

Pregnancy And Breastfeeding Are Associated With Less Later-life Cognitive Decline In A Longitudinal, Prospective Cohort

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Reproductive history may be an important life-course factor in women's cognitive aging.

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INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
- Women are disproportionately affected by Alzheimer's disease, motivating research into unique etiological processes in women. - Pregnancy and lactation induce structural and functional adaptations in the maternal brain, yet their long-term implications for cognitive aging remain unclear. - We examined whether reproductive history was associated with longitudinal cognitive trajectories in postmenopausal women.	- Women's Health Initiative Memory Study (WHIMS; n=7,427) and ancillary WHI Study of Cognitive Aging (WHISCA; n=2,304) prospective cohorts of postmenopausal women. - Reproductive history data derived from baseline interviews when all participants were dementia-free. - Annual assessments of global cognition (up to 13 years) and verbal and visual memory (up to 8 years) were analyzed using linear mixed-effects models adjusted for relevant covariates.	Cognitive outcome - Global cognitive function - Verbal memory - Visual memory ○ p ≥ 0.05 ● p < 0.05 Adapted from: Fox MM, et al. <i>Alzheimer's & Dementia</i>. 2026;22:e71072. https://doi.org/10.1002/alz.71072	- Longer cumulative pregnancy and breastfeeding histories were associated with better later-life cognitive performance. - Reproductive history may help identify women at elevated risk for cognitive decline. - Future studies should determine the biological and psychosocial mechanisms linking reproductive history with cognitive aging Funding: The WHI program is funded by the National Heart, Lung, and Blood Institute, National Institutes of Health, U.S. Department of Health and Human Services through 75N92021D00001, 75N92021D00002, 75N92021D00003, 75N92021D00004, 75N92021D00005. M.M.F. was supported by the NIH R21AG079093 and R03DK125524.	- Duarte-Guterman P, et al. The long and short term effects of motherhood on the brain. <i>Front Neuroendocrinol</i>. 2019/04/01/ 2019;53:100740. - Espeland MA, et al. Long-term effects of conjugated equine estrogen therapies on domain-specific cognitive function: results from the Women's Health Initiative study of cognitive aging extension. <i>J Am Geriatr Soc</i>. 2010;58(7):1263-1271. - Fox MM, et al. Women who breastfeed exhibit cognitive benefits after age 50. <i>Evolution, medicine, and public health</i>. 2021;9(1):322-331. - Orchard ER, et al. Matrescence: lifetime impact of motherhood on cognition and the brain. <i>Trends in cognitive sciences</i>. 2023;27(3):302-316 - Glynn LM, et al. Maternal programming: Application of a developmental psychopathology perspective. <i>Dev Psychopathol</i>. 2018;30(3):905-919 CONTACT Molly M. Fox, PhD Associate Professor, UCLA mollyfox@ucla.edu http://motherhoodlabucla.mystrikingly.com/ Acknowledgements: The authors deeply thank the WHIMS study participants and their families, as well as all investigators and staff at the WHI and WHIMS coordinating center. This poster is WHI P&P approved Abstract 1705 ALZHEIMER'S ASSOCIATION AAIC 26