



Reproductive life stages and cognitive outcomes: a systematic review in Latin American and Caribbean women

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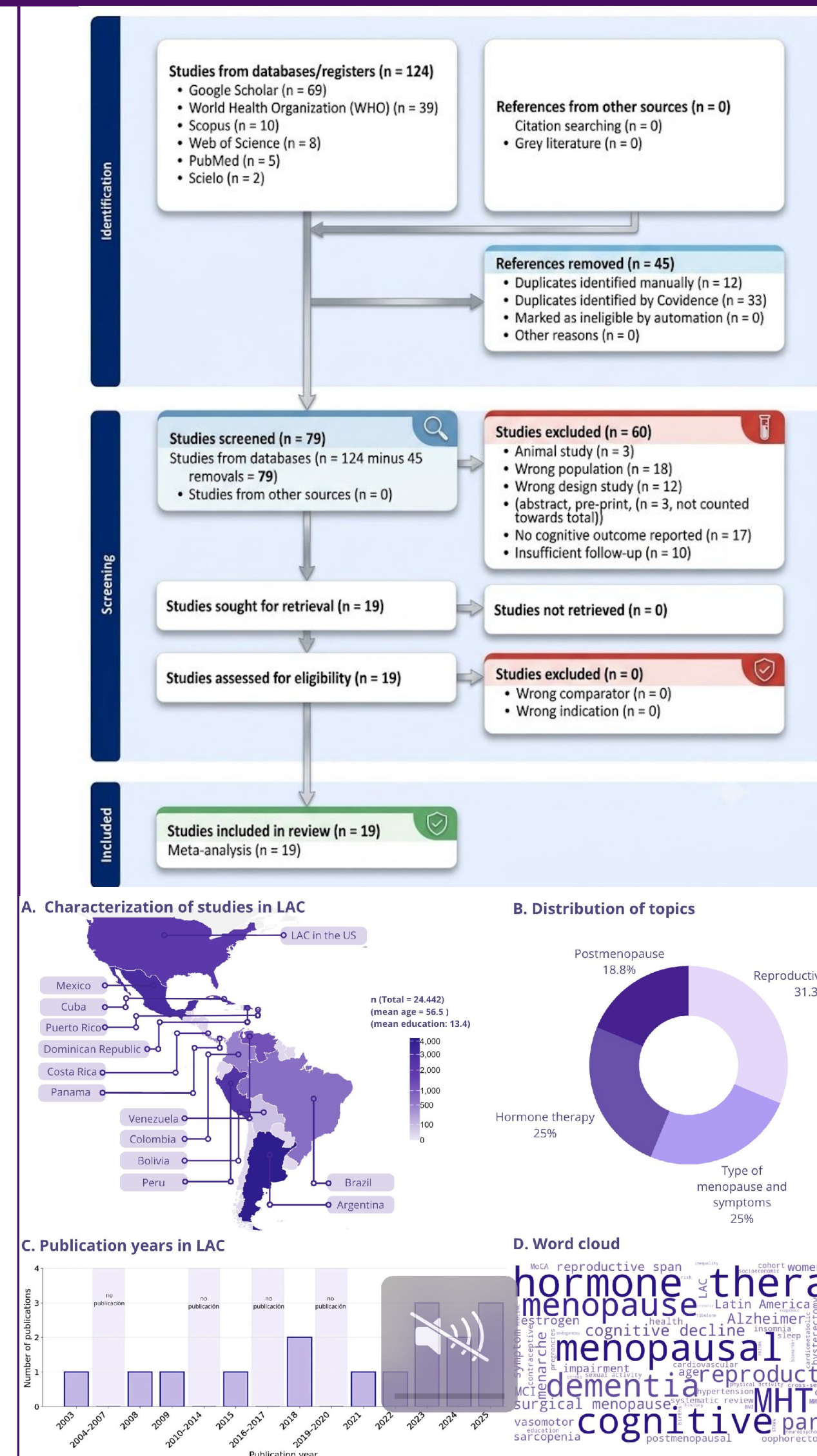
Earlier menopause and shorter reproductive lifespan were consistently associated with poorer cognitive outcomes, while menopausal hormone therapy was linked to better cognitive performance in Latin American women.

