

Towards a comprehensive predictive model of brain health and dementia risk

Dr Ananthan Ambikairajah

University of Canberra

Undergraduate and Masters (2012 to 2017)



PhD (2018 to 2022)



UC (2021 to present)



About me

Ananthan Ambikairajah

Publications Teaching Podcast CV Media Outreach



Dr Ananthan Ambikairajah

Neuroscientist. Educator. Science Communicator.

 University of Canberra

 Website

 Email

 Google Scholar

 ORCID

 ResearchGate

 Web of Science

 Github

 LinkedIn

 X (formerly Twitter)

 Wikipedia

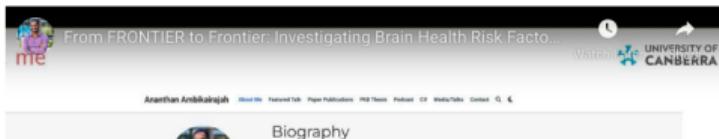
 YouTube

I'm running the Canberra Marathon for Dementia Australia - donate below

 Donate

Ananthan is a passionate neuroscientist, educator and science communicator. He is a Lecturer at the University of Canberra (UC) and a core member of the Centre for Ageing Research and Translation (CARAT) at UC. Ananthan completed his PhD in Neuroscience at the Australian National University in 2022. In 2024, Ananthan received the Outstanding New Researcher Highly Commended Award from the ACT Minister for Health. His research interests include genetic, environmental and lifestyle factors which influence ageing, brain health and disease, with a particular focus on sex-specific determinants and cardiometabolic factors. His recent research focuses on the potential for risk reduction in dementia. Ananthan has expertise in big data analyses, statistics, git, Linux and R. In 2023, he developed and continues to lead the Generative Artificial Intelligence (GenAI) Community of Practice for the Faculty of Health at UC, which aims to up-skill staff on their understanding, use and adoption of GenAI to enhance their learning, teaching, research and professional practice. Following his Undergraduate degree in Neuroscience at UNSW, he completed a Master's in Teaching (Secondary) and is a Higher Education Academy Fellow. In 2024, Ananthan received the Faculty of Health Student Nominated Award for Excellence in Teaching at UC. Ananthan regularly engages with media and his research has been covered by ABC News, Nine News, The Sydney Morning Herald, the Australian Financial Review, The Australian and ABC Radio. He also hosts a podcast called Midnight Conversations, which aims to communicate research and the principles of scientific thinking to the public in an engaging and accessible way. His podcast is available on Apple Podcasts, Spotify and SoundCloud.

Featured Research Presentation



From FRONTIER to Frontier: Investigating Brain Health Risk Factors

Ananthan Ambikairajah

University of CANBERRA

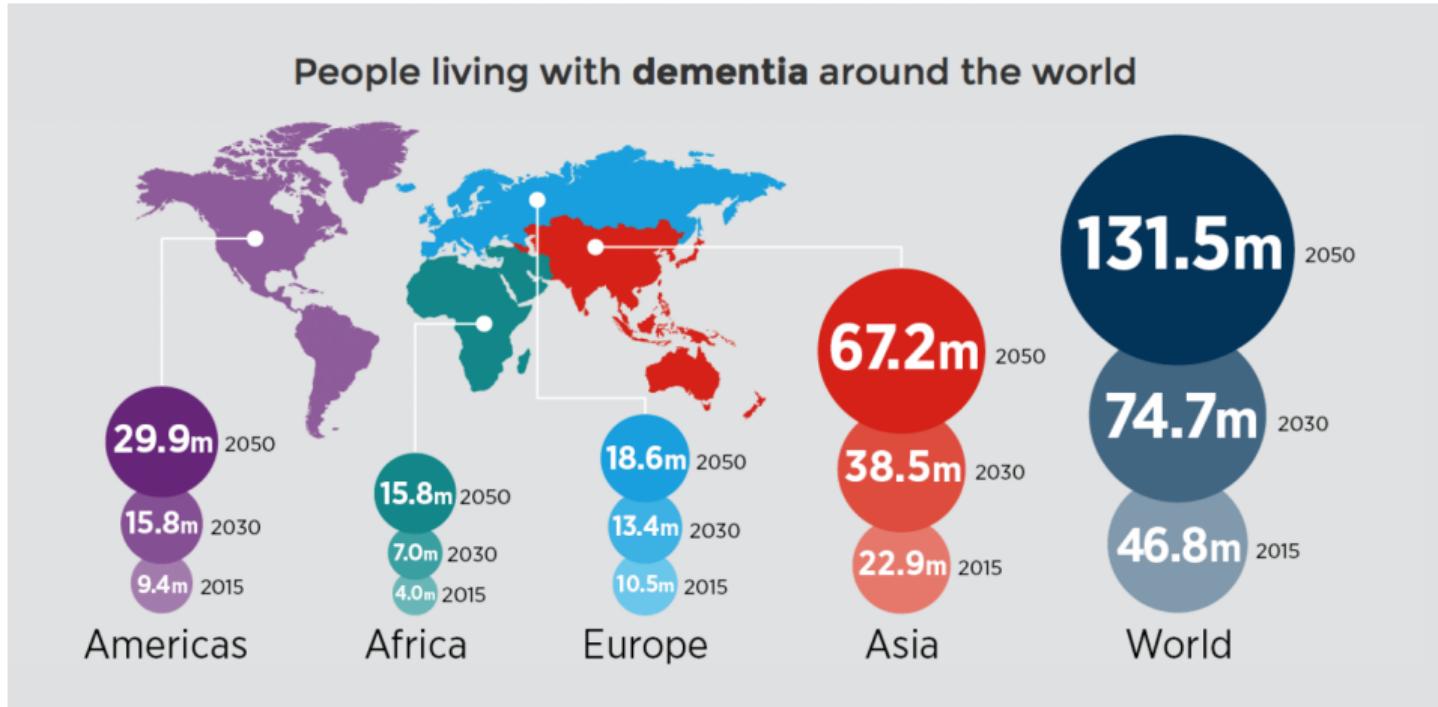
Biography

<https://ananthanambikairajah.com/>

Questions

- ▶ What are the causes of dementia?
 - ▶ Mechanisms that contribute to ageing and the pathology of dementia
 - ▶ Genetics
 - ▶ Environmental and lifestyle
 - ▶ Cardiometabolic factors
 - ▶ Sex-specific factors
- ▶ How can we effectively utilise available resources to reduce dementia risk?
 - ▶ Accessible measures of brain health that accurately predict dementia risk
 - ▶ Developing prediction models across the lifecourse that quantify dementia risk which are meaningful at an individual level
 - ▶ Explore targeted interventions that improve brain health (and/or minimise rate of decline) and delay the onset/progression of dementia
- ▶ How can we effectively engage the public in scientific research, so that they can make informed decisions about their health
 - ▶ Policy makers, health professionals, the community and those with lived experience
 - ▶ Teaching
 - ▶ Science communication

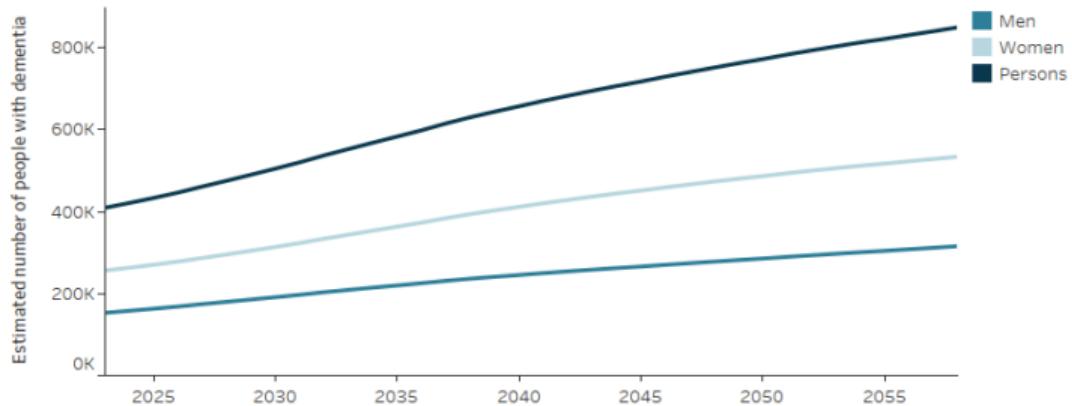
Background



Prince et al. (2015)

Background

Australians living with dementia between 2023 and 2058: estimated number by sex and year



The trend of sum of Prevalence for Year. Colour shows details about Sex. The data is filtered on Year Set, which keeps 36 members.

Source: The AIHW estimates were derived using prevalence rates from the 2015 World Alzheimer report and Withall et al. 2014, and the ABS Series B population projections.

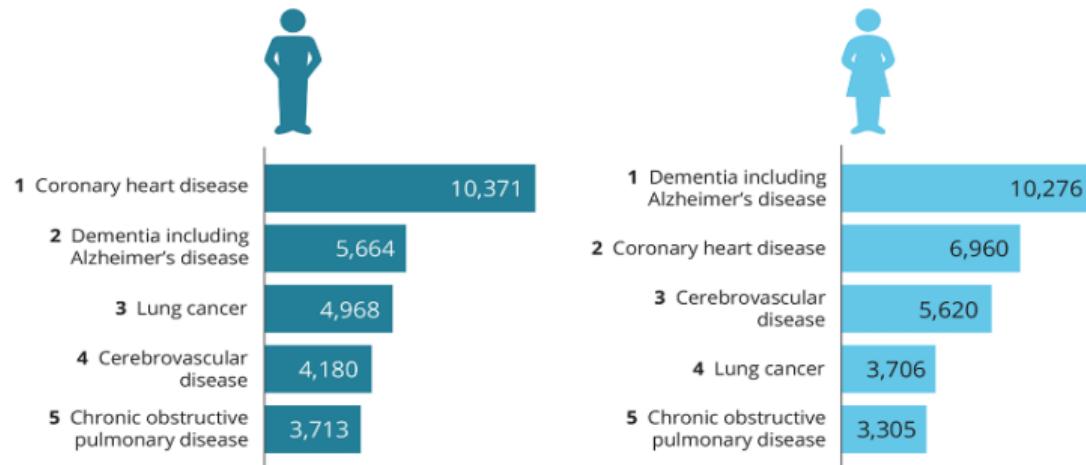
<http://aihw.gov.au>

Australian Institute of Health and Welfare,

<https://www.aihw.gov.au/reports/dementia/dementia-in-aus/contents/population-health-impacts-of-dementia/prevalence-of-dementia>

Background

Leading underlying causes of death in Australia, by sex, 2021



Australian Institute of Health and Welfare, <https://www.aihw.gov.au/reports/life-expectancy-deaths/deaths-in-australia/contents/summary>

- ▶ Life expectancy for Australian Women = 85.3 years, Men = 81.2 years (born in 2020 - 2022; [Australian Bureau of Statistics](#))
 - ▶ Consistent with global trends demonstrating women, on average, living longer (Global Women = 75.9 years, Global Men = 70.8 years, born in 2019; [World Health Organization](#))
- ▶ Age-standardised global prevalence of dementia in females was 1.17 times (1.17–1.18) the age-standardised prevalence in males in 2016 ([Nichols et al., 2019](#))

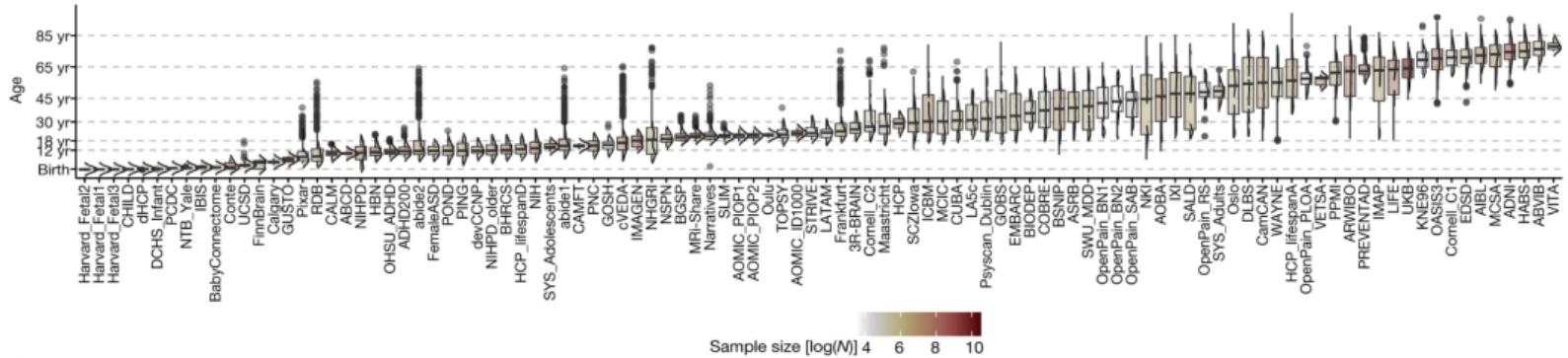
Background

- ▶ Whilst the frequency of APOE- ε 3/ ε 4 genotype does not differ by sex, a meta-analysis indicated that women with the APOE ε 3/ ε 4 genotype had an increased risk for Alzheimer's disease compared with men between the ages of 65 and 75 years ([Neu et al., 2017](#))
- ▶ Longitudinal study (mean follow up = 4 years) using Alzheimer's Disease Neuroimaging Initiative (ADNI) found that for those with mild cognitive impairment (MCI), cognitive decline was faster in women than men (models adjusted for age, APOE status, education, baseline MMSE) ([Lin & Doraiswamy, 2015](#))

