

# 알츠하이머병 치료지침 개발에 부쳐

## Introduction to Clinical Practice Guideline on Alzheimer's Disease

가  
5 20 8.1 가  
가  
3  
1  
가 가 가  
2001  
UN ( 65  
7% )  
2019 ( 가  
14% )  
가 가 가  
가 가 가  
. 2003 30  
가  
65 4 가  
3  
65 8%, 70  
15%, 85 30~40% 가  
85 47%가 8

가 가 ‘

가 2002 5

“ ,

”

.

Late Life”(2)

“Practice parameter : Management of dementia(an evidence - based review)”(3), National Institute of Clinical Excellence(NICE) “Guidance on the use of Donepezil, Rivastigmine and Galantamine”(4)

(evidence -

based medicine)

200

가 가

California “Guideline for Alzheimer’s disease management”(1),

“Practice Guideline for the Treatment of Patients With Alzheimer’s Disease and Other Dementias of





1.

Strategy	Donepezil	Rivastigmine	Galantamine
Dosing	once daily	twice daily	twice daily
Starting dose (mg/day)	5	3	8
Lowest effective dose (mg/day)	5	6	16
Maximum dose (mg/day)	10	12	24
Dose increase	after 4~6 weeks	every after 2 weeks	every after 4 weeks

AchEIs, acetylcholinesterase inhibitors

2.

Donepezil	NN	9 (8~14) for a 4 - point or more improvement in ADAS - Cog at 6 months 8 (6~15) for any improvement on a clinical global scale at 6 months
	NNH	11 (7~15) for one withdrawal at 10 mg/day over 6 months
Rivastigmine	NNT	12 (8~20) for a 4 - point or more improvement in ADAS - Cog at 6 months 15 (8~17) for any improvement on a clinical global scale at 6 months
	NNH	5 for one withdrawal at 6~12 mg/day
Galantamine	NNT	6 for a 1 - point or more improvement in ADAS - Cog at 6 months on 32 mg/day 13~50 for any improvement on a clinical global scale on 32 mg/day at 6 months
	NNH	4~8 for one drop - out at 32 mg/day
Tacrine	NNT	30 for a 4 - point or more improvement in ADAS - Cog at 6 months 10 for any improvement on a clinical global scale at 3 months 40 for 'moderate' or 'marked' improvement on a clinical global scale at 3 months
	NNH	4 (withdrawal over 3 months)

\*NNH, number needed to harm      NNT, number needed to treat

(donepezil)가 , 2000      1. Tacrine (Cognex)  
(rivastigmine), 2001      (galantamine)      Tacrine 1993      FDA

2

가 2~4

1 4

1, 2      (6~8),

## 2. Donepezil (Aricept)

1996 FDA

가 70

1 5 mg 4~6 10 가  
mg

FDA

## 3. Rivastigmine (Exelon)

Rivastigmine 2000 FDA

가

Rivastigmine

(butyrylcholinesterase)

(9).

6 mg

1 2

1~2 4

9~12 mg

6~8 12

## 4. Galantamine(Reminyl)

Galantamine 2001 FDA

(sy-

napse)

가

(presynaptic)

(allosteric modulation) 가

8 mg

1 2

16~24 mg

# 항치매 약물의 투여 개시와 중단

## When to Start and When to Stop

Year	Drug	MMSE Score	Guidance
2001	Donepezil, Rivastigmine	2~4	NICE Guidance
	Galantamine	6	NICE Guidance
2003	Donepezil, Rivastigmine	21~26	NICE Guidance
	Galantamine	26	NICE Guidance
2003	Donepezil, Rivastigmine	12	NICE Guidance
	Galantamine	12	NICE Guidance

65 가 가  
60%가  
MMSE  
NICE ( 가  
MMSE 12 )

7

(18). (Global Deterioration Scale, GDS) donepezil, rivastigmine galanta-  
mine MMSE 26  
7 6  
7  
⑤

# 알츠하이머병의 기타 약물치료

## Other Drug Treatment for Alzheimer's Disease

(basal forebrain)  
(amyloid plaque), (neurofibrillary tan-  
gle), (reactive as-  
trocytosis) (microglial cell)  
(19).  
가  
가  
가  
(raphe nucleus)  
가  
가 가  
1. Estrogen  
Estrogen 가  
, (es-  
trous cycle) 가 ,  
(19). (neurogenesis)  
가 (20).  
(deafferentation) estrogen (propa-  
(limbic system), (association cortex), gation phase) (initiation phase)



가 . Estrogen bcl - 2 (antiapoptotic protein) gene - dependent upregulation

(glutathione peroxidase) (peroxidation)

. estrogen 가 upregulation 가 가 . Estrogen vitamin E (21). Conjugated equine estrogen 1 0.625~1.25 mg

(24). Selegiline (oxidative free radical)

(23).

1 5~10 mg . hypertensive crisis 가 tyramine

가 (22).

1 71~81% (vaginal bleeding) 86% (thromboembolism), (22).

(25) , , (psychomotor retardation) (23).

### 3. Vitamin E

Vitamin E

(lipid peroxidation)

### 2. Selegiline

B (monoamine oxidase B : MAO - B) (mono-amine)

B 가 가 1 2,000 IU 2

Selegiline B 가 . 가

(arousal) 가 가 (26).

(23).

(free radical) (superoxide

### 4. Acetyl - L - carnitine

Acetyl - L - carnitine

dismutase), (catalase),

(long chain fatty acid) 가 acetyl - L - carnitine acetyl coenzyme - (cholinergic transmission) (membrane stabilization) (22).

