and food habits. Sociodemographic, clinical data, level of cognitive decline of clinically diagnosed PD patients (n=32) evaluated using a standard questionnaire and Sinhala version of Addenbrook's Cognitive Examination- Revised (ACE-R) respectively. The relationship between dietary patterns and ACE-R subscale scores were evaluated. PD patients; (n=32, age range 44-85 Yrs, Onset; 64±8 Yrs, Male; 60%, Female; 40%). Number of tea cups/day vs total scores of ACE-R; 2cups/day vs ≥3 cups/day (p=0.0001). Number of tea cups vs sub scores of ACE-R; orientation/attention 2 cups/day vs ≥3 cups/day p= 0.0001; memory sub scores 1 cups/day vs 2 cups/day vs ≥3 cups/day (p=0.0001); language sub scores 2 cups/day vs ≥3 cups/day (p=0.0001); verbal fluency sub scores 1cup/day vs 2 cups/day (p=0.011); visuospatial abilities sub scores 2 cups/day vs 3 cups/day (p=0.016). Results indicate a general trend that consumption of tea (>3cups/day) may have a positive effect on reduction of the progression of cognitive decline in PD. Specifically, consumption of at least 2 cups/day may have a positive effect on the verbal fluency sub score of ACE-R for PD. Interestingly having ≥3cups/day may have a positive effect on the other sub score of ACE-R for PD. Results may pave the way towards further evaluation of the effect of tea consumption as a modifying treatment/ healthy beverage for cognitive decline in PD leading to innovative product development.

Keywords: Parkinson's disease, ACE-r, tea, cognitive decline