Background

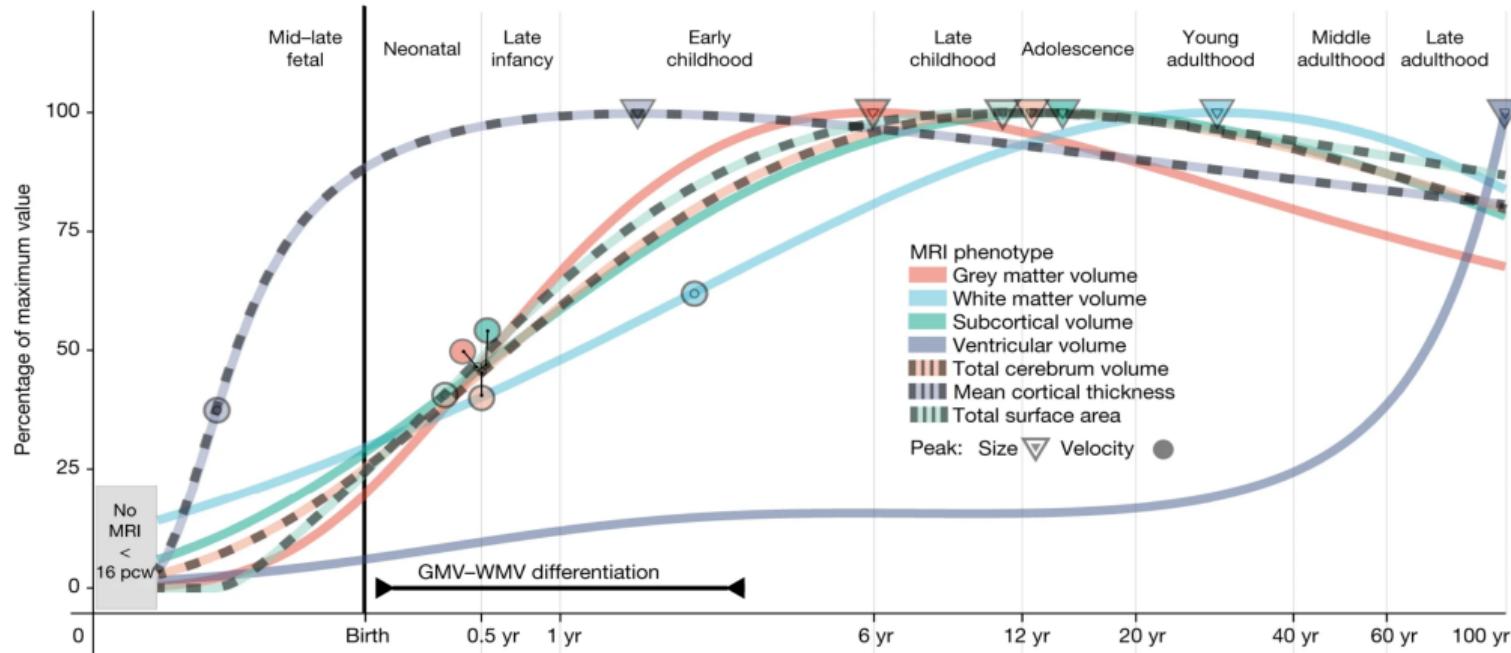
- ▶ Brain charts for human lifespan
- ▶ Aggregated 123,984 MRI scans, across more than 100 primary studies, from 101,457 human participants between 115 days post-conception to 100 years of age
(Bethlehem et al., 2022)

a Aggregated MRI datasets



Bethlehem et al. (2022)

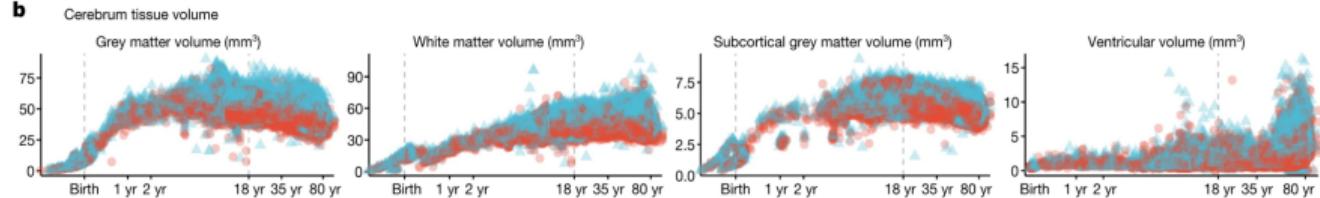
Background



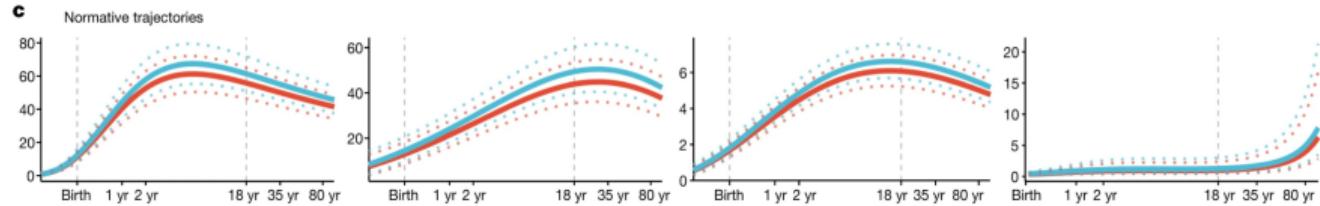
Bethlehem et al. (2022)

Background

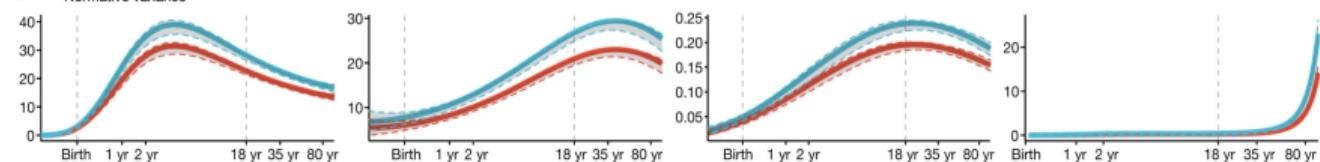
b



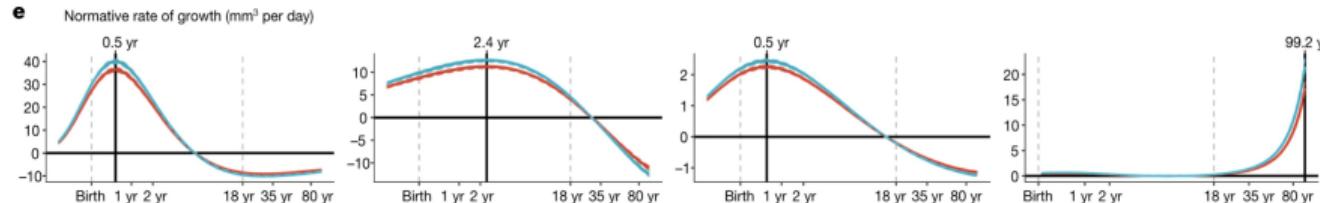
c



d



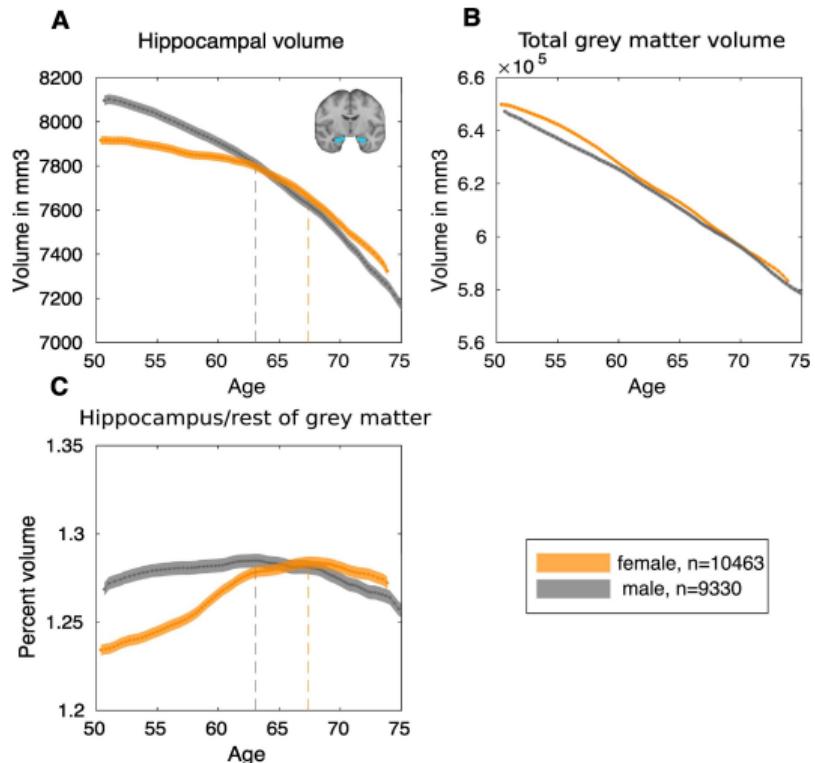
e



Female Male

Background

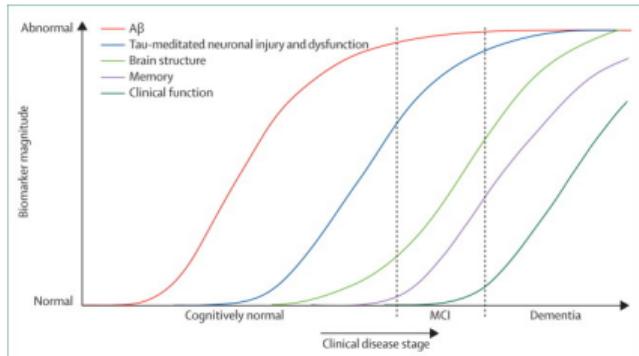
- ▶ UK Biobank (N = 19,793)
- ▶ A slight acceleration of hippocampal volume loss around age 60–65 years for females
- ▶ For both women and men, there was an increase in rate of hippocampal volume loss relative to the rest of the grey matter from around ages 67 (for women) and 63 (for men)
- ▶ Hippocampus may have particular vulnerabilities to ageing, as effects not detected in neighbouring brain areas, including parahippocampal gyrus and temporal gyrus



Nobis et al. (2019)

Background

- ▶ Evidence regarding sex differences for amyloid- β and tau burden is limited and requires further replication (Ferretti et al., 2018)
- ▶ Often statistical models adjust for sex and do not conduct sensitivity analyses that stratifies analyses by sex or investigate potential sex interactions (Beery & Zucker, 2011; McCarthy et al., 2012)
 - ▶ Example: Meta-analysis of sex differences in contribution to brain reserve (consisting of IQ, education, occupation, cognitive activity, multilingualism, socioeconomic status, physical activity, social support or marital status) identified 16 studies that included an analysis of sex (Subramaniapillai et al., 2021)



- ▶ Historical inequities, resulting in disproportionate access to education and occupational opportunities contributing to brain reserve
- ▶ Potential selective survival bias of men >65 years with a healthier cardiovascular profile and therefore, less likely to develop AD
- ▶ Interactive effects between sex/sex-specific factors and genes
- ▶ Unique neuroendocrine processes in women, including menarche, menstruation, pregnancy and menopause

- ▶ *Menopause* comes from the Greek words *meno*, which means month and *pause* which means stop, thus indicating the end of monthly cycles or menstruation.
- ▶ Historically understudied in the context of ageing. Over a period of 23 years (1995 to 2017), peer reviewed neuroimaging articles which focused on menopause accounted for approximately 2% of ageing literature (Taylor et al., 2019)
- ▶ The average age of menopause lies between 46 and 52 years of age (mean = 48.78, standard deviation = 1.45)(Schoenaker et al., 2014).
 - ▶ Given that the average life expectancy of women in developed countries lies around 81 years (Murray et al., 2015), women will, on average, spend almost 40% of their lives in a postmenopausal state.

REVIEW

Open Access



A review of menopause nomenclature

Ananthan Ambikairajah^{1,2*}, Erin Walsh¹ and Nicolas Cherbuin¹

Abstract

Menopause nomenclature varies in the scholarly literature making synthesis and interpretation of research findings difficult. Therefore, the present study aimed to review and discuss critical developments in menopause nomenclature; determine the level of heterogeneity amongst menopause definitions and compare them with the Stages of Reproductive Ageing Workshop criteria. Definitions/criteria used to characterise premenopausal and postmenopausal status were extracted from 210 studies and 128 of these studies were included in the final analyses. The main findings were that 39.84% of included studies were consistent with STRAW classification of *premenopause*, whereas 70.31% were consistent with STRAW classification of *postmenopause*. Surprisingly, major inconsistencies relating to premenopause definition were due to a total lack of reporting of any definitions/criteria for premenopause (39.84% of studies). In contrast, only 20.31% did not report definitions/criteria for postmenopause. The present findings indicate that there is a significant amount of heterogeneity associated with the definition of *premenopause*, compared with *postmenopause*. We propose three key suggestions/recommendations, which can be distilled from these findings. Firstly, premenopause should be transparently operationalised and reported. Secondly, as a minimum requirement, regular menstruation should be defined as the number of menstrual cycles in a period of at least 3 months. Finally, the utility of introducing normative age-ranges as supplementary criterion for defining stages of reproductive ageing should be considered. The use of consistent terminology in research will enhance our capacity to compare results from different studies and more effectively investigate issues related to women's health and ageing.