INTRODUCTION

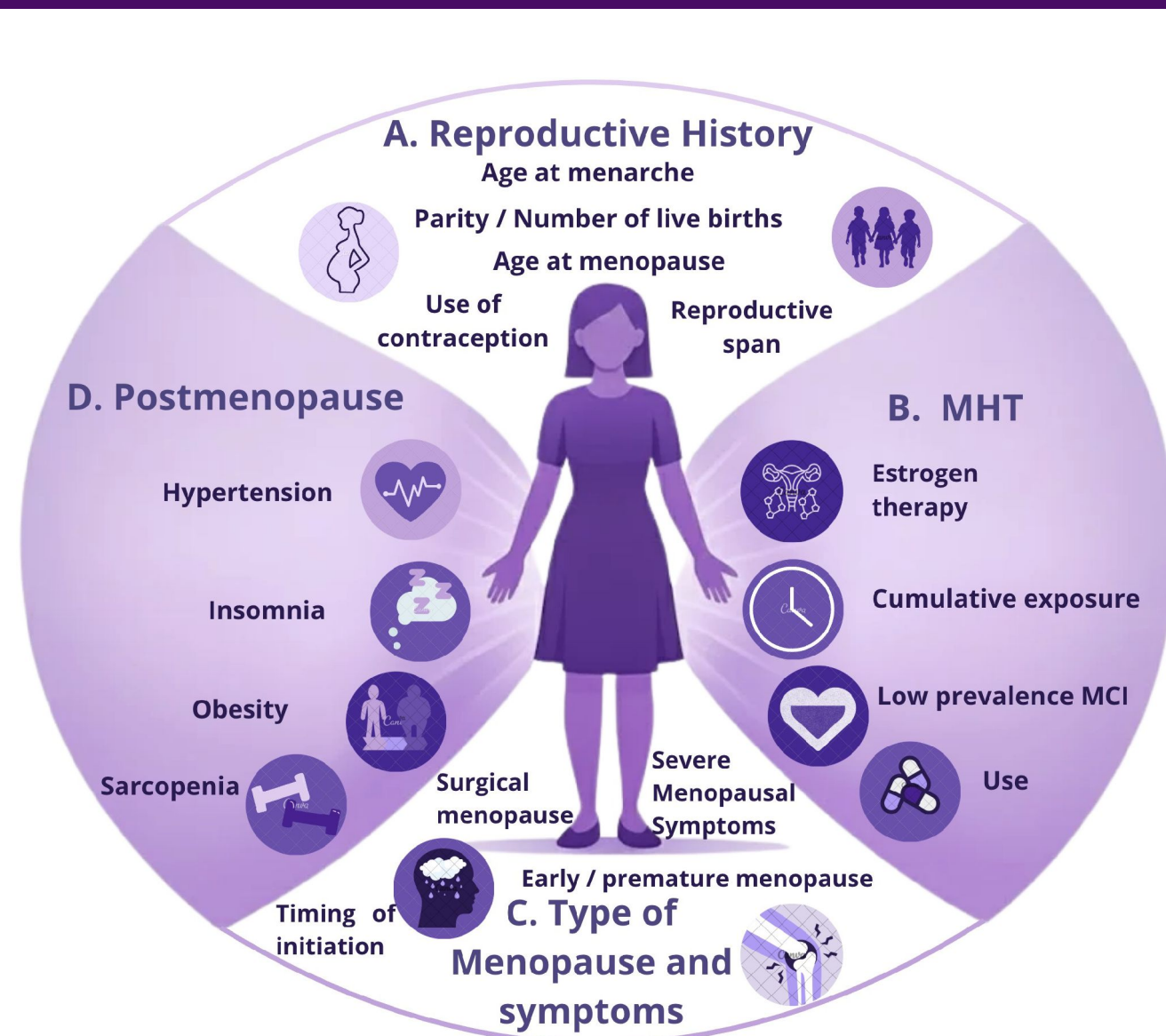
Women bear a disproportionate burden of dementia, yet female-specific risk factors remain underrepresented in dementia research. Reproductive and hormonal exposures across the life course may influence cognitive aging, particularly during the menopausal transition. However, their role in cognitive decline has been insufficiently characterized in Latin American women.

This systematic review examined the associations between reproductive status and cognitive outcomes in Latin America.

