



Harley Street at Home

Menopause

Menopause and Alzheimer's Disease

Alzheimer's disease: The most common form of dementia in the UK, where cognitive (brain) function declines, impacting memory problems



Disease Progression

- Changes in proteins in the brain, brain structure, memory and clinical function occur
- It's thought dementia may occur prior to symptoms showing



Risk Factors

- Negative factors: hypertension, obesity, dyslipidemia, genetic factors, depression, etc.
- Menopause may influence cognitive changes
- Beneficial factors (may help reduce risk): higher education, socialising



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Menopause and Cognition

- Women report 'brain fog' which impacts attention, processing speed and memory
- May experience the inability to concentrate, feeling sluggish and forgetful
- Whilst it could lead to an early dementia diagnosis, many women will not meet this criteria
- The earlier menopause is experienced, the greater the impact on cognitive performance in the long term
- Women have a higher dementia prevalence than men
- Age is also a risk factor

Oestrogen, HRT and Cognition

- Oestrogen has a key function in brain health and cognition
- Studies are showing mixed results regarding HRT improving cognition in post-menopausal women
- There's a 'critical window' hypothesis where HRT is proposed to have the greatest effect on cognition in perimenopause but not post-menopause