Plain Language Summary

The meaning of *menopause* is widely understood, but often imprecisely defined in research. The present findings revealed that there is a significant amount of heterogeneity associated with the definition of *premenopause*, compared with *postmenopause*. Three key suggestions/recommendations can be distilled from these findings. Firstly, premenopause should be transparently operationalised and reported. Secondly, as a minimum requirement, regular menstruation should be defined as the number of menstrual cycles in a period of at least 3 months. Finally, the utility of introducing normative age-ranges as supplementary criterion for defining stages of reproductive ageing should be considered. The use of consistent terminology in research will enhance our capacity to compare results from different studies and more effectively investigate issues related to women's health and ageing.

Keywords: Menopause, Nomenclature, STRAW, WHO

TERMINOLOGY	MENARCHE								MENOPAUSE (final menstrual period)							
	REPRODUCTIVE				MENOPAUSAL TRANSITION				POSTMENOPAUSE							
	EARLY	PEAK	LATE	EARLY	LATE	EARLY	LATE	EARLY	LATE	PERIMENOPAUSE						
PRINCIPAL CRITERIA	variable to regular	regular	regular	subtle changes in flow or length	variable length [#]	60 or more days of amenorrhoea										
Menstrual cycles																
SUPPORTIVE CRITERIA																
Endocrine	FSH		low	variable*	variable*†	>25 IU/L	variable†	stabilizes								
	AMH		low	low	low	low	low	low	very low							
	Inhibin B			low	low	low	low	low	very low							
	Antral Follicle		low	low	low	low	low	very low	very low							
DESCRIPTIVE CHARACTERISTICS																
Vasomotor symptoms								likely	most likely							
Urogenital atrophy																symptoms increasing
STAGE DURATION		variable		variable		1-3 years	2 years	3-6 years	until demise							

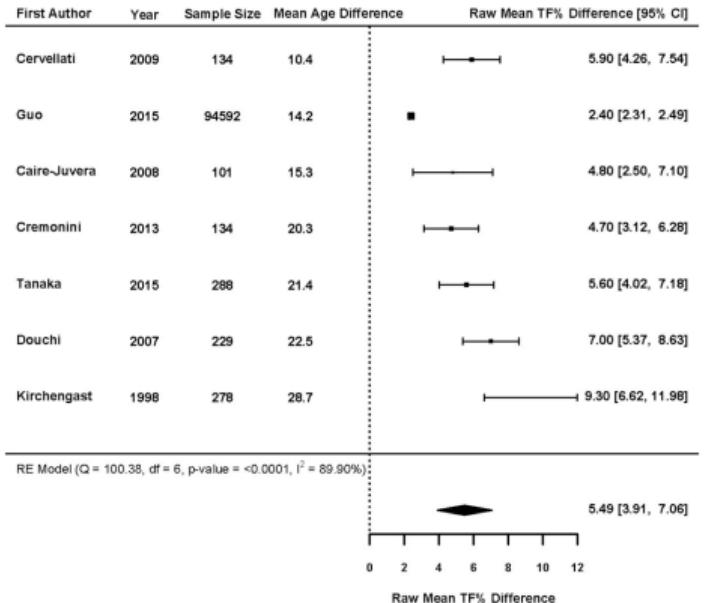
* variable length persistent, seven or more day difference in length of consecutive cycles

† variable length persistent, seven or more day difference in length of consecutive cycles
Figure 4 STRAW+10 staging system. * blood drawn on cycle days 2-5; FSH, follicle stimulating hormone; AMH, anti-mullerian hormone; †, elevated.

Ambikairajah et al. (2022); Harlow et al. (2012)

- ▶ Biological/physiological changes around menopause
 - ▶ Cardiometabolic factors
- ▶ Menopause vs ageing

Fat mass changes around menopause



Systematic Reviews

ajog.org

Fat mass changes during menopause: a metaanalysis

Ananthan Ambikairajah, BSc, MTeach, PhD; Erin Walsh, PhD; Hossein Tabatabaei-Jafari, MD; Nicolas Cherbuin, PhD

Overweight and obesity are major societal problems that are associated with a number of deleterious health and wellbeing outcomes that include type II diabetes mellitus,¹ dementia,² and cardiovascular disease (CVD)³ and result in a significant global economic burden⁴ and poorer quality of life.⁵ This is of particular importance for women because CVD is the leading cause of death in women worldwide.⁶ Many potential factors/mechanisms have been implicated in the accumulation of fat mass at midlife; these include aging,⁷ decreased physical activity levels,⁸ and sarcopenia (ie, loss of lean muscle mass), which can decrease the resting metabolic rate.⁹ However, hormonal changes in middle-aged women may also be relevant particularly in moderating increases in body fat.^{10,11} Given that the average age of menopause lies between 46–52 years¹² and that the average life expectancy of women in developed countries lies at approximately 81 years,¹³ women will spend, on average, almost 40% of

OBJECTIVE: Data: Fat mass has been shown to increase in aging women; however, the extent to which menopausal status mediates these changes remains unclear. The purpose of this review was to determine (1) how fat mass differs in quantity and distribution between premenopausal and postmenopausal women, (2) whether and how age and/or menopausal status moderates any observed differences, and (3) which type of fat mass measure is best suited to the detection of differences in fat mass between groups.

STUDY: This review with metaanalyses is reported according to Metaanalysis of Observational Studies in Epidemiology guidelines.

STUDY APPRAISAL AND SYNTHESIS METHODS: Studies (published up to May 2018) were identified via PubMed to provide fat mass measures in premenopausal and postmenopausal women. We included 201 cross-sectional studies in the metaanalysis, which provided a combined sample size of 1,049,919 individuals and consisted of 478,734 premenopausal women and 571,185 postmenopausal women. Eleven longitudinal studies were included in the metaanalyses, which provided a combined sample size of 2472 women who were premenopausal at baseline and postmenopausal at follow up.

RESULTS: The main findings of this review were that fat mass significantly increased between premenopausal and postmenopausal women across most measures, which included body mass index (1.14 kg/m²; 95% confidence interval, 0.95–1.32 kg/m²), bodyweight (1 kg; 95% confidence interval, 0.44–1.57 kg), body fat percentage (2.88%; 95% confidence interval, 2.13–3.63%), waist circumference (4.63 cm; 95% confidence interval, 3.90–5.35 cm), hip circumference (2.01 cm; 95% confidence interval, 1.36–2.65 cm), waist-hip ratio (0.04; 95% confidence interval, 0.03–0.05), visceral fat (26.90 cm²; 95% confidence interval, 13.12–40.68), and trunk fat percentage (5.49%; 95% confidence interval, 3.91–7.06 cm²). The exception was total leg fat percentage, which significantly decreased (−3.19%; 95% confidence interval, −5.98 to −0.41%). No

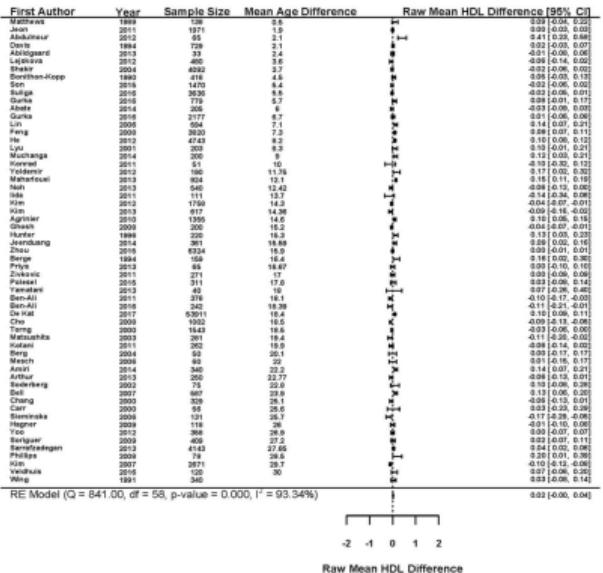
Ambikairajah, Walsh, Tabatabaei-Jafari, et al. (2019)

Fat mass changes around menopause

- ▶ Fat mass significantly increased between premenopause and postmenopause women
 - ▶ Ageing significantly accounted for unexplained variance in fat mass
 - ▶ Metabolism remains stable in adulthood between 20 to 60 years, then declines 0.7%/year (Pontzer et al., 2021)
 - ▶ Longitudinal trajectories for changes in women in SR matched typical trends for fat mass increases in women aged 18-45 i.e. no detectable effect of menopause on rate of change
 - ▶ No interaction (fat mass ~ age * menopausal status)
- ▶ Change in fat mass distribution, with increasing central fat and decreases in leg fat
 - ▶ Hormonal shifts around menopause (i.e. higher testosterone to estrogen ratio) may have contributed to enhanced central fat deposition
 - ▶ Subgroup analyses based on hormone replacement therapy (HRT) use
 - ▶ When we included women using HRT there was a significant increase in body fat percentage and a significant decrease in trunk fat percentage, which suggested a possible protective role of HRT in preventing/reducing trunk fat deposition, although, not in preventing overall fat mass gain. Consistent with a previous meta-analysis of 8 randomised control trials, which found that postmenopausal women using HRT had less WC and TF% compared to placebo (Salpeter et al., 2006).

Lipid changes around menopause

LIPID PROFILE DIFFERENCES DURING MENOPAUSE



Menopause: The Journal of The North American Menopause Society
Vol. 20, No. 11, pp. 1327-1332
DOI: 10.1007/s13237-013-2401-4013
© 2013 by The North American Menopause Society

REVIEW ARTICLE

Lipid profile differences during menopause: a review with meta-analysis

Ananthan Ambikairajah, BSc, MTeach, PhDC, Erin Walsh, PhD, and Nicolas Cherbuin, PhD

Abstract

Objectives: The aim of the study was to determine lipid profile differences between premenopausal and postmenopausal women.

Methods: The present review used a meta-analytic approach. Sixty-six studies were included, which provided a total sample of 114,655 women consisting of 68,394 that were premenopausal and 46,261 that were postmenopausal.

Results: The main findings were that (1) lipoproteins were significantly higher in postmenopausal women compared to premenopausal women including triglycerides (0.27 mmol/L, 95% confidence interval, 0.22-0.31), total cholesterol (0.58, 0.50-0.65), low-density lipoprotein (0.45, 0.38-0.53), and total cholesterol to high-density lipoprotein levels (0.39, 0.16-0.62); (2) there was no difference in high-density lipoprotein levels between premenopausal and postmenopausal women (0.02, -0.04-0.04); and (3) the differences in lipid levels was partly attributable to the mean age difference between premenopausal and postmenopausal women.

Conclusions: These findings are important as they provide precise estimates of lipid differences in women around menopause. Furthermore the results suggest that the unfavorable lipid profile that develops in postmenopausal women puts them at higher risk of cardiovascular disease such as heart disease and stroke if appropriate lifestyle/pharmacological interventions are not implemented.

Key Words: Cholesterol – Female – Lipoproteins – Postmenopausal – Premenopausal.

Menopause is characterized by the progressive decline of endogenous estrogen levels and is defined as the final menstrual period.¹ As women progress from a premenopausal to postmenopausal state, deleterious changes in serum lipid profiles have been shown to occur, as demonstrated by the increased levels of low-density lipoprotein (LDL), total cholesterol (TC), and triglycerides (TG).²⁻⁵ Previous narrative reviews that have discussed lipid changes in women around menopause have been limited by a majority of nonstatistical estimates,⁶⁻⁸ which are typically

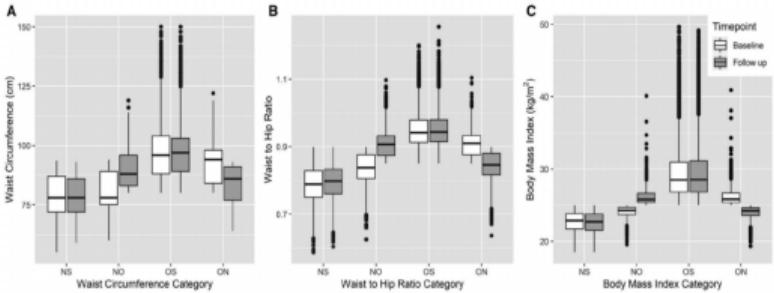
with meta-analyses. This has not yet been done for serum lipids, perhaps because the extant literature on this topic may be too large to systematically review. We have recently conducted a meta-analysis on fat mass differences between premenopausal and postmenopausal women⁹ and in this process we have also extracted relevant lipid profile data. Given that lipid profiles are highly related to fat mass, particularly central obesity,¹⁰ the data extracted from our previous review provide a useful representation of lipid changes in women around menopause. It is therefore within

Ambikairajah, Walsh, & Cherbuin (2019)

- ▶ Age explained some, but not all of the differences in lipid levels between premenopausal and postmenopausal women ($R^2 = 9.71\% \text{ to } 40.08\%$)
- ▶ Sensitivity analyses of studies with a mean age difference of 5 years or less between premenopausal and postmenopausal women revealed no significant difference in the magnitude, direction or significance of effects compared to initial estimates for HDL, LDL, and total cholesterol.
 - ▶ May suggest an effect of menopause, but could also be other factors including group differences given insufficient longitudinal studies were available for meta-analysis.

