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Anticipatory Guidance for Menopause
Family Medicine Review Course 2025
Kirsten Berggren PhD, APRN, FNP

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NOTES:

Mosconi et al, 2021: The observed MT effects were independent of HT and hysterectomy status, though HT use was associated with mild beneficial effects on GMV and CMRglc, consistent with some clinical trials⁶. Whether HT provides protection against cognitive aging and AD remains unclear. Observational studies generally found positive effects on cognition across multiple HT regimens³⁶, whereas clinical trials of late POST women aged 65 or older reported an increased dementia risk with estrogen-plus-progestin HT, and no effects with estrogen-alone³⁷, while studies of early POST women observed no adverse or beneficial effects on cognition^{38,39}. Overall, HT's efficacy is thought to depend on timing of treatment initiation with respect to age at menopause, with benefits pertaining to early initiation, especially after induced menopause^{7,37}. Our neuroimaging results point to the MT as a dynamic neurological process and, therefore, a window of vulnerabilities and opportunities when the human brain is influenced by biochemical adjustments, but is also likely to be receptive to interventions. More studies are needed to test the efficacy of HT instituted prior to menopause, and in relation to brain biomarker levels