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Project Title

The Relationship Between Lifestyle Factors and Cognitive Ability in Older Adults

Project Summary

As the older population of Canada continues to grow, the need to identify risk and protective factors associated with age-related cognitive decline becomes increasingly important for the well-being of Canadians. Lifestyle factors such as physical activity and alcohol use have been shown to influence cognition. The strength of this effect may vary by sex; factors such as oral contraceptives and hormone-replacement therapy (HRT) may account for differences between men and women. By considering hormonal influence, we hope to shed light on the complex relationship between risk factors, protective factors, and maintenance of cognitive ability during the aging process. We also hope to gain understanding of how the timing of HRT can be planned to maximize benefit and minimize risk for cognitive health and functioning in post-menopausal women.

Keywords

Aging, Cognition, Population health, Hormones