Longitudinal Changes in Fat Mass and the Hippocampus

Anazhanth Ambikairajah  ¹, Hossein Tabatabaei-Jafari  ¹, Erin Walsh  ¹, Michael Hornberger  ², and Nicolas Cherbuin  ¹



Objective: This study aimed to investigate cross-sectional and longitudinal associations between fat mass (i.e., body mass index [BMI], waist circumference [WC], and waist to hip ratio [WTHR]) and hippocampal volumes.

Methods: UK Biobank participants ($N=20,395$) aged 40 to 70 years (mean follow-up = 7.66 years), were included and categorized into one of four groups, which represented their baseline fat mass status and trajectory of change by follow-up assessment: normal weight/overweight/obesity to normal weight (ON), normal weight stable (NS), or overweight/obesity stable (OS). Regression models used NS (WC < 80 cm in women and < 94 cm in men; WTHR < 0.85 in women and < 0.90 in men; BMI < 25 kg/m^2 in women and men) as the reference group. Hippocampal volumes were automatically segmented using the FMRIIB Software Library.

Results: Compared with NS, OS (BMI: $B = -62.23$ [SE = 16.76]; WC: $B = -145.56$ [SE = 16.97]; WTHR: $B = -101.26$ [SE = 19.54]) and ON (BMI: $B = -61.1$ [SE = 30.3]; WC: $B = -93.77$ [SE = 24.96]; WTHR: $B = -69.92$ [SE = 26.22]) had significantly lower hippocampal volumes.

Conclusions: The detrimental effects of overweight/obesity may extend beyond the duration of overweight/obesity itself.

Obesity (2020) **28**: 1263–1269.

Study Importance

What is already known?

- In addition to being associated with deleterious health and well-being outcomes, including type 2 diabetes mellitus, cancer, and cardiovascular disease, overweight BMI in midlife confers a 35% increased risk of developing Alzheimer disease compared with normal BMI.

What does this study add?

- Our findings indicate that the detrimental effects of overweight/obesity on the neurological health of individuals may extend beyond the duration of overweight/obesity itself.

How might these results change the focus of clinical practice?

- The clinical translation of our research findings is important to ensure that possible populations at risk for poor neurological health are not overlooked and that, instead, targeted intervention programs are developed to mitigate identified risks.

Introduction

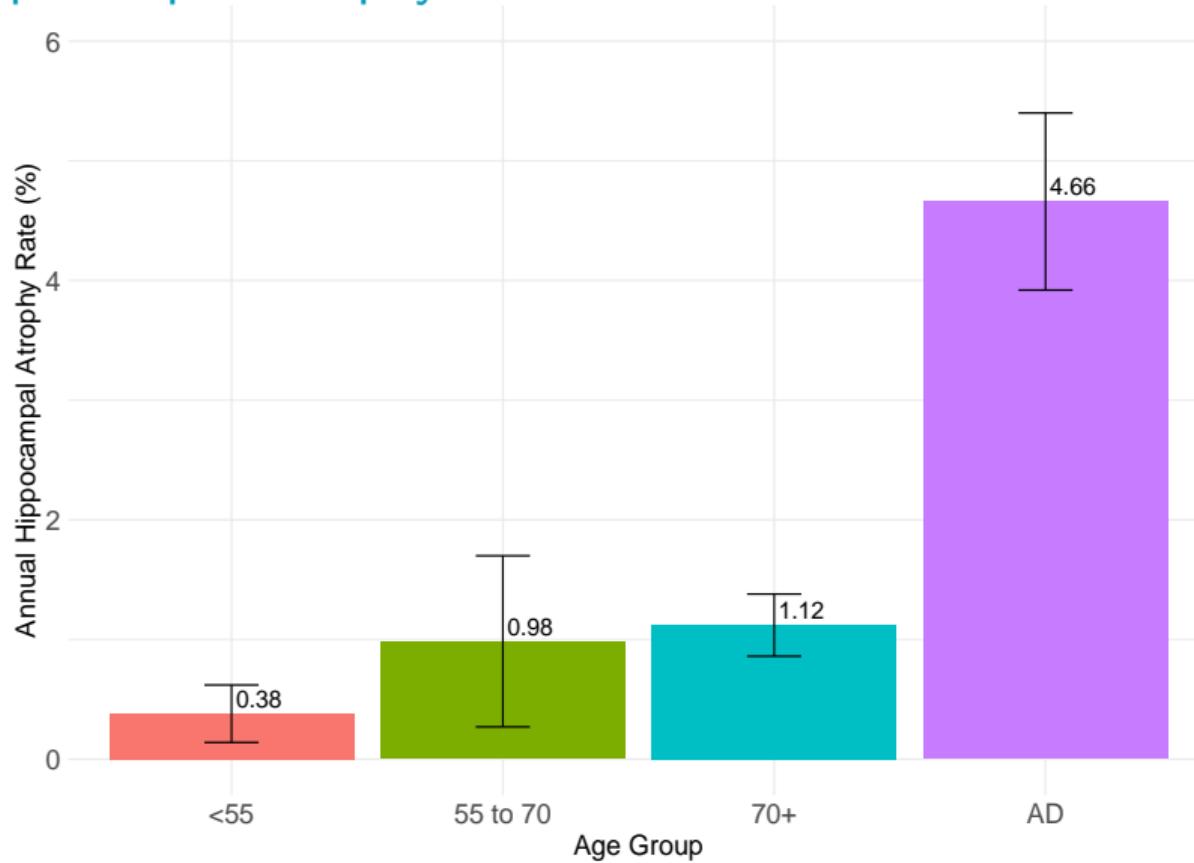
in individuals with overweight/obesity), is known to be closely linked with elevated levels of proinflammatory cytokines (8–10), which are associated with smaller hippocampal volumes (11). In animal models, obesity in aging is associated with a heightened state of systemic

The prevalence of overweight and obesity has accelerated in recent

Ambikairajah et al. (2020)

- ▶ Individuals with chronic overweight/obesity had significantly lower hippocampal volumes (WC: 1.13%; WTHR: 0.79% and BMI: 0.49%) when compared with those who maintained a normal level of fat mass (i.e. WC: < 80 cm in women and < 94 cm in men; WTHR: < 0.85 in women and < 0.90 in men and BMI: < 25 kg/m² in women and men) at baseline and follow up (average follow up = 7.66 years)
- ▶ Individuals who were within a normal range of fat mass at follow up assessment, yet were previously classified as having overweight/obesity at baseline had lower hippocampal volumes than those who maintained fat mass within the normal range across assessments (WC: 0.73%; WTHR: 0.55% and BMI: 0.48%)
- ▶ The detrimental effects of overweight/obesity may extend beyond the duration of overweight/obesity itself, emphasising the importance of maintaining normal weight for brain health.

Rate of Hippocampal Atrophy



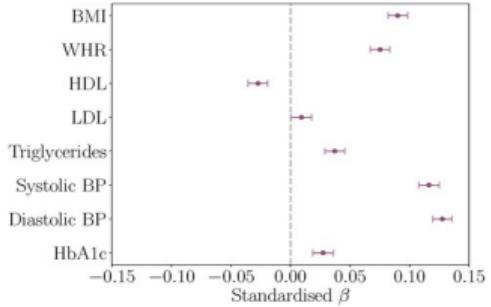
- ▶ Largest magnitude of effect was consistently observed for WC, likely because of its correlation with visceral fat
- ▶ Subgroup analysis in women consistently revealed lower hippocampal volumes for OS, ON, and NO compared to NS group for WC. However, results were not consistent across WTHR and BMI.
 - ▶ Possibly demonstrates the utility of WC to measure visceral fat
 - ▶ May reflect changes after menopause ([Ambikairajah, Walsh, Tabatabaei-Jafari, et al., 2019](#))

TABLE 3 Simple Pearson correlation analysis results between WC, WTHR, and BMI and DXA measures of TBF and VF

	TBF	95% CI	P	VF	95% CI	P
BMI	0.897	0.891-0.903	<0.001	0.688	0.672-0.703	<0.001
WC	0.719	0.706-0.734	<0.001	0.827	0.817-0.836	<0.001
WTHR	0.291	0.264-0.318	<0.001	0.728	0.714-0.742	<0.001

TBF and VF measured for 4,482 and 4,431 participants, respectively, using DXA. P < 0.05 considered significant and presented in bold text.
DXA, dual-energy x-ray absorptiometry; TBF, total body fat; VF, visceral fat; WC, waist circumference; WTHR, waist to hip ratio.

Cardiometabolic factors and brain health



Check for updates

OPEN ACCESS

EDITED BY
Aleksandra Pukuls,
University of Toronto, Canada

REVIEWED BY
Elizabeth Thomas,
Monash Alfred Psychiatry Research Centre,
Australia
Frauke Beyer,
Max Planck Institute for Human Cognitive and
Brain Sciences, Germany

*CORRESPONDENCE
Louise S. Schindler
✉ louise.schindler@chuv.ch
Ann-Marie G. de Lange
✉ ann-marie.de-lange@chuv.ch

RECEIVED: 12 October 2023
ACCEPTED: 06 December 2023
PUBLISHED: 23 December 2023

CITATION
Schindler LS, Subramaniapillai S, Ambikairajah A, Barth C, Cresto A, Voldsbekk I, Beck D, Gunotti TP, Topiwala A, Sun S, Ebmeier KP, Andreassen OA, Draganski B, Westlie LT and de Lange A-MG (2023) Cardiometabolic health across menopausal years is linked to white matter hyperintensities up to a decade later. *Front. Glob. Womens Health* 4:1320640. doi: 10.3389/fgwh.2023.1320640

COPYRIGHT
© 2023 Schindler, Subramaniapillai,
Ambikairajah, Barth, Cresto, Voldsbekk, Beck,
Gunotti, Topiwala, Sun, Ebmeier, Andreassen,
Draganski and de Lange. This is an open-access
article distributed under the terms of the Creative Commons
Attribution License (CC BY). The use, distribution or
reproduction of this article is permitted in accordance
with the terms of the license.

Cardiometabolic health across menopausal years is linked to white matter hyperintensities up to a decade later

Louise S. Schindler^{1,2*}, Sivaniya Subramaniapillai^{1,2}, Ananthan Ambikairajah^{3,4}, Claudia Barth^{5,7}, Arielle Cresto^{6,8}, Irene Voldsbekk^{2,7}, Dani Beck^{2,8,7}, Tiril P. Gurholt⁷, Anya Topiwala⁹, Sana Surj¹⁰, Klaus P. Ebmeier¹⁰, Ole A. Andreassen¹⁰, Bogdan Draganski¹¹, Lars T. Westlie^{2,7,10} and Ann-Marie G. de Lange^{1,2,9}

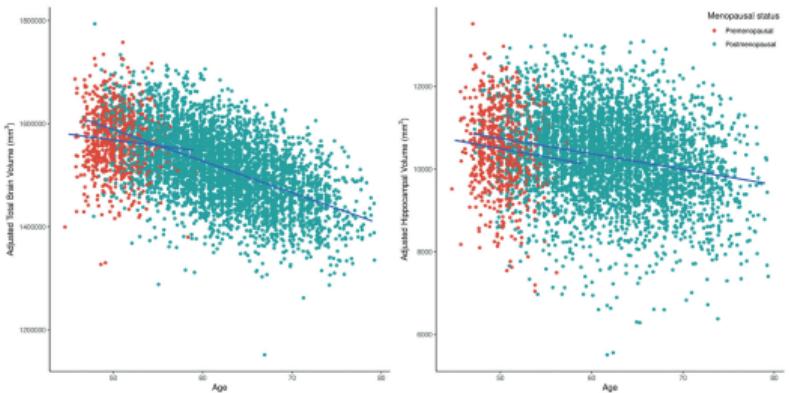
¹IREN, Centre for Research in Neuroscience, Department of Clinical Neurosciences, Lausanne University Hospital, Lausanne, Switzerland; ²Department of Psychology, University of Oslo, Oslo, Norway; ³Department of Psychiatry, University of Oxford, Oxford, United Kingdom; ⁴Centre of Psychology, Faculty of Health, University of Canberra, Canberra, Australia; ⁵National Centre for Epidemiology and Population Health, Australian National University, Canberra, Australia; ⁶Department of Psychiatric Research, Dialekjemmet Hospital, Oslo, Norway; ⁷NORMENT, Division of Mental Health and Addiction, Oslo University Hospital & Institute of Clinical Medicine, University of Oslo, Oslo, Norway; ⁸Nuffield Department Population Health, Big Data Institute, University of Oxford, Oxford, United Kingdom; ⁹Wellcome Centre for Integrative Neuroimaging, University of Oxford, Oxford, United Kingdom; ¹⁰NG Jevnær Centre for Neurodevelopmental Disorders, University of Oslo, Oslo, Norway; ¹¹Department of Neurology, Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany

Introduction: The menopause transition is associated with several cardiometabolic risk factors. Poor cardiometabolic health is further linked to microvascular brain lesions, which can be detected as white matter hyperintensities (WMHs) using T2-FLAIR magnetic resonance imaging (MRI) scans. Females show higher risk for WMHs post-menopause, but it remains unclear whether changes

Schindler et al. (2023)

- ▶ Postmenopausal women had a poorer cardiometabolic profile compared with premenopausal women, beyond the effects of age
- ▶ Poorer cardiometabolic health, as indicated by higher baseline levels of blood lipids, blood pressure, long term blood glucose, as well as longitudinal changes in BMI and WHR, were associated with larger white matter hyperintensities

Menopause and brain health



Ambikairajah et al. (2021)

Menopause: The Journal of The North American Menopause Society
Vol. 28, No. 2, pp. 000-000
DOI: 10.1097/GME.0000000000001688
© 2020 by The North American Menopause Society

ORIGINAL STUDY

Age, menstruation history, and the brain

Ananthan Ambikairajah, BSc, MTeach, PhD¹, Hossein Tabatabaei-Jafari, MD,¹
Michael Hornberger, PhD,² and Nicolas Cherbuin, PhD¹

Abstract

Objectives: To investigate the cross-sectional association between measures of menstruation history (including menopausal status, age of menarche, and duration of reproductive stage) and brain volume.

