

# Social Isolation as a modifiable risk factor for physiological decline in midlife women: Implications for cognitive health prevention

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## Background

Social Isolation and Loneliness are yet modifiable risk factors for physiological decline in midlife women. The menopausal transition, specially perimenopause, specially perimenopause, represents a window of vulnerability, where social disconnection may accelerate processes linked to cognitive decline (Faubion, S. & Shufelt, C., 2023). Women 40-60 years experiencing perimenopause show 40% higher depression rates and elevated cardiovascular disease risk when socially isolated (Baga, K., et al., 2024).

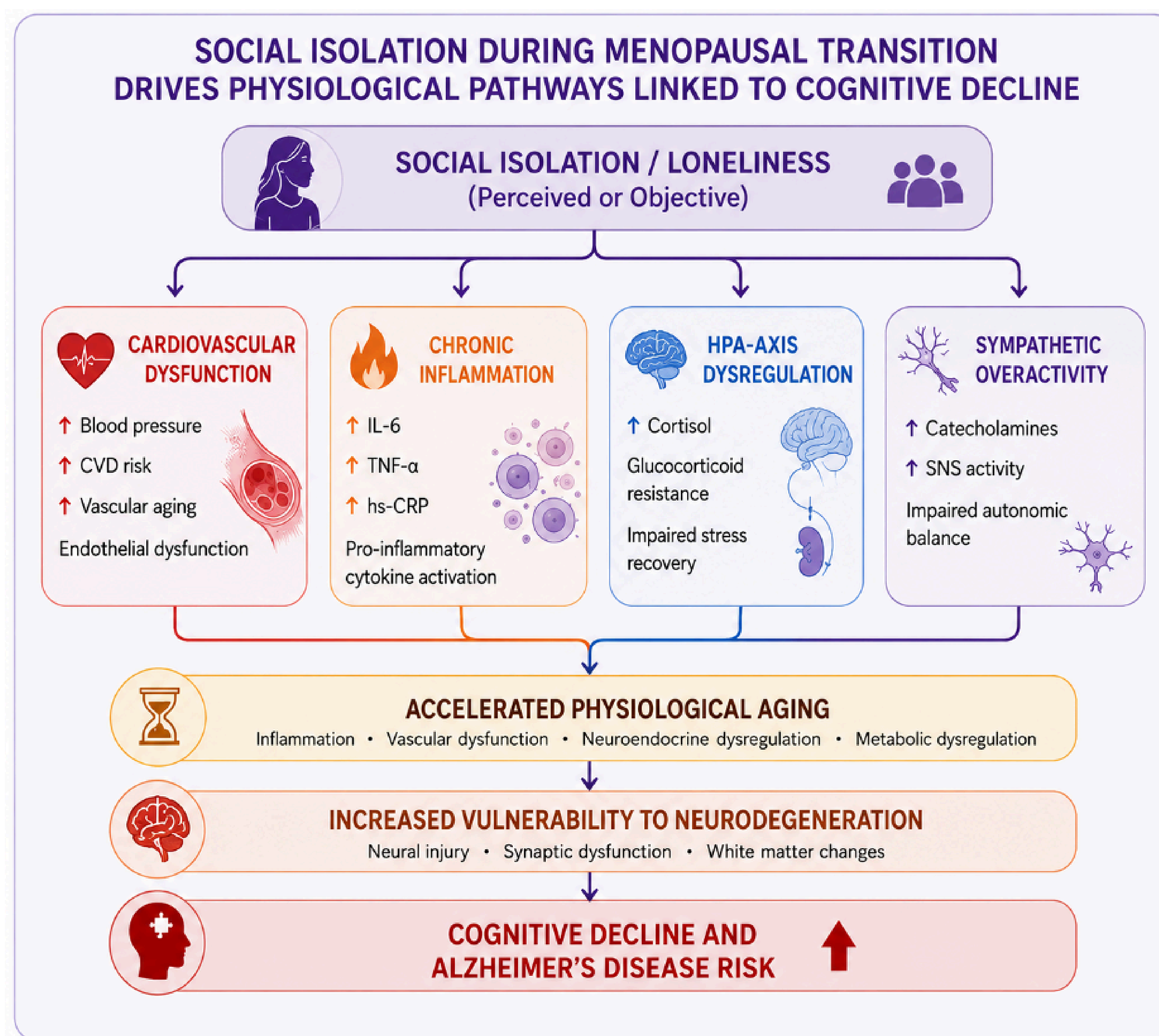
## Methods

Systematic review conducted according to PRISMA 2020 guidelines. PubMed, Scopus, and Web of Science were searched (2020–2025) for studies evaluating the impact of social isolation and loneliness on physiological health outcomes in women aged 40–65 years across menopausal stages.



