

Cilostazol-Ginkgo for Cognitive Function in Elderly Diabetes

NCT06989697

Status	RECRUITING
Phase	Phase 3
Sponsor	Seoul National University Bundang Hospital
Enrollment	80 participants

Plain Language Summary

This study is testing whether a combination of two drugs — cilostazol and ginkgo extract — can help protect or improve cognitive function (thinking and memory) in older adults with type 2 diabetes who are showing early signs of mild cognitive decline.

****You may be eligible if...****

- You are 60 or older
- You have been diagnosed with type 2 diabetes
- Your cognitive score (MMSE) is between 24 and 28 (mild decline, but not dementia)

****You may NOT be eligible if...****

- You have type 1 diabetes, diabetic ketoacidosis, or diabetic coma
- Your blood sugar is very poorly controlled (HbA1c above 10%)
- Your MMSE score is below 24 (more severe cognitive impairment)
- You have been diagnosed with dementia (e.g., Alzheimer's disease)
- You need antiplatelet or anticoagulant medications other than the study drugs
- You have untreated thyroid disease, severe depression, or severe infection

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (3)

- Patients diagnosed with type 2 diabetes mellitus
- Adults aged 60 years or older
- Patients with a Mini-Mental State Examination (MMSE) score between 24 and 28 within the past 3 months

Exclusion (14)

- Patients with type 1 diabetes mellitus, diabetic ketoacidosis, or diabetic coma or precoma
- Patients with poorly controlled blood glucose (HbA1c \geq 10.0%)
- Patients with an MMSE score below 24
- Patients diagnosed with dementia (e.g., Alzheimer's disease)
- Patients with suspected cognitive impairment due to other causes
- ... and 9 more (see full listing online)

Locations (1 total)

Seoul National University Bundang Hospital, Seongnam-si, South Korea

<https://clinicaltrials.gov/study/NCT06989697>

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