



Progress in Longevity Medicine Seminar Series

Estrogen, Cognition and Alzheimer's Disease Is There a Window For Benefit?

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Date/Time: Friday, May 12, 2006; 6:00 pm (dinner included)

Location: The Arizona Club, 201 N. Central Ave., 37th Floor

Cost: Free

Abstract: Strong evidence suggests that estrogen and other gonadal steroids play a large role in cognitive function and cognitive disorders such as Alzheimer's disease. It is, therefore, hypothesized that estrogen decline contributes to age-associated memory loss and Alzheimer's disease in women, and that estrogen-containing hormone therapy can reduce the risk of adverse cognitive outcomes. However, results from research in support of this proposal have been inconsistent. In some settings hormone therapy actually increases dementia risk.

One possibility for these inconsistent findings is that hormone therapy used by relatively younger women in close temporal proximity to the menopause may benefit from positive cognitive outcomes, whereas hormone therapy used by older women more remote from the menopause may have a neutral or deleterious effect. This presentation will review research findings in light of the "critical window hypothesis" and the relationships between estrogen, hormone therapy and cognition.

Objectives

- To explore the effects of menopause on memory
- To understand the effects of estrogen-containing hormone therapy on Alzheimer's disease
- To discuss the theory that estrogen effects on cognitive outcomes may vary depending on when hormone therapy is used

Biography: Dr. Henderson is Professor of Health Research & Policy and of Neurology and Neurological Sciences at Stanford University. His research interests include the identification of risk factors associated with memory loss during aging, the protection of cognitive abilities during normal aging and Alzheimer's disease, and the hormonal effects on cognition.

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Previously, Dr. Henderson was the Kenneth and Bette Volk Professor of Neurology at the University of Southern California and has been a Visiting Scientist at the Massachusetts Institute of Technology and a Visiting Professor at the University of Melbourne. He has also been on the editorial boards for *Climacteric*, *American Journal of Alzheimer's Disease*, *Cognitive and Behavioral Neurology*, and *Merck Manual of Geriatrics*.

Dr. Henderson obtained his medical degree from Johns Hopkins University and a master's degree in Epidemiology from the University of Washington, School of Public Health. He trained at Duke University as an Intern of Internal Medicine, Washington University as a Resident of Neurology, and Boston University as a Fellow of Behavioral Neurology.

Dr. Henderson is a member of the Board of Trustees of the North American Menopause Society and is past president of the Los Angeles Society of Neurological Sciences.

To RSVP or for additional information, please contact Carol Jackson at (602) 778-7499 or via email Carol.Jackson@kronosinstitute.org.

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