Methods: Women (aged 45–79 years) from the UK Biobank were included ($n = 5,072$) after excluding those who had (1) hysterectomy or bilateral oophorectomy, (2) ever used menopausal hormone therapy, (3) ever had a stroke, or (4) were perimenopausal. Multiple linear hierarchical regression models were computed to quantify the cross-sectional association between measures of menstruation history and brain volume. Sensitivity analysis based on propensity matching for age (and other demographic/health covariates) were applied to estimate differences in brain volumes between matched premenopausal and postmenopausal women.

Results: Postmenopausal women had 1.06% (95% confidence interval [CI]: 1.05–1.06) and 2.17% (95% CI, 2.12–2.22) larger total brain volume (TBV) and hippocampal volumes (HV), respectively, than premenopausal women. Sensitivity analysis with age-matched samples produced consistent results (TBV: 0.82%, 95% CI, 0.25–1.38; HV: 1.33%, 95% CI, 0.01–2.63). For every year increase in age above 45 years, postmenopausal women experienced 0.23% greater reduction in TBV than premenopausal women (95% CI, −0.60 to −0.14), which was not observed for HV. Moreover, every 1 year delayed onset of menopause after 45 was associated with 0.32% (95% CI, −0.35 to −0.28) and 0.31% (95% CI, −0.40 to −0.22) smaller TBV and HV, respectively. Every additional year in age of menarche was associated with 0.10% (95% CI, 0.04–0.16) larger TBV, which was not detected for HV. Similarly, every 1 year increase in duration of reproductive stage was associated with 0.09% smaller TBV (95% CI, −0.15 to −0.03), which was not detected for HV.

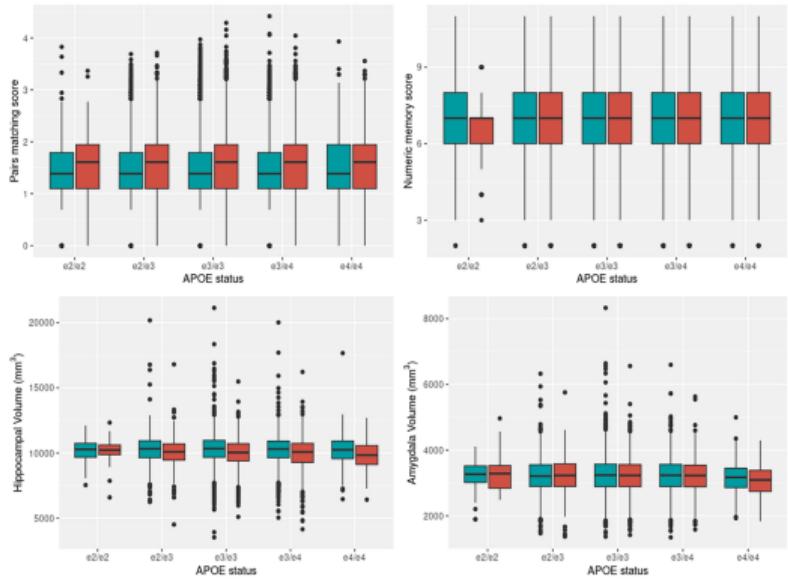
Conclusions: Menopause may contribute to brain volume beyond typical aging effects. Furthermore, early age of menarche, delayed age of menopause and increasing duration of reproductive stage were negatively associated with brain volume. Further research is required to determine whether the negative association between age of menopause and HV is potentially an indicator of future vulnerability for dementia.

Key Words: Menopause – Neuroimaging – Postmenopausal – Premenopausal – UK biobank.

Age-standardized global prevalence for dementia is 17% higher in women than men, indicating that the common form of dementia, was almost twice as high for a 65 year old woman (12%) than a 65 year old man (6.3%).³ The

- ▶ Postmenopausal women experienced 0.23% greater reduction in total brain volume than premenopausal women for every 1 year increase in age. This interactive effect was not detected for the hippocampus.
- ▶ For postmenopausal women, every 1 year delay in age of menopause after 45 was associated with 0.32% smaller total brain volume and 0.31% smaller hippocampal brain volume.
- ▶ In the UK Biobank sample, postmenopausal women had 1.06% larger total brain volume and 2.17% larger hippocampal volume than premenopausal women. This effect was consistent across all analyses (multiple regression models, which controlled for age; propensity matching analysis which exact matched for age; age-restricted analyses between 45-55 years)
 - ▶ Between and within group variability

HRT, APOE, Age and Brain



Ambikairajah et al. (2024)

Received: 20 June 2023 | Revised: 12 January 2024 | Accepted: 16 January 2024
DOI: 10.1002/bmri.26612

RESEARCH ARTICLE

WILEY

Investigating the synergistic effects of hormone replacement therapy, apolipoprotein E and age on brain health in the UK Biobank

Ananth Ambikairajah^{1,2,3} | Mizanur Khondoker⁴ | Edward Morris⁵ |
Ann-Marie G. de Lange^{6,7,8} | Rasha N. M. Saleh^{4,9} | Anne Marie Minihane^{4,10} |
Michael Hornberger⁴

¹Discipline of Psychology, Faculty of Health, University of Canberra, Canberra, Australian Capital Territory, Australia

²Centre for Ageing Research and Translation, Faculty of Health, University of Canberra, Canberra, Australian Capital Territory, Australia

³National Centre for Epidemiology and Population Health, Australian National University, Canberra, Australian Capital Territory, Australia

⁴Norwich Medical School, University of East Anglia, Norwich, UK

⁵Norfolk and Norwich NHS Trust, Norwich, UK

⁶Department of Clinical Neurosciences, Lausanne University Hospital (CHUV) and University of Lausanne, Lausanne, Switzerland

⁷Department of Psychology, University of Oslo, Oslo, Norway

⁸Department of Psychiatry, University of Oxford, Oxford, UK

⁹Department of Clinical and Chemical Pathology, Faculty of Medicine, Alexandria University, Alexandria, Egypt

¹⁰Norwich Institute of Healthy Ageing, Norwich, UK

Correspondence

Ananth Ambikairajah, Discipline of Psychology, Faculty of Health, University of Canberra, Building 12, 11 Kirrami St, Canberra, ACT 2617, Australia.
Email: ananth.ambikairajah@canberra.edu.au

Abstract

Global prevalence of Alzheimer's Disease has a strong sex bias, with women representing approximately two-thirds of the patients. Yet, the role of sex-specific risk factors, such as HRT, APOE, and age, on brain health remains unclear. This study investigated the synergistic effects of HRT, APOE, and age on brain health in the UK Biobank. We found that women with e4/e4 APOE status had significantly lower hippocampal and amygdala volumes compared to women with e2/e2 APOE status. Women with e4/e4 APOE status also had significantly lower hippocampal and amygdala volumes compared to men with e4/e4 APOE status. Women with e4/e4 APOE status and HRT users had significantly higher hippocampal and amygdala volumes compared to women with e4/e4 APOE status and non-HRT users. These findings suggest that HRT may have a protective effect on hippocampal and amygdala volumes in women with e4/e4 APOE status. Our results support the hypothesis that HRT may reduce the risk of Alzheimer's Disease in women with e4/e4 APOE status.

Estrogen use, *APOE*, and cognitive decline

Evidence of gene-environment interaction

K. Yaffe, MD; M. Haan, DrPH; A. Byers, MPH; C. Tangen, DrPH; and L. Kuller, MD, DrPH

Article abstract—*Objective:* *APOE-e4* increases the risk of cognitive decline, while elderly women who take estrogen may have less risk of cognitive decline. The authors sought to determine whether estrogen use modifies the association between *APOE-e4* and cognitive decline. *Method:* As part of the Cardiovascular Health Study, 3,393 Medicare-eligible women (≥ 65 years) were randomly selected and recruited from Sacramento County, CA; Washington County, MD; Forsyth County, NC; and Pittsburgh, PA. Cognitive testing was administered annually; the authors studied the 2,716 women with cognitive testing on ≥ 2 visits. They analyzed change in score on the Modified Mini-Mental State Examination (3MS) as a function of estrogen use, *APOE* genotype, and baseline common and internal carotid artery wall thickening. *Results:* A total of 297 (11%) women were current estrogen users and 336 (12%) were past estrogen users. Over the 6-year average follow-up, baseline current users declined 1.5 points on the 3MS whereas never users declined 2.7 points ($p = 0.023$). Compared with *e4*-negative women, *e4*-positive women had a greater adjusted hazard ratio of cognitive impairment (3MS < 80), hazard risk [HR] = 1.47; 95% CI, 1.13 to 1.90. There was an interaction between estrogen use and *e4* presence ($p = 0.037$). Among *e4*-negative women, current estrogen use reduced the risk of adjusted cognitive impairment compared with never users by almost half [HR = 0.59; 95% CI, 0.36 to 0.99], whereas, it did not reduce the risk among *e4*-positive women (current use, HR = 1.33; 95% CI, 0.74 to 2.42). Compared with never use, current estrogen use was associated with less internal and common carotid wall thickening in *e4*-negative women but not in *e4*-positive women (p for interaction < 0.05 for both). Differences remained after adjusting for age, education, race, and stroke. *Conclusions:* Estrogen use was associated with less cognitive decline among *e4*-negative women but not *e4*-positive women. Potential mechanisms, including carotid atherosclerosis, by which *e4* may interact with estrogen and cognition warrant further investigation.

Key words: Estrogen—*APOE*—Cognitive decline—Elderly women.

NEUROLOGY 2000;54:1949–1953

RESEARCH

Open Access



Hormone replacement therapy is associated with improved cognition and larger brain volumes in at-risk APOE4 women: results from the European Prevention of Alzheimer's Disease (EPAD) cohort

Rasha N. M. Saleh^{1*}, Michael Hornberger¹, Craig W. Ritchie² and Anne Marie Minihane¹

Abstract

Background The risk of dementia is higher in women than men. The metabolic consequences of estrogen decline during menopause accelerate neuropathology in women. The use of hormone replacement therapy (HRT) in the prevention of cognitive decline has shown conflicting results. Here we investigate the modulating role of APOE genotype and age at HRT initiation on the heterogeneity in cognitive response to HRT.

Methods The analysis used baseline data from participants in the European Prevention of Alzheimer's Dementia (EPAD) cohort (total $n=1906$, women=1178, 61.8%). Analysis of covariance (ANCOVA) models were employed to test the independent and interactive impact of APOE genotype and HRT on select cognitive tests, such as MMSE, RBANS, dot counting, Four Mountain Test (FMT), and the supermarket trolley test (STT), together with volumes of the medial temporal lobe (MTL) regions by MRI. Multiple linear regression models were used to examine the impact of age of HRT initiation according to APOE4 carrier status on these cognitive and MRI outcomes.

Results APOE4 HRT users had the highest RBANS delayed memory index score (P -APOE \times HRT interaction = 0.009) compared to APOE4 non-users and to non-APOE4 carriers, with 6–10% larger entorhinal (left) and amygdala (right and left) volumes (P -interaction = 0.002, 0.003, and 0.005 respectively). Earlier introduction of HRT was associated with larger right (standardized $\beta=-0.555$, $p=0.035$) and left hippocampal volumes (standardized $\beta=-0.577$, $p=0.028$) only in APOE4 carriers.

Conclusion HRT introduction is associated with improved delayed memory and larger entorhinal and amygdala volumes in APOE4 carriers only. This may represent an effective targeted strategy to mitigate the higher life-time risk of AD in this large at-risk population subgroup. Confirmation of findings in a fit for purpose RCT with prospective recruitment based on APOE genotype is needed to establish causality.

