

A randomized Double –Blind Clinical Trial of Greek Early Harvesting Extra Virgin Olive Oil Natural Compound against Mild Cognitive Impairment: The MICOIL study

Pr. Magda Tsolaki, Eftychia Lazarou, Mahi Kozori, Chris Lyssoudis, Irene Tampakis, Pr. Prokopis Magiatis

Aristotle University of Thessaloniki, Greece

National and Kapodistrian University of Athens, Greece

It has been suggested that extra virgin olive oil (EVOO) provides a superior cognitive protective mechanism. Despite that Olive oil has its origins from Ancient Greece, there is no single study which has investigated Greek Early Harvest Olive oil in Mediterranean population.

Aim: To investigate the effect of Greek Early Harvest EVOO versus EVOO and compared to single Mediterranean Diet in a Greek community elderly people with Mild Cognitive Impairment (MCI).

Method: In a double-blind randomised cross-over trial, the present study will examine the effect of Greek Early Harvest EVOO versus EVOO and Mediterranean Diet in 60 participants, who have been diagnosed with MCI. Each intervention phase will be 12 months. The three groups included people with MCI related to AD and each participant was randomized and allocated in one of the three groups (Group 1, Group 2 and Group 3) for the duration of 12 months

Results: After a median 1 year of follow-up, better post-trial cognitive performance versus control in all cognitive domains and significantly better performance across ADAS-Cog, verbal fluency and memory tasks were observed for participants allocated to the Group 1. Also, participants assigned to Group 2 also showed improvement compared to Group 3, whereas Group 3 exhibited worse performance in almost each neuropsychological test.

Conclusion: These preliminary findings suggest that a long-term intervention with Greek Early Harvest Olive Oil and Mediterranean diet was associated with no decline in neuropsychological performance, while improvement was found compared with the Mediterranean Diet group.

Keywords: Extra Virgin Olive Oil, mild cognitive impairment, Mediterranean Diet

Biography

Pr. Magda Tsolaki is a distinguished researcher not only in a national level but also in the international research community. Her research experience and relation with the proposed project can be documented from her various activities such as (a) her position in Aristotle University of Thessaloniki as a professor and Director of the First Neurological Clinic of AHEPA Hospital, (b) her social work concerning the support of patients suffering from the Alzheimer's Disease and (c) her international co-operations with the best researchers in the research area of the proposed project

lazfelicia@gmail.com