5. Non - steroidal anti - inflammatory drug(NSAID)

가 cyclo - oxygenase(COX)가 (parietal cell) COX - 1 (metabolic signal) COX - 2 NSAID interleukin - 1 interleukin - 6 (classical complement cascade)

NSAID COX - 2 (23). Ibuprofen, naproxene diclofenac NSAID COX - 1 COX - 2 (28).

가 celecoxib rofecoxib COX - 2 NSAID Warfarin COX - 2 가 가

6. Ginkgo Biloba

(ischemia) (22). (platelet activating factor) (long - term potentiation) (27).

. 1 240 mg 가 . 1 120 mg 33 2 가 (28).

## 7. Hydergine

Hydergine (22).

## 10. Propentofylline

Propentofylline (glial cell)

가

## 8. Nimodipine

(22).

(homeostasis)

(calcium channel blocker)

Nimodipine dihydropiridine  
가 (open channel)

Nimodipine 28%

## 9. Piracetam

Piracetam (nootropic drug) 가

ATP

가

가

(anti-

가

thrombotic property)

# 치매의 행동·심리 증상의 약물치료

## Pharmacotherapy of BPSD

가 BPSD 가

가 “ (Behavioral and Psychological Symptoms of Dementia, BPSD)”

(29). BPSD 가

(30)

가

. BPSD

가

가 (tardive dyskinesia)

BPSD

BPSD 가 risperidone haloperidol

가 (placebo)

BPSD (31, 32) olanzapine

BPSD 가 olanzapine BPSD

BPSD가 (33, 34). Quetiapine (open label study)

가

(35). clozapine

1. (Tricyclic Antidepressant, TCA)

가

. Amitriptyline imipramine  
nortriptyline, desipramine

1 haloperidol 0.5 mg

가

halo-

peridol 2 mg

가

12

가

4~8

가

2. (Selective Serotonin Reuptake Inhibitor, SSRI)

가

(36).

가

citalopram, sertraline,

paroxetine

(41~44).

### 1. Benzodiazepine

3.

Benzodiazepine

. Oxazepam lora-

zepam

short - acting benzodiazepine

, mirtazapine

가

(37). 4~6 benzodi-

(45). 가 가

moclobemide

azepine

가

(38, 39).

(46).

### 2. Buspirone

Buspirone 5-HT<sub>1</sub>

Lithium

(40).

BPSD

BPSD

. Carbamazepine

가

valproate

가

valproate가 car- Neuropsychiatric Inventory(NPI)  
 bamazepine (48), Roster rivastigmine  
 donepezil galantamine  
 가 (49).

가  
 . Zopiclone, zolpidem, lorazepam, temazepam  
 가  
 . 가 ,  
 가 trazodone .

가 BPSD, , 가 (52~55). selegiline  
 가 (47).  
 Palace donepezil .

1. ( - blocker)

- blocker가  
가 (50, 51) BPSD

- blocker

2. Selegiline

가 가 B selegiline

# 알츠하이머병의 혈관성 인자

## Vascular Factors in Alzheimer's Disease

가 가

가

(neurofibrillary tangle)

(amyloid plaque) 가

가

가

2.

3 1

(56, 57).

(58).

“Nun Study”

가 ,

1997

가

678

3

(58).

161

1.

(lacunar infarct)

Alois Alzheimer가 1907

51

20.7

가

1. ( )  
(thrombogenic factors) (marker)  
ApoE4  
가  
가 1  
/  
가  
(microvessel pathology) 가  
가  
,  
가 (59). 60  
(isolated systolic hypertension)  
50% 가  
(60).  
가  
가  
(small vessel disease)  
가  
가  
3. , 1  
E(apolipoprotein E)가  
10 E  
가 E4 가  
가 가



---

가 ,

가

가

가

donepezil, rivastigmine, galantamine

가



(61~63).

# 기타 중추신경계 질환과 동반된 알츠하이머병의 약물치료

## Pharmacotherapy of Alzheimer's Disease with Other Factors

(parkinsonism)

(64)

(resting tremor)

(66).

가

가

가

(65).

가

가

가

가

가 (substantia nigra)

가 (pseudoparkinsonism)

(65, 66).

가

(apraxia), paratonic rigidity

(gegenhalten),

가

(dysthymia)

(67, 68),

(69).

가

가

가

가

,

가

(selective serotonin reup-

take inhibitors)

,

가

가

(69).

(depression - induced cognitive impairment)(70),

(69).

(72). Dementia pugilistica

가

60%

30

5~7

가 (71).

apolipoprotein E4

(73).

가

가

가

가

가

(69).

(Alcohol - related  
Dementia)

(74).

가

Korsakoff

(75),

가

(76).

가

가

가

(thiamine)



# 요약 및 맺음말

8 2.

가

1. 가

donepezil, rivastigmine, galantamine 가

1 haloperidol 0.5 mg 가

haloperidol 2 mg

12 4~6

가

가

1~2 4

### 3. Benzodiazepine

. Oxazepam lorazepam

6~8 12

MMSE 26

. 4~6

6

zopiclone, zolpidem, lorazepam,

temazepam

가

가

가

가

trazodone

4.

. Citalopram,

sertraline, paroxetine

가

가

가

가

nortriptyline, desipramine

8.

가

5. 가

가

가

6.

가

,가

7.

가



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