METHODS

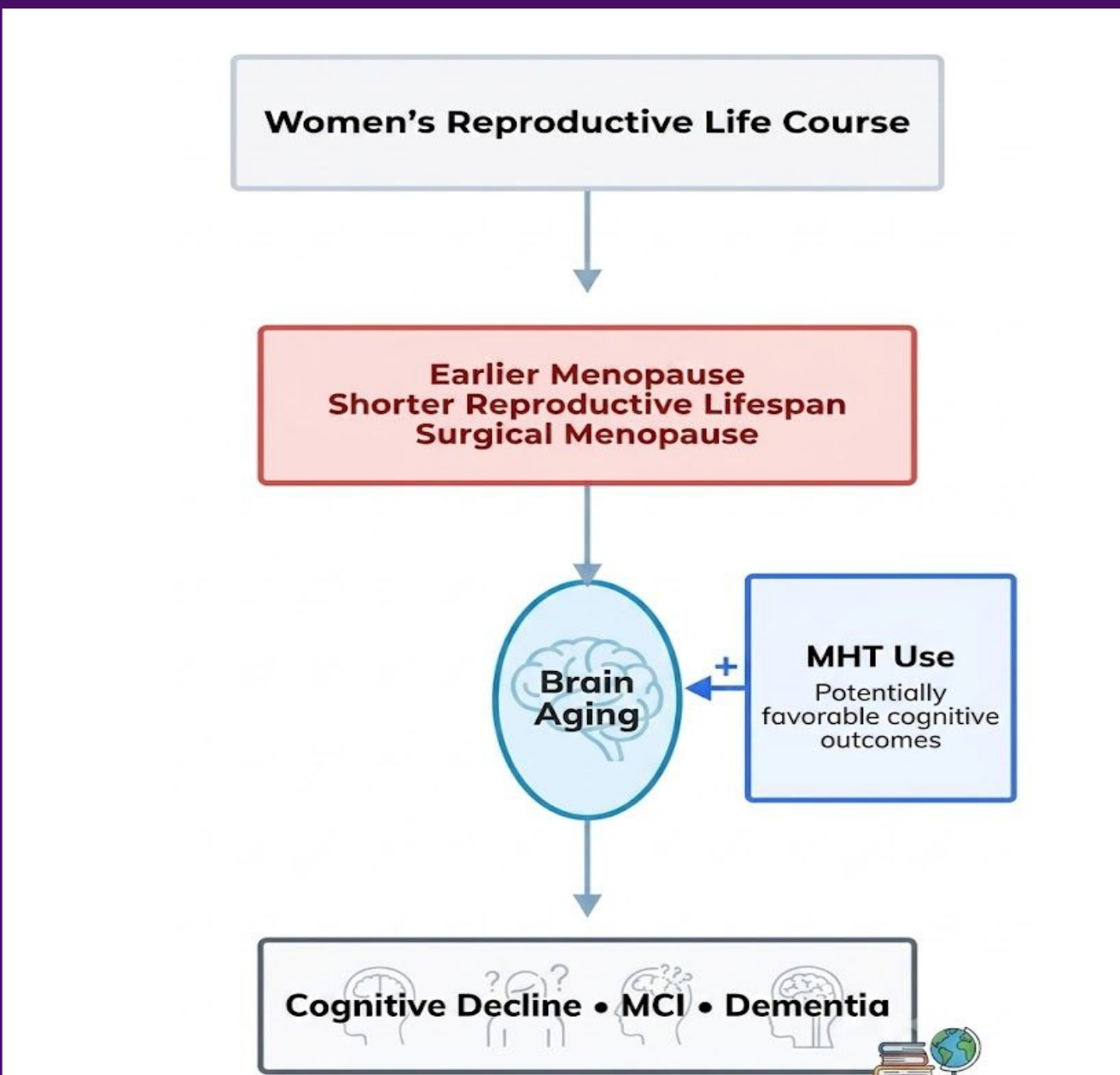


RESULTS

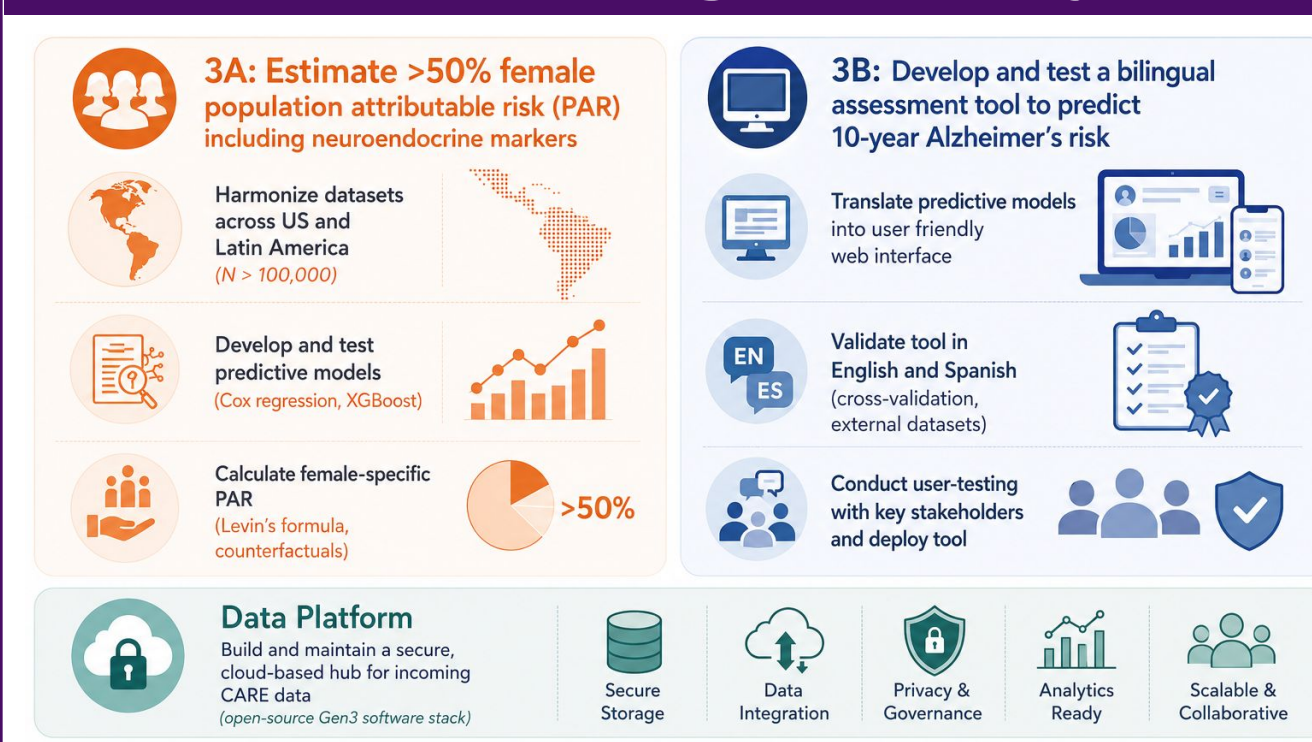


Evidence from **19 studies** across Latin America indicates that earlier menopause, shorter reproductive lifespan, and surgical menopause are consistently associated with less favorable cognitive outcomes. Menopausal symptoms, obesity, sarcopenia, and