Introduction

More than two-thirds of Alzheimer's disease (AD) patients are women [1, 2]. The recent 2022 Global Burden

*Correspondence:
Rasha N. M. Saleh

HRT, APOE, Age and Brain



Neurobiology of Aging 33 (2012) 1129–1137

NEUROBIOLOGY
OF
AGING

www.elsevier.com/locate/neuaging

Postmenopausal hormone therapy, timing of initiation, APOE and cognitive decline

Jae H. Kang^{a,*}, Francine Grodstein^{a,b}

^a Channing Lab, Department of Medicine, Brigham and Women's Hospital, Harvard Medical School, Boston, MA, USA

^b Department of Epidemiology, Harvard School of Public Health, Boston, MA, USA

Received 29 April 2010; revised 13 September 2010; accepted 9 October 2010

Abstract

Associations between postmenopausal hormone therapy (HT) and cognitive decline may depend on apolipoprotein E (APOE) status or timing of initiation. We included 16,514 Nurses' Health Study participants aged 70–81 years who were followed since 1976 and completed up to 3 telephone cognitive assessments (2 years apart), between 1995 and 2006. The tests assessed general cognition (Telephone Interview of Cognitive Status; TICS), verbal memory, and category fluency. We used longitudinal analyses to estimate differences in cognitive decline across hormone groups. APOE genotype was available in 3697 participants. Compared with never users, past or current HT users showed modest but statistically significant worse rates of decline in the TICS: the multivariable-adjusted difference in annual rate of decline in the TICS among current estrogen only users versus never users was -0.04 (95% confidence interval, -0.07 to -0.004); for current estrogen + progestin users, the mean difference was -0.05 (95% confidence interval, -0.10 to -0.002). These differences were equivalent to those observed in women who are 1–2 years apart in age. We observed no protective associations with early timing of hormone initiation. We found suggestive interactions with APOE e4 status (e.g., on TICS, p interaction, 0.10), where the fastest rate of decline was observed among APOE e4 carriers who were current HT users. Regardless of timing of initiation, HT may be associated with worse rates of decline in general cognition, especially among those with an APOE e4 allele.

© 2012 Elsevier Inc. All rights reserved.

Keywords: Cohort studies; Cognitive aging; Risk factors in epidemiology; MCI; Memory

Among $\epsilon 4$ -negative women, those currently taking estrogen had a 1.5 ± 1.0 (95% CI) smaller 3MS point decline over 6 years compared with the never users ($p = 0.003$) (table 2). Past estrogen users' change in scores did not differ from never users ($p = 0.83$). Among $\epsilon 4$ -positive women, current or past estrogen use was not associated with the amount of cognitive decline (compared with never use: $p = 0.37$ for current use; $p = 0.79$ for past use). There was an interaction between estrogen use, *APOE- $\epsilon 4$* , and cognitive decline ($p = 0.037$). After adjusting for age, education, race, and stroke history, the interaction between *APOE* and estrogen use remained but lessened somewhat in statistical significance ($p = 0.06$).

Yaffe et al. (2000)

HRT, APOE, Age and Brain

Table 2 Cognitive outcomes scores (mean \pm SEM) according to HRT use and APOE4 genotype status

	Non-E4						E4						P_{APOE}	P_{HRT}	$P_{APOE \times HRT}$		
	No-HRT	n	HRT	n	Total	n	p-HRT	No-HRT	n	HRT	n	Total	n	p-HRT			
MMSE total score	28.49 \pm 0.07	603	28.43 \pm 0.36	50	28.49 \pm 0.07	653	0.607	28.15 \pm 0.11	350	28.22 \pm 0.30	30	28.16 \pm 0.10	380	0.960	0.565	0.724	0.782
Dot counting score	16.60 \pm 0.22	389	17.05 \pm 1.06	32	16.62 \pm 0.22	421	0.726	16.24 \pm 0.30	235	17.44 \pm 0.71	21	16.32 \pm 0.29	256	0.848	0.953	0.942	0.710
RBANS scores																	
RBANS total scale	103.57 \pm 0.62	600	105.04 \pm 2.78	49	103.63 \pm 0.61	649	0.921	100.52 \pm 0.85	351	106.68 \pm 3.44	29	100.88 \pm 0.83	380	0.045	0.488	0.128	0.097
RBANS attention index	97.65 \pm 0.70	601	102.61 \pm 2.73	28	97.86 \pm 0.68	629	0.222	97.23 \pm 0.93	352	102.23 \pm 3.34	29	97.51 \pm 0.90	381	0.706	0.818	0.297	0.652
RBANS delayed memory index	102.09 \pm 0.59	602	102.07 \pm 2.46	28	102.09 \pm 0.58	630	0.757	98.29 \pm 0.85	352	108.37 \pm 2.79	29	98.85 \pm 0.81	381	0.002	0.695	0.027 ^a	0.009 ^a
RBANS immediate memory index	106.55 \pm 0.58	602	105.18 \pm 30	28	106.49 \pm 0.57	630	0.854	101.65 \pm 0.87	352	105.59 \pm 3.83	29	101.87 \pm 0.85	381	0.150	0.434	0.307	0.209
RBANS language index	100.10 \pm 0.47	602	100.79 \pm 2.61	28	100.13 \pm 0.47	630	0.752	99.30 \pm 0.69	353	101.50 \pm 2.84	29	99.42 \pm 0.67	382	0.303	0.399	0.536	0.311
RBANS visuo-constructional index	105.16 \pm 0.65	602	106.82 \pm 2.95	28	105.23 \pm 0.63	630	0.310	104.66 \pm 0.92	352	108.32 \pm 2.91	29	104.87 \pm 0.88	381	0.483	0.163	0.938	0.233
FMT total score	8.31 \pm 0.43	32	9.33 \pm 0.33	3	8.40 \pm 0.40	35	0.803	7.48 \pm 0.55	33	10.50 \pm 1.50	3	7.77 \pm 0.56	36	0.195	0.449	0.271	0.439
SMT total score	6.54 \pm 0.63	34	6.33 \pm 0.88	3	6.53 \pm 0.58	37	0.781	5.14 \pm 0.54	33	10.00 \pm 1.53	4	5.53 \pm 0.55	37	0.158	0.549	0.451	0.241

Mean \pm SEM of cognitive test scores stratified according to APOE genotype and HRT use. Significant P values for APOE genotype, HRT, and APOE*HRT are shown, using the ANCOVA model (MANCOVA for RBANS scores). p-HRT within each APOE genotype is calculated using the pairwise comparison of the estimated marginal mean with Bonferroni adjustment for multiple comparison. Age, years of education, marital status, handedness, and CDR were used as covariates. HRT hormone replacement therapy, MMSE Mini-Mental State Examination, RBANS Repeatable Battery for the Assessment of Neuropsychological Status. FMT four mountain test, SMT supermarket trolley test. P-significant <0.05 . ^ainsignificant after FDR correction for multiple comparison. Bold: significant after FDR correction

HRT, APOE, Age and Brain

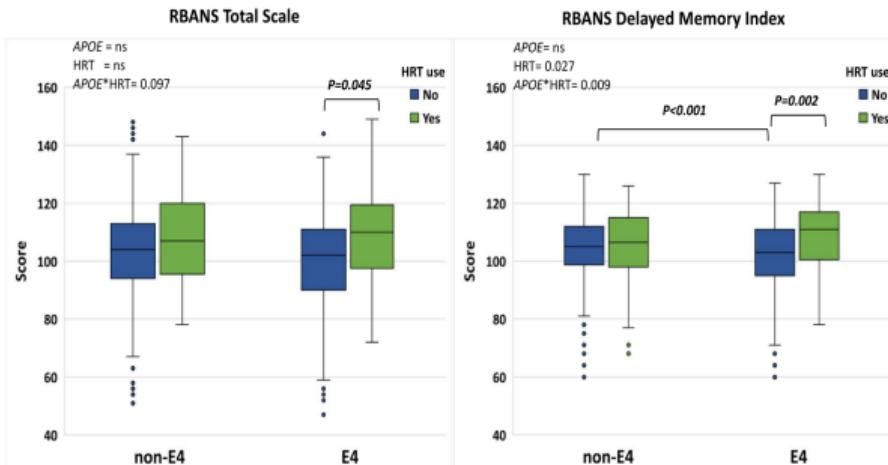


Fig. 1 Box plots showing the mean scores of RBANS total scale (left) and RBANS delayed memory index (right) in non-APOE4 versus APOE4 stratified according to HRT use. Pairwise comparison within each genotype group was carried out on the estimated marginal mean (within the MANCOVA model), after adjustment for age, years of education, marital status, handedness, and CDR. Statistical results in the upper left corner show P values of APOE genotype, HRT, and APOE*HRT for RBANS total scale (left) and delayed memory index (right) using the MANCOVA model. Non-APOE4 n= 630 (no-HRT n=602, HRT n= 28), APOE4 n= 381 (no-HRT n=352, HRT n= 29)

HRT, APOE, Age and Brain



Neurobiology of Aging 33 (2012) 1129–1137

NEUROBIOLOGY
OF
AGING

www.elsevier.com/locate/neuaging

Postmenopausal hormone therapy, timing of initiation, APOE and cognitive decline

Jae H. Kang^{a,*}, Francine Grodstein^{a,b}

^a Channing Lab, Department of Medicine, Brigham and Women's Hospital, Harvard Medical School, Boston, MA, USA

^b Department of Epidemiology, Harvard School of Public Health, Boston, MA, USA

Received 29 April 2010; revised 13 September 2010; accepted 9 October 2010

Abstract

Associations between postmenopausal hormone therapy (HT) and cognitive decline may depend on apolipoprotein E (APOE) status or timing of initiation. We included 16,514 Nurses' Health Study participants aged 70–81 years who were followed since 1976 and completed up to 3 telephone cognitive assessments (2 years apart), between 1995 and 2006. The tests assessed general cognition (Telephone Interview of Cognitive Status; TICS), verbal memory, and category fluency. We used longitudinal analyses to estimate differences in cognitive decline across hormone groups. APOE genotype was available in 3697 participants. Compared with never users, past or current HT users showed modest but statistically significant worse rates of decline in the TICS: the multivariable-adjusted difference in annual rate of decline in the TICS among current estrogen only users versus never users was -0.04 (95% confidence interval, -0.07 to -0.004); for current estrogen + progestin users, the mean difference was -0.05 (95% confidence interval, -0.10 to -0.002). These differences were equivalent to those observed in women who are 1–2 years apart in age. We observed no protective associations with early timing of hormone initiation. We found suggestive interactions with APOE e4 status (e.g., on TICS, p interaction, 0.10), where the fastest rate of decline was observed among APOE e4 carriers who were current HT users. Regardless of timing of initiation, HT may be associated with worse rates of decline in general cognition, especially among those with an APOE e4 allele.

© 2012 Elsevier Inc. All rights reserved.

Keywords: Cohort studies; Cognitive aging; Risk factors in epidemiology; MCI; Memory



Home News Sport Business Innovation Culture Travel Earth Video Live

HRT could cut Alzheimer's risk in some women - early study

15 January 2023

Share 

<https://www.bbc.com/news/health-64276452>

ScienceDaily®

Your source for the latest research news

New! Sign up for our free [email newsletter](#).

S_D

Health ▾ Tech ▾ Enviro ▾ Society ▾ Quirky ▾

Science News

from research organizations

HRT could ward off Alzheimer's among at-risk women

Date: January 14, 2023

Source: University of East Anglia

Summary: Hormone Replacement Therapy (HRT) could help prevent Alzheimer's Dementia among women at risk of developing the disease -- according to new research.

Share:     

<https://www.sciencedaily.com/search/?keyword=hrt#gsc.tab=0&gsc.q=hrt&gsc.page=1>



<https://www.youtube.com/watch?v=DtShNpdXmXk>

UC launches ageing research centre

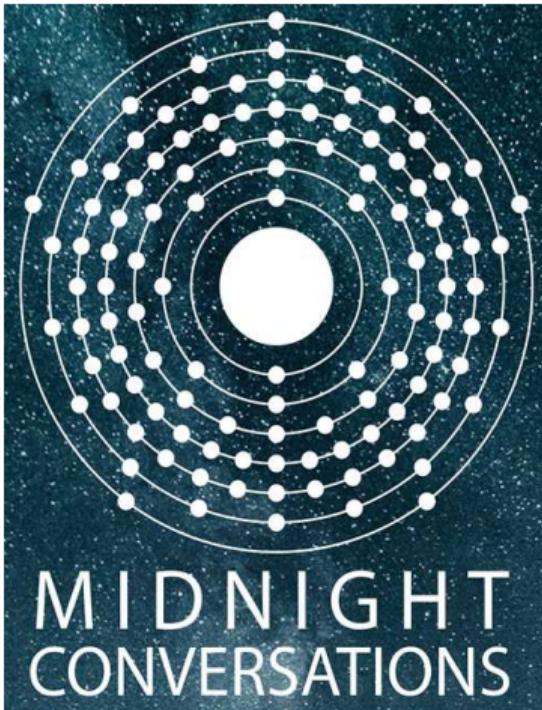
② Australian Ageing Agenda ⏰ February 23, 2024

The Centre for Ageing Research and Translation's projects focus on dementia, innovative care models and workforce.

