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Health newsfeed for Monday, September 24, 2012

HEADLINE: NO GINGKO

ANCHOR LEAD: THE SUPPLEMENT GINGKO BILOBA DOESN'T HELP IN ALZHEIMER'S, ELIZABETH TRACEY REPORTS

Gingko biloba, an herbal supplement long touted to help stave off Alzheimer's disease, doesn't work, the latest study concludes. Constantine Lyketsos, an Alzheimer's disease expert at Johns Hopkins, says this study supports conclusions already drawn from other studies.

LYKETSOS: In an era where everybody's grasping at straws for things that will prevent dementia there's been a lot of interest in nutriceuticals, alternative medicines, and there's been a lot of talk for awhile about gingko. Gingko has been studied already both as a treatment for dementia or mild cognitive impairment, and also as a preventative. And the bottom line from this recent study, which is one of the best, and kind of builds on the previous study called the gem study also a randomized trial, pretty conclusively shows gingko is not something that helps cognition. :33

Lyketsos says taking the supplement with the idea that it can't hurt isn't true, as it may increase the risk of bleeding. At Johns Hopkins, I'm Elizabeth Tracey.