longer time since menopause were also linked to cognitive decline. Conversely, MHT use was associated with better cognitive performance and lower prevalence of mild cognitive impairment.

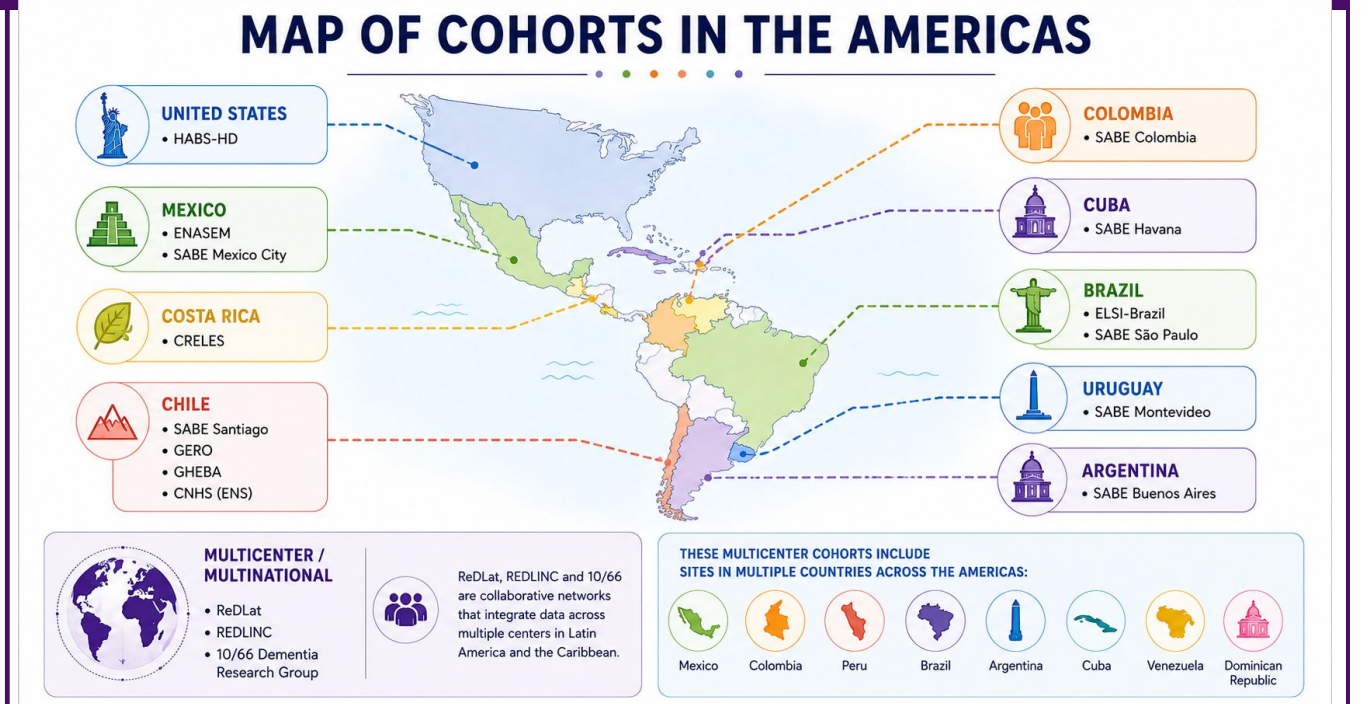
CONCLUSIONS



Wellcome Leap grant project



Projections



References

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