Hormones and Holiday Cognition

Hi, it's Dr. Sklar here to talk about hormones again. We're going to be having a presentation on cognition and some of the things that the holidays might have done to you that are not so good for your cognition.

USPSTF Hormone Report and Women's Health Initiative

And one of things we'll be covering is hormones, although that doesn't particularly pertain to the But in December, just before Christmas, the U. S. Preventive Services Task Force, which is an oversight body that looks at data from a number of scientific studies, came out with a report on hormones.

And their report said that hormones were dangerous and shouldn't be used for preventive care in women. Now, when you look at the details of the Prevasive Services and where they got their data from, it's the same old story.

Risks of Provera and Premarin

It's use of the Women's Health Initiative where many thousands of women were studied, so it was what we consider to be a well-powered, meaning lots of people involved and studied.

However, they used a form of estrogen and a from of progesterone that we now know to dangerous for women. The U. S. Preventive Services Task Force in 2017 used the data that was 15 years old from 2002 that showed that provera, which is this synthetic progesterone, causes an increased risk of breast cancer, and indeed it does, 30 percent increased and also looked at Premarin, which was used in the Women's Health Initiative and showed that Premamin caused increased risks of clotting, strokes, and heart attacks.

Mortality and Alzheimer's Findings

So we know that these two products should not be used. However, a review of the women's health initiative data, unfortunately not done by the U. S. Preventive Services Task Force, shows that women in fact have reduced mortality, even taking these two substances that are not optimal, and a significantly reduced risk of Alzheimer's disease, which is where this ties in with a talk we're doing later this month on preserving your cognition.

Brain Health Takeaway

So I want you to read the details of whatever reports you're getting, and if you can't get details, please come and listen to our talk where you'll get lots of up-to-date information.

Here's to your brain health. We'll see you later this month.