## Conclusions

Social Isolation during the menopausal transition is a critical, modifiable risk factor for physiological decline and cognitive dysfunction. **Social connectedness** may serve as a biological resilience factor, modulating cardiovascular, inflammatory, and neuroendocrine pathways that influence cognitive aging and Alzheimer's disease vulnerability.



## Future Directions

These findings provide a translational framework for developing **multidomain interventions** targeting social isolation during critical windows of vulnerability, particularly the menopausal transition. Enhancing social connectedness may improve physiological resilience, strengthen cognitive health, and contribute to Alzheimer's disease prevention across the lifespan

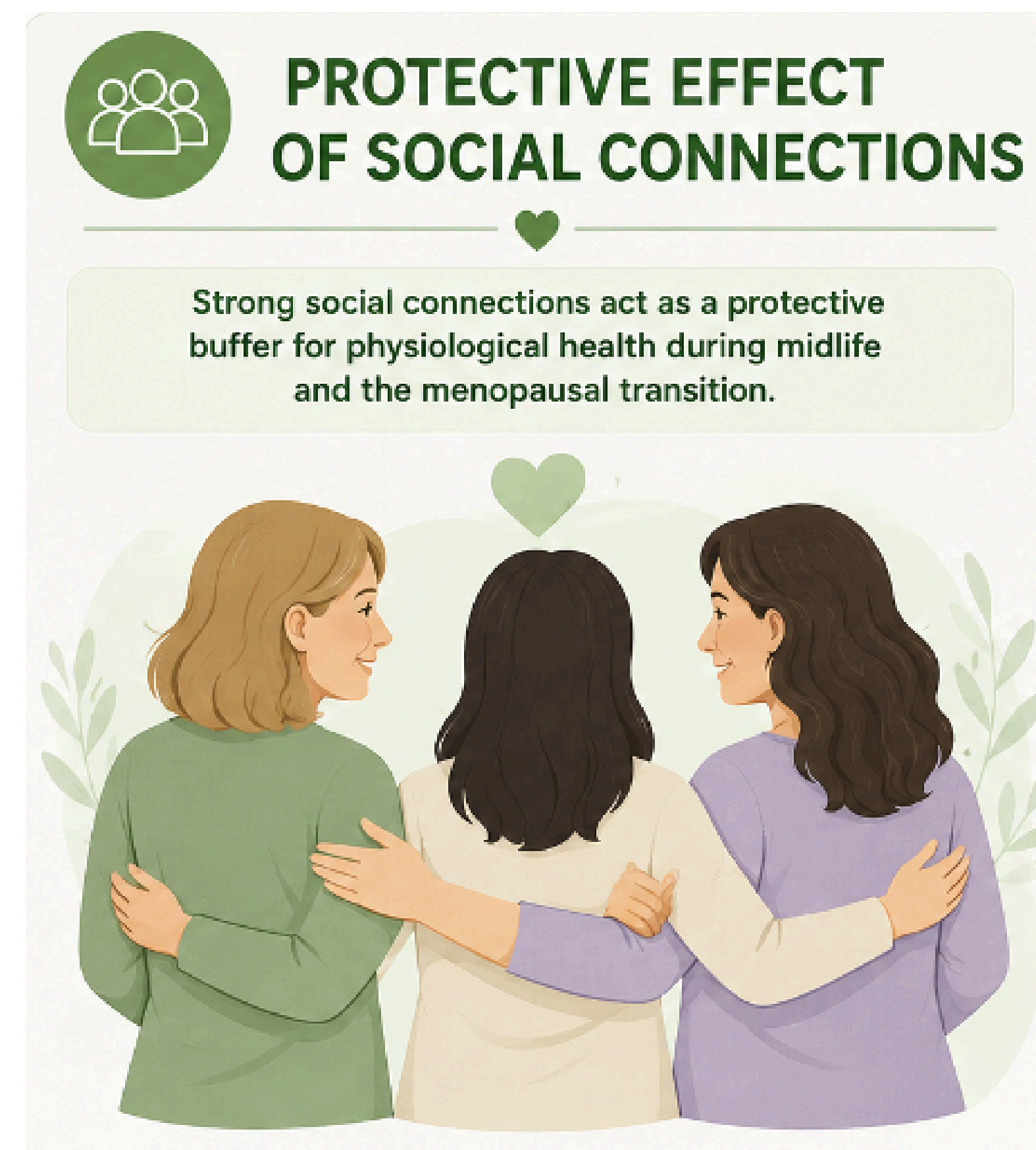
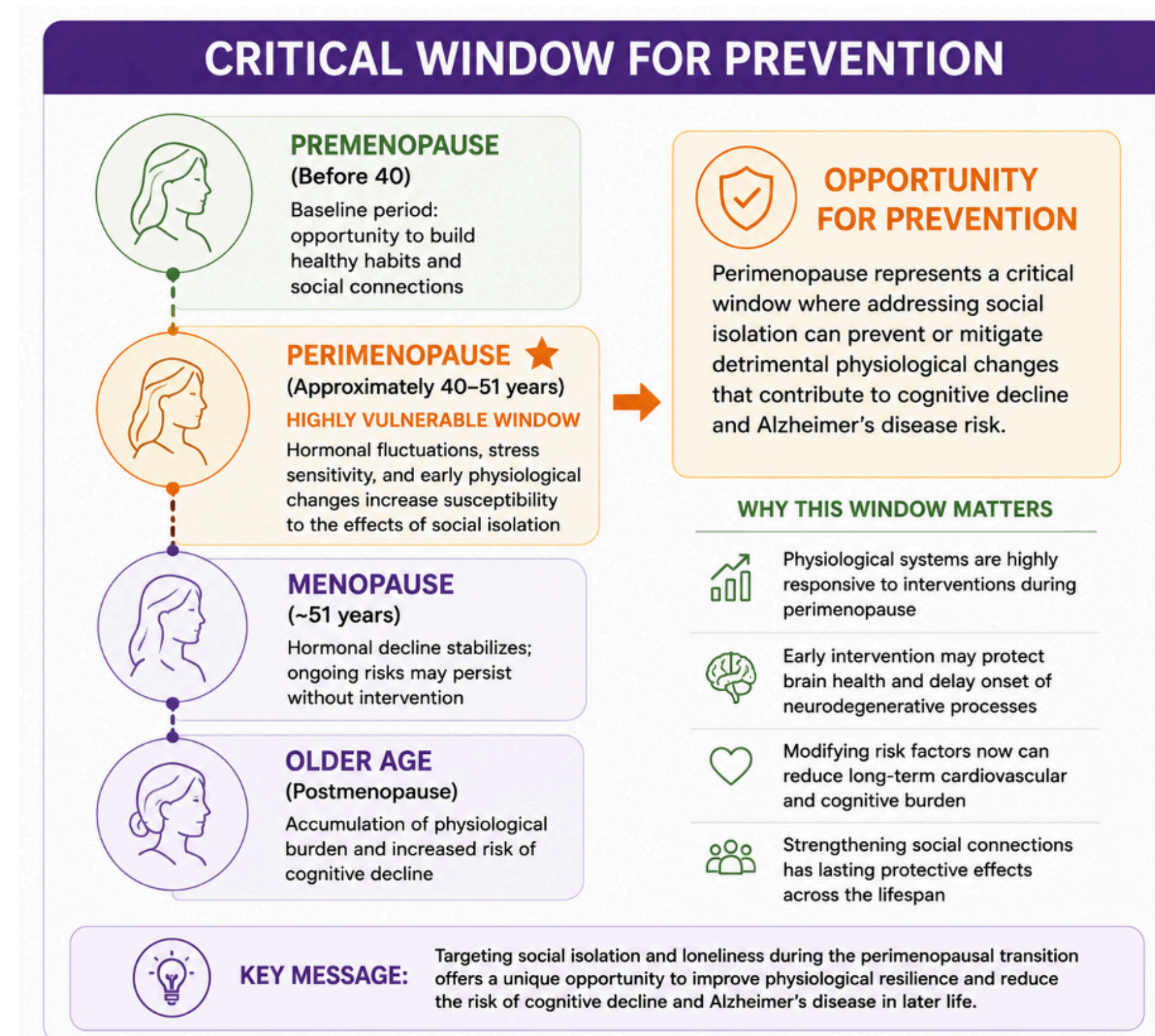


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