

The effectiveness of cognitive rehabilitation for memory and cognitive loss associated with menopause.

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Objective: Women undergoing menopause have subjective and objective evidence of cognitive loss. We wished to assess if these cognitive complaints, once quantified, responded to targeted cognitive intervention. **Design:** Five women referred for memory loss in the peri-and post-menopausal phase, without any family history of early onset dementia or memory loss preceding menopause, underwent a standardized neuropsychological battery to evaluate and document cognitive loss. All women also underwent a standardized neurological and psychiatric examination to exclude other causes of memory impairment. A individualized course of once a week, 50 minute cognitive rehabilitation sessions was instituted. Sections of the standardized neuropsychological battery were re-administered at the end of 12 sessions. **Results:** All women reported subjective improvement of cognitive loss. Objectively, all 5 women improved on sub-tests of the Wexler Memory Scale and the Bushke Selective Reminding test with significant increases in auditory and visual memory ($P<0.01$).

Conclusions: This preliminary, exploratory study suggests a role for targeted cognitive intervention in menopausal cognitive loss, in conjunction with other treatment modalities. There were striking improvements in the cognitive areas measured. A larger, controlled study needs to be performed before definitive conclusions can be drawn.