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 performed before definitive conclusions can be drawn.