Hormone Therapy May Lead to Improved Cognitive Function

_Hormone therapy and mild cognitive impairment: a randomized, placebo-controlled trial_ reviews the results from a recent Korean study regarding the effect of hormone therapy on cognitive function. The study followed postmenopausal women who were diagnosed with MCI and taking donepezil over a 24-month period and showed that cognitive test scores for the women who received hormone therapy significantly increased during that time. Although the study group was small, the study offers promising results, demonstrating that the combination of transdermal estradiol and an oral progesterone can slow down cognitive decline. This is the first known study to evaluate the effect of hormone therapy on MCI.

“This encouraging, small pilot trial suggests a possible benefit of hormone therapy when given to women diagnosed with MCI who are also taking donepezil, a cholinesterase inhibitor,” says Dr. JoAnn Pinkerton, executive director of NAMS. “Higher global cognition was seen in two of the three key evaluation criteria in those women using estradiol gel plus an oral micronized progesterone compared with those in the placebo group. Larger trials are needed to evaluate the effect of hormone therapy use before the full onset of Alzheimer disease.”

For more information about menopause and healthy aging, visit [www.menopause.org](http://www.menopause.org).

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health professionals and the public for accurate, unbiased information about menopause and healthy aging. To learn more about NAMS, visit www.menopause.org.