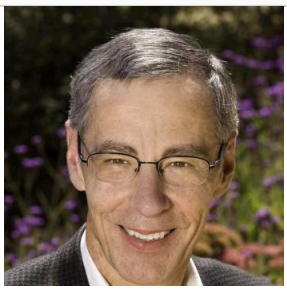

BIO

Clinical Focus

Memory DisordersNeurology

Academic Appointments

Professor, HEALTH RESEARCH & POLICY

Professor, NEUROLOGY & NEUROLOGICAL SCIENCES

Member, STANFORD NEUROSCIENCES INSTITUTE

Administrative Appointments

Director, Graduate Program in Epidemiology and Clinical Research, Stanford University (2004 - Present)

Director, Stanford Alzheimer's Disease Research Center (2015 - Present)

Chief, Division of Epidemiology (2010 - 2014)

Subcommittee on University Honors, Faculty Senate (2014 - 2014)

Senate Steering Committee, Faculty Senate, School of Medicine (2008 - 2012)

Committee on Graduate Studies, Stanford University (2009 - 2012)

Chief, Division of Cognitive Neuroscience & Neurogerontology, University of Southern California (1989 - 2001)

Administrative Vice President, Academic (Faculty) Senate, University of Southern California (1998 - 1999)

Honors & Awards

Visiting Professor, Aarhus University (2015)

Kenneth and Bette Volk Endowed Professorship, University of Southern California (1999-2001)

Visiting Professor / Visiting Research Scholars Award, University of Melbourne / University of Melbourne Collaborative Research Program (2002)

Visiting Scientist, Massachusetts Institute of Technology (1988-1989)

Kearney Visiting Professor, Mental Health Research Institute of Victoria (2002)

Phi Kappa Phi faculty recognition award, University of Southern California (2001)

Lawrence C. McHenry Award, American Academy of Neurology (2007)

Who's Who in America (2015); Who's Who in the World (2015); America's Top Doctors (2014), -

Boards, Advisory Committees, Professional Organizations

Associate Editor, Cognitive and Behavioral Neurology (2014 - Present)

Editorial Board, American Journal of Alzheimer's Disease and Other Dementias; Climacteric; Journal of Mid-Life Health; Journal of Steroid Biochemistry and Molecular Biology; Menopause; Post Reproductive Health

Charity Trustee (General Secretary, 2014-), International Menopause Society (2011 - Present)

Executive Committee (Chair, 2008-2011), Section on Geriatric Neurology, American Academy of Neurology (2002 - 2014)

Board of Trustees (President, 2007-2008), North American Menopause Society (2002 - 2009)

Professional Education

MD, Johns Hopkins University, Medicine

MS, University of Washington, Epidemiology

Internship, Duke University, Internal medicine

Residency, Washington University, Neurology

Fellowship, Boston University, Behavioral Neurology

Board Certification: Behavioral Neurology and Neuropsychiatry, United Council for Neurologic Subspecialties (2006)

Board Certification: Neurology, American Board of Psychiatry and Neurology (1981)

Fellowship:Boston University Medical Center (1981) MA

Residency:Washington University School Of Medicine (1980) MO

Internship:Duke University Medical Center (1977) NC

Medical Education:Johns Hopkins University School of Medicine (1976) MD

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Links

LAB SITE

2013-14 COURSES

2012-13 COURSES

2011-12 COURSES

Cognition, mood, and physiological concentrations of sex hormones in the early and late postmenopause *PROCEEDINGS*

OF THE NATIONAL ACADEMY OF SCIENCES OF THE UNITED STATES OF AMERICA Henderson, V. W., St John, J. A., Hodis, H. N., McCleary, C. A., Stanczyk, F. Z., Karim, R., Shoupe, D., Kono, N., Dustin, L., Allayee, H., Mack, W. J. 2013; 110 (50): 20290-20295

ABSTRACT

Variations in the hormonal milieu after menopause may influence neural processes concerned with cognition, cognitive aging, and mood, but findings are inconsistent. In particular, cognitive effects of estradiol may vary with time since menopause, but this prediction has not been assessed directly using serum hormone concentrations. We studied 643 healthy postmenopausal women not using hormone therapy who were recruited into early (<6 y after menopause) and late (10+ y after menopause) groups. Women were administered a comprehensive neuropsychological battery and assessed with the Center for Epidemiologic Studies Depression Scale. They provided serum for free estradiol, estrone, progesterone, free testosterone, and sex hormone binding globulin measurements. Cognitive outcomes were standardized composite measures of verbal episodic memory, executive functions, and global cognition. Covariate-adjusted linear regression analyses were conducted for each hormone separately and after adjustment for other hormone levels. Endogenous sex steroid levels were unassociated with cognitive composites, but sex hormone binding globulin was positively associated with verbal memory. Results for early and late groups did not differ significantly, although progesterone concentrations were significantly positively associated with verbal memory and global cognition in early group women. Hormone concentrations were not significantly related to mood. Results fail to support the hypothesis that temporal proximity to menopause modifies the relation between endogenous serum levels of estradiol and verbal memory, executive functions, or global cognition. Physiological variations in endogenous postmenopausal levels of sex steroid hormones are not substantially related to these aspects of cognition or mood; positive associations for progesterone and sex hormone binding globulin merit additional study.

Long-term soy isoflavone supplementation and cognition in women A randomized, controlled trial *NEUROLOGY* Henderson,

V. W., St John, J. A., Hodis, H. N., Kono, N., McCleary, C. A., Franke, A. A., Mack, W. J. 2012; 78 (23): 1841-1848

ABSTRACT

To determine the cognitive effects of long-term dietary soy isoflavones in a daily dose comparable to that of traditional Asian diets.In the double-blind Women's Isoflavone Soy Health trial, healthy postmenopausal women were randomly allocated to receive daily 25 g of isoflavone-rich soy protein (91 mg of aglycone weight of isoflavones: 52 mg of genistein, 36 mg of daidzein, and 3 mg glycitein) or milk protein-matched placebo. The primary cognitive endpoint compared between groups at 2.5 years was change from baseline on global cognition, a composite of the weighted sum of 14 neuropsychological test score changes. Secondary outcomes compared changes in cognitive factors and individual tests.A total of 350 healthy postmenopausal women aged 45-92 years enrolled in this trial; 313 women with baseline and endpoint cognitive test data were included in intention-to-treat analyses. Adherence in both groups was nearly 90%. There was no significant between-group difference on change from baseline in global cognition (mean standardized improvement of 0.42 in the isoflavone group and 0.31 in the placebo group; mean standardized difference 0.11, 95% confidence interval [CI] -0.13 to 0.35). Secondary analyses indicated greater improvement on a visual memory factor in the isoflavone group (mean standardized difference 0.33, 95% CI 0.06-0.60) but no significant between-group differences on 3 other cognitive factors or individual test scores, and no significant difference within a subgroup of younger postmenopausal women.For healthy postmenopausal women, long-term dietary soy isoflavone supplementation in a dose comparable to that of traditional Asian diets has no effect on global cognition but may improve visual memory. Classification of evidence: This study provides Class I evidence that long-term dietary supplementation with isoflavone-rich soy protein does not improve global cognition of healthy postmenopausal women.

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