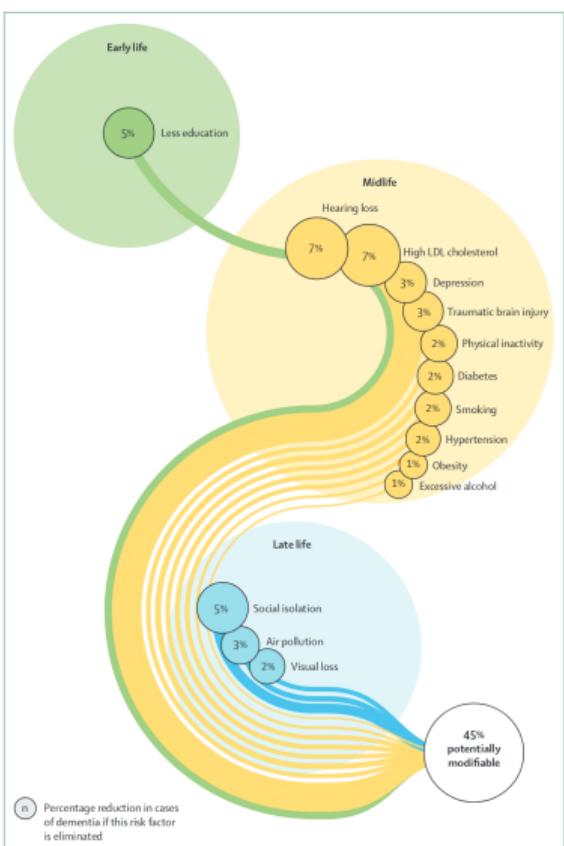
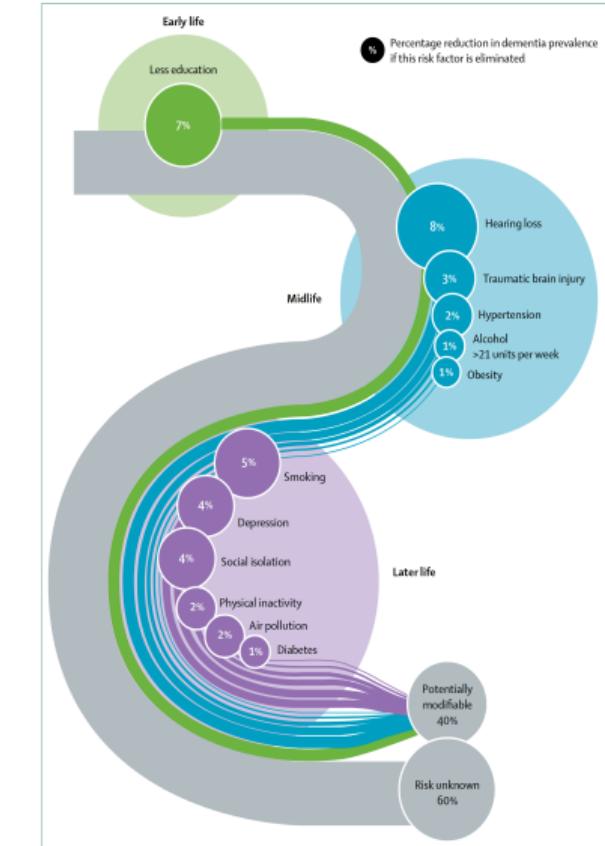
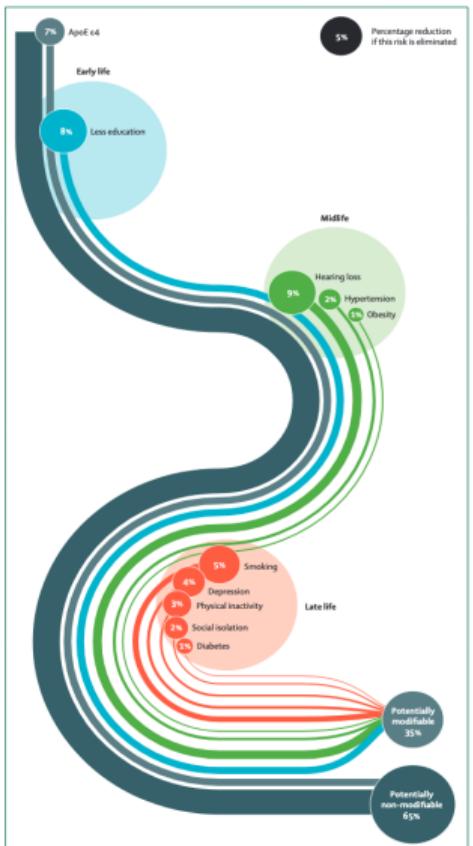


<https://www.australianageingagenda.com.au/noticeboard/uc-launches-ageing-research-centre/>

- ▶ 55+ Episodes
- ▶ Over 7000 plays
- ▶ Available on several podcasting platforms, including [Spotify](#) and [Apple Podcasts](#)



Quantifying the contributions to brain ageing



Emerging factors - sleep

www.nature.com/scientificreports/

scientific reports



OPEN **Poorer sleep impairs brain health at midlife**

Tergel Namsrai^①, Ananthan Ambikairajah^{②,3} & Nicolas Cherbuin^{③,4}

Sleep is an emerging risk factor for dementia but its association with brain health remains unclear. This study included UK Biobank ($n=29,545$; mean age = 54.65) participants at imaging visit with sleep measures and brain scans, and a subset ($n=14,205$) with cognitive measures. Multiple linear regression analyses were conducted to study the associations between sleep and brain health. Every additional hour of sleep above 7 h/day was associated with 0.10–0.25% lower brain volumes. In contrast, a negative non-linear association was observed between sleep duration, grey matter, and hippocampal volume. Both longer (> 9 h/day) and shorter sleep (< 6 h/day) durations were associated with lower brain volumes and cognitive measures (memory, reaction time, fluid intelligence). Additionally, daytime dozing was associated with lower brain volumes (grey matter and left hippocampus volume) and lower cognitive measures (reaction time and fluid intelligence). Poor sleep (< 6 h/day, > 9 h/day, daytime dozing) at midlife was associated with lower brain health. Sleep may be an important target to improve brain health into old age and delay the onset of dementia.

Namsrai et al. (2023)



Sleep Medicine

Available online 25 February 2025

In Press, Journal Pre-proof 



Sleep characteristics and brain structure: A systematic review with meta-analysis

Tergel Namsrai MD¹   M. Neurosci (Adv) PhD (candidate)¹,
Joseph M. Northey PhD (Associate Professor)^{1,2}, Ananthan Ambikairajah (PhD, Lecturer)^{1,3,4,5,6} 
Oli Ahmed MSc PhD (candidate)¹, Khawlah Aloteeq PhD (candidate)¹,
Daniela Andrea Espinosa Oyarce M. Neurosci (Adv) PhD (candidate)¹,
Richard Burns PhD (Associate Professor)¹, Ben Rattray PhD (Professor)⁴,
Nicolas Cherbuin PhD (Professor)¹

Show more 

 Add to Mendeley  Share  Cite

<https://doi.org/10.1016/j.sleep.2025.02.028> 

Get rights and content 

Under a Creative Commons license 

Open access 

Namsrai et al. (2025)

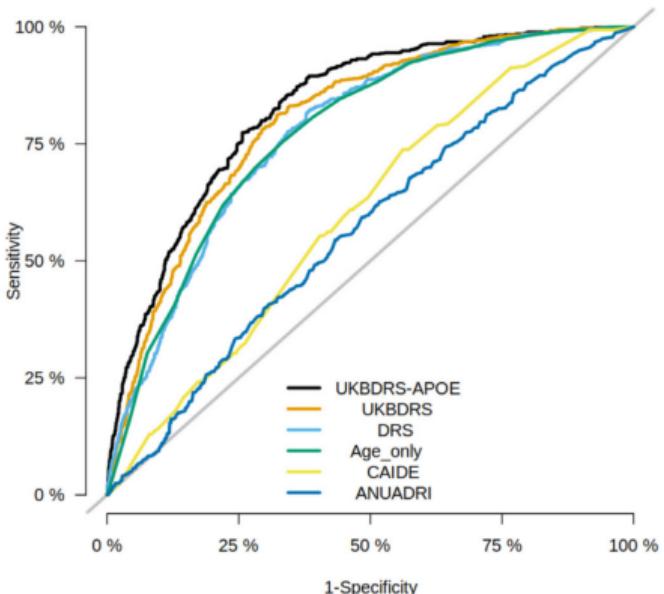
Much more work to do

Table 2 Discrimination accuracy of models across the training and test sets

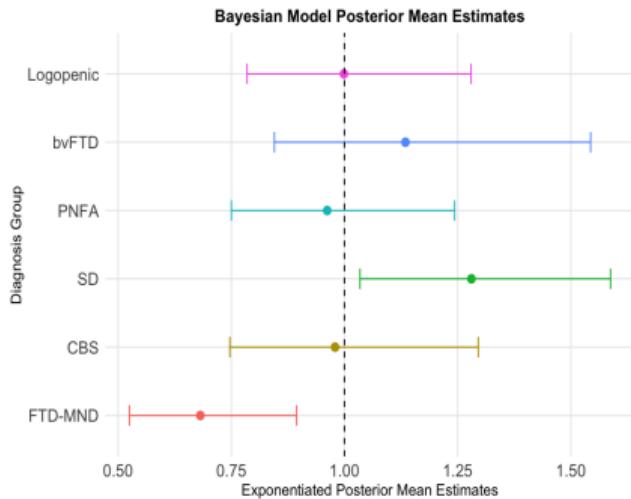
	UKB train	UKB test	WHII
N	176 611	44 151	2934
Baseline model			
Age only	0.75 (0.75 to 0.75)	0.77 (0.75 to 0.79)	0.74 (0.69 to 0.78)
UKBDRS			
UKBDRS	0.79 (0.78 to 0.79)	0.80 (0.78 to 0.82)	0.77 (0.72 to 0.81)
UKBDRS-APOE	0.81 (0.81 to 0.81)	0.83 (0.81 to 0.84)	0.80 (0.75 to 0.85)
Other risk scores			
CAIDE	0.60 (0.60 to 0.60)	0.60 (0.58 to 0.63)	0.69 (0.64 to 0.74)
DRS	0.76 (0.76 to 0.76)	0.77 (0.76 to 0.79)	0.74 (0.69 to 0.78)
ANU-ADRI	0.57 (0.57 to 0.57)	0.57 (0.54 to 0.59)	0.52 (0.45 to 0.58)

AUCs are reported with 95% confidence intervals indicated in parentheses. 0.9% of the UKB sample had missing data for one variable of the ANU-ADRI score (BMI). Therefore, all individuals with missing data on the ANU-ADRI were first excluded before evaluating the AUC for the ANU-ADRI.

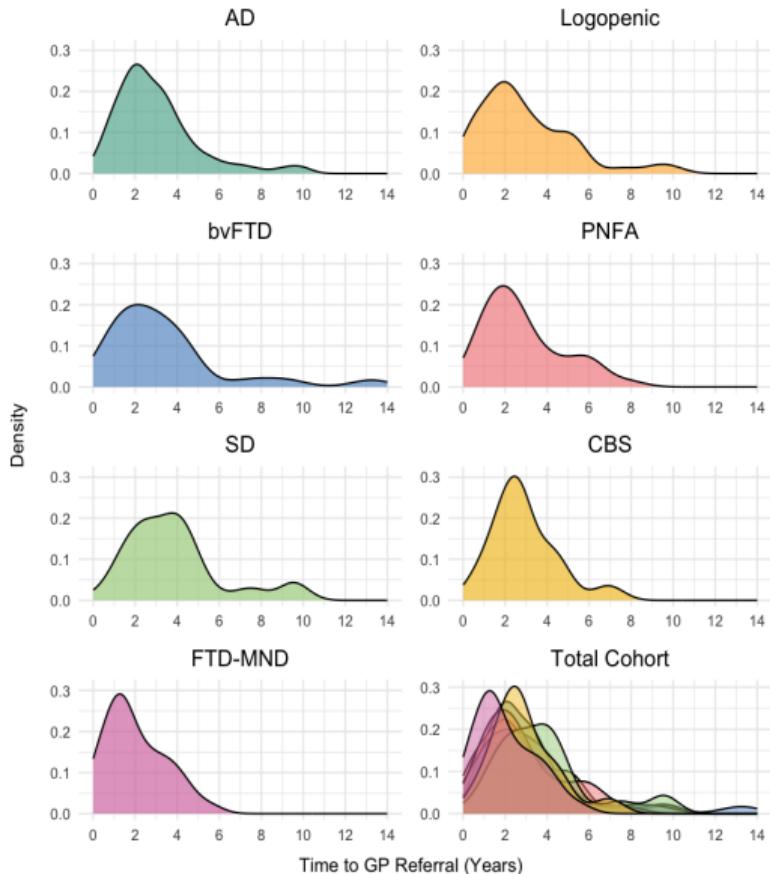
ANU-ADRI, Australian National University Alzheimer's Disease Risk Index; AUC, area under the curve ; BMI, body mass index; CAIDE, Cardiovascular Risk Factors, Aging and Dementia; DRS, Dementia Risk Score; UKB, UK Biobank; UKBDRS, UK Biobank Dementia Risk Score; WHII, Whitehall II.



