

Physician Fact Sheet on Hormone Replacement Therapy (HRT) as a Protective Intervention for Dementia

1. Data on protective effect of HRT for dementia in men and women is conflicting.
2. HRT may increase risk of stroke and DVT in women.
3. Estrogen supplementation may diminish amyloid deposition in rodent models for Alzheimer's disease.
4. Long-term HRT for women is not currently recommended as a preventive strategy for dementia.
 5. Women who receive HRT for other reasons, such as menopausal symptoms, may enjoy a mild cognitive benefit.
 6. Testosterone deficiency in aging may contribute to age-related physical senescent changes.
 7. Many males presently receive exogenous testosterone for multiple reasons, including andropause.
 8. Low testosterone in males may predict increased risk for memory loss.
 9. Testosterone therapy is presently considered safe in older males.
 10. Testosterone supplementation should not be provided as prevention for dementia in males.