Time to GP referral from symptom onset



AD = 2.96 years (95% Credible Interval:
2.6 years to 3.39 years)



Questions

- ▶ What are the causes of dementia?
 - ▶ Mechanisms that contribute to ageing and the pathology of dementia
 - ▶ Genetics
 - ▶ Environmental and lifestyle
 - ▶ Cardiometabolic factors
 - ▶ Sex-specific factors
- ▶ How can we effectively utilise available resources to reduce dementia risk?
 - ▶ Accessible measures of brain health that accurately predict dementia risk
 - ▶ Developing prediction models across the lifecourse that quantify dementia risk which are meaningful at an individual level
 - ▶ Explore targeted interventions that improve brain health (and/or minimise rate of decline) and delay the onset/progression of dementia
- ▶ How can we effectively engage the public in scientific research, so that they can make informed decisions about their health
 - ▶ Policy makers, health professionals, the community and those with lived experience
 - ▶ Teaching
 - ▶ Science communication

References |

- Ambikairajah, A., Khondoker, M., Morris, E., de Lange, A.-M. G., Saleh, R. N. M., Minihane, A. M., & Hornberger, M. (2024). Investigating the synergistic effects of hormone replacement therapy, apolipoprotein E and age on brain health in the UK Biobank. *Human Brain Mapping*, 45(2), e26612. <https://doi.org/10.1002/hbm.26612>
- Ambikairajah, A., Tabatabaei-Jafari, H., Hornberger, M., & Cherbuin, N. (2021). Age, menstruation history, and the brain. *Menopause*, 28(2), 167–174. <https://doi.org/ghtfz7>
- Ambikairajah, A., Tabatabaei-Jafari, H., Walsh, E., Hornberger, M., & Cherbuin, N. (2020). Longitudinal Changes in Fat Mass and the Hippocampus. *Obesity*, 28(7), 1263–1269. <https://doi.org/ggwqg5>
- Ambikairajah, A., Walsh, E., & Cherbuin, N. (2019). Lipid profile differences during menopause: A review with meta-analysis. *Menopause*, 1. <https://doi.org/gf8kmj>
- Ambikairajah, A., Walsh, E., & Cherbuin, N. (2022). A review of menopause nomenclature. *Reproductive Health*, 19(1), 29. <https://doi.org/10.1186/s12978-022-01336-7>
- Ambikairajah, A., Walsh, E., Tabatabaei-Jafari, H., & Cherbuin, N. (2019). Fat mass changes during menopause: A metaanalysis. *American Journal of Obstetrics and Gynecology*, 221(5), 393–409.e50. <https://doi.org/gf39q6>
- Anatürk, M., Patel, R., Ebmeier, K. P., Georgopoulos, G., Newby, D., Topiwala, A., De Lange, A.-M. G., Cole, J. H., Jansen, M. G., Singh-Manoux, A., Kivimäki, M., & Suri, S. (2023). Development and validation of a dementia risk score in the UK Biobank and Whitehall II cohorts. *BMJ Ment Health*, 26(1), e300719. <https://doi.org/10.1136/bmjment-2023-300719>
- Barnes, J., Bartlett, J. W., van de Pol, L. A., Loy, C. T., Scahill, R. I., Frost, C., Thompson, P., & Fox, N. C. (2009). A meta-analysis of hippocampal atrophy rates in Alzheimer's disease. *Neurobiology of Aging*, 30(11), 1711–1723. <https://doi.org/d27psh>
- Beery, A. K., & Zucker, I. (2011). Sex bias in neuroscience and biomedical research. *Neuroscience & Biobehavioral Reviews*, 35(3), 565–572. <https://doi.org/ff34pz>

References II

- Bethlehem, R. a. I., Seidlitz, J., White, S. R., Vogel, J. W., Anderson, K. M., Adamson, C., Adler, S., Alexopoulos, G. S., Anagnostou, E., Areces-Gonzalez, A., Astle, D. E., Auyeung, B., Ayub, M., Bae, J., Ball, G., Baron-Cohen, S., Beare, R., Bedford, S. A., Benegal, V., ... Alexander-Bloch, A. F. (2022). Brain charts for the human lifespan. *Nature*, 604(7906), 525–533.
<https://doi.org/10.1038/s41586-022-04554-y>
- Ferretti, M. T., Iulita, M. F., Cavedo, E., Chiesa, P. A., Dimech, A. S., Chadha, A. S., Baracchi, F., Girouard, H., Misoch, S., Giacobini, E., Depypere, H., & Hampel, H. (2018). Sex differences in Alzheimer disease — the gateway to precision medicine. *Nature Reviews. Neurology; London*, 14(8), 457–469. <https://doi.org/gd2k4h>
- Fraser, M. A., Shaw, M. E., & Cherbuin, N. (2015). A systematic review and meta-analysis of longitudinal hippocampal atrophy in healthy human ageing. *NeuroImage*, 112, 364–374. <https://doi.org/10.1016/j.neuroimage.2015.03.035>
- Harlow, S. D., Gass, M., Hall, J. E., Lobo, R., Maki, P., Rebar, R. W., Sherman, S., Sluss, P. M., de Villiers, T. J., & for the STRAW + 10 Collaborative Group. (2012). Executive Summary of the Stages of Reproductive Aging Workshop + 10: Addressing the Unfinished Agenda of Staging Reproductive Aging. *The Journal of Clinical Endocrinology & Metabolism*, 97(4), 1159–1168. <https://doi.org/2016092613074600892>
- Jack, C. R., Knopman, D. S., Jagust, W. J., Shaw, L. M., Aisen, P. S., Weiner, M. W., Petersen, R. C., & Trojanowski, J. Q. (2010). Hypothetical model of dynamic biomarkers of the Alzheimer's pathological cascade. *The Lancet Neurology*, 9(1), 119–128.
[https://doi.org/10.1016/S1474-4422\(09\)70299-6](https://doi.org/10.1016/S1474-4422(09)70299-6)
- Kang, J. H., & Grodstein, F. (2012). Postmenopausal hormone therapy, timing of initiation, APOE and cognitive decline. *Neurobiology of Aging*, 33(7), 1129–1137. <https://doi.org/10.1016/j.neurobiolaging.2010.10.007>
- Lin, K. A., & Doraiswamy, P. M. (2015). When Mars Versus Venus is Not a Cliché: Gender Differences in the Neurobiology of Alzheimer's Disease. *Front. Neurol.*, 5. <https://doi.org/gg6wqr>
- Livingston, G., Huntley, J., Liu, K. Y., Costafreda, S. G., Selbæk, G., Alladi, S., Ames, D., Banerjee, S., Burns, A., Brayne, C., Fox, N. C., Ferri, C. P., Gitlin, L. N., Howard, R., Kales, H. C., Kivimäki, M., Larson, E. B., Nakasujja, N., Rockwood, K., ... Mukadam, N. (2024). Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission. *The Lancet*, 404(10452), 572–628.
[https://doi.org/10.1016/S0140-6736\(24\)01296-0](https://doi.org/10.1016/S0140-6736(24)01296-0)

References III

- Livingston, G., Huntley, J., Sommerlad, A., Ames, D., Ballard, C., Banerjee, S., Brayne, C., Burns, A., Cohen-Mansfield, J., Cooper, C., Costafreda, S. G., Dias, A., Fox, N., Gitlin, L. N., Howard, R., Kales, H. C., Kivimäki, M., Larson, E. B., Ogunniyi, A., ... Mukadam, N. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*, 396(10248), 413–446. <https://doi.org/d5g5>
- Livingston, G., Sommerlad, A., Orgeta, V., Costafreda, S. G., Huntley, J., Ames, D., Ballard, C., Banerjee, S., Burns, A., Cohen-Mansfield, J., Cooper, C., Fox, N., Gitlin, L. N., Howard, R., Kales, H. C., Larson, E. B., Ritchie, K., Rockwood, K., Sampson, E. L., ... Mukadam, N. (2017). Dementia prevention, intervention, and care. *The Lancet*, 390(10113), 2673–2734. <https://doi.org/gcpbzc>
- McCarthy, M. M., Arnold, A. P., Ball, G. F., Blaustein, J. D., & Vries, G. J. D. (2012). Sex Differences in the Brain: The Not So Inconvenient Truth. *J. Neurosci.*, 32(7), 2241–2247. <https://doi.org/gg2hds>
- Murray, C. J., Barber, R. M., & Foreman, K. J. (2015). Global, regional, and national disability-adjusted life years (DALYs) for 306 diseases and injuries and healthy life expectancy (HALE) for 188 countries, 1990–2013: Quantifying the epidemiological transition. *The Lancet*, 386, 2145–2191. <https://doi.org/f3m494>
- Namsrai, T., Ambikairajah, A., & Cherbuin, N. (2023). Poorer sleep impairs brain health at midlife. *Sci Rep*, 13(1, 1), 1874. <https://doi.org/10.1038/s41598-023-27913-9>
- Namsrai, T., Neurosci (Adv), M., Northey, J. M., Ambikairajah, A., Ahmed, O., Alateeq, K., Espinoza Oyarce M Neurosci (Adv), D. A., Burns, R., Rattray, B., & Cherbuin, N. (2025). Sleep characteristics and brain structure: A systematic review with meta-analysis. *Sleep Medicine*, S1389945725000796. <https://doi.org/10.1016/j.sleep.2025.02.028>
- Neu, S. C., Pa, J., Kukull, W., Beekly, D., Kuzma, A., Gangadharan, P., Wang, L.-S., Romero, K., Arneric, S. P., Redolfi, A., Orlandi, D., Frisoni, G. B., Au, R., Devine, S., Auerbach, S., Espinosa, A., Boada, M., Ruiz, A., Johnson, S. C., ... Toga, A. W. (2017). Apolipoprotein E Genotype and Sex Risk Factors for Alzheimer Disease: A Meta-analysis. *JAMA Neurol*, 74(10), 1178–1189. <https://doi.org/gghdw8>
- Nichols, E., Szoek, C. E. I., Vollset, S. E., Abbasi, N., Abd-Allah, F., Abdela, J., Aichour, M. T. E., Akinyemi, R. O., Alahdab, F., Asgedom, S. W., Awasthi, A., Barker-Collo, S. L., Baune, B. T., Béjot, Y., Belachew, A. B., Bennett, D. A., Biadgo, B., Bijani, A., Bin Sayeed, M. S., ... Murray, C. J. L. (2019). Global, regional, and national burden of Alzheimer's disease and other dementias, 1990–2016: A systematic analysis for the Global Burden of Disease Study 2016. *The Lancet Neurology*, 18(1), 88–106. <https://doi.org/gf6rvx>
- Nobis, L., Manohar, S. G., Smith, S. M., Alfaro-Almagro, F., Jenkinson, M., Mackay, C. E., & Husain, M. (2019). Hippocampal volume across age: Nomograms derived from over 19,700 people in UK Biobank. *NeuroImage: Clinical*, 23, 101904. <https://doi.org/ggjw86>

References IV

- Pontzer, H., Yamada, Y., Sagayama, H., Ainslie, P. N., Andersen, L. F., Anderson, L. J., Arab, L., Baddou, I., Bedu-Addo, K., Blaak, E. E., Blanc, S., Bonomi, A. G., Bouten, C. V. C., Bovet, P., Buchowski, M. S., Butte, N. F., Camps, S. G., Close, G. L., Cooper, J. A., ... Consortium§, I. D. D. (2021). Daily energy expenditure through the human life course. *Science*. <http://www.science.org/doi/abs/10.1126/science.abe5017>
- Prince, M. J., Wimo, A., Guerchet, M. M., Ali, G. C., Wu, Y.-T., & Prina, M. (2015). *World Alzheimer Report 2015-The Global Impact of Dementia: An analysis of prevalence, incidence, cost and trends*.
- Saleh, R. N. M., Hornberger, M., Ritchie, C. W., & Minihane, A. M. (2023). Hormone replacement therapy is associated with improved cognition and larger brain volumes in at-risk APOE4 women: Results from the European Prevention of Alzheimer's Disease (EPAD) cohort. *Alz Res Therapy*, 15(1), 10. <https://doi.org/10.1186/s13195-022-01121-5>
- Salpeter, S. R., Walsh, J. M. E., Ormiston, T. M., Greyber, E., Buckley, N. S., & Salpeter, E. E. (2006). Meta-analysis: Effect of hormone-replacement therapy on components of the metabolic syndrome in postmenopausal women. *Diabetes, Obesity and Metabolism*, 8(5), 538–554. <https://doi.org/cvv9nk>
- Schindler, L. S., Subramaniapillai, S., Ambikairajah, A., Barth, C., Crestol, A., Voldsbekk, I., Beck, D., Gurholt, T. P., Topiwala, A., Suri, S., Ebmeier, K. P., Andreassen, O. A., Draganski, B., Westlye, L. T., & de Lange, A.-M. G. (2023). Cardiometabolic health across menopausal years is linked to white matter hyperintensities up to a decade later. *Frontiers in Global Women's Health*, 4. <https://www.frontiersin.org/articles/10.3389/fgwh.2023.1320640>
- Schoenaker, D. A., Jackson, C. A., Rowlands, J. V., & Mishra, G. D. (2014). Socioeconomic position, lifestyle factors and age at natural menopause: A systematic review and meta-analyses of studies across six continents. *International Journal of Epidemiology*, 43(5), 1542–1562. <https://doi.org/f6nw9d>
- Subramaniapillai, S., Almey, A., Natasha Rajah, M., & Einstein, G. (2021). Sex and gender differences in cognitive and brain reserve: Implications for Alzheimer's disease in women. *Frontiers in Neuroendocrinology*, 60, 100879. <https://doi.org/10.1016/j.yfrne.2020.100879>
- Taylor, C., Pritschet, L., Yu, S., & Jacobs, E. (2019). Applying a Women's Health Lens to the Study of the Aging Brain. *FRONTIERS IN HUMAN NEUROSCIENCE*, 13. <https://doi.org/gk58sn>
- Yaffe, K., Haan, M., Byers, A., Tangen, C., & Kuller, L. (2000). Estrogen use, APOE, and cognitive decline: Evidence of gene–environment interaction. *Neurology*, 54(10), 1949–1954. <https://doi.org/10.1212/WNL.54.10.1949>