

Dr. Timothy Leach Highlights Role of Hormone Replacement Therapy in Long-Term Cognitive Health for Women

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/EINPresswire.com/ -- While most women are familiar with [Menopause](#) Hormone Therapy (MHT) for easing menopause symptoms like hot flashes and night sweats, Dr. Timothy A. Leach, a board-certified [OB/GYN](#) and menopause specialist, is drawing attention to an equally important but often overlooked benefit—cognitive health.

“

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Dr. Timothy Leach

“There is growing recognition that estrogen plays a protective role in the brain,” says Dr. Leach, who leads a women’s health practice in Walnut Creek, CA. “As hormone levels decline during [perimenopause](#)/menopause, many women experience forgetfulness, brain fog, or difficulty concentrating. When started at the appropriate time, hormone therapy may improve mental clarity as women age.”

Research Supports Early Intervention

Menopause—defined as the ovaries no longer producing estrogen, whether surgically or after 12 consecutive months without menses—when it occurs in women younger than 48, is a pathologic hormonal state. Women who do not use menopausal hormone therapy (MHT) until the age of natural menopause have a 70% increased risk of Alzheimer’s dementia.

During perimenopause, 40-60% of patients report cognitive changes or “brain fog” a constellation of symptoms including difficulty concentrating and remembering words, names, anecdotes, and numbers. Data from the SWAN (Study of Women’s Health Across the Nation) suggest that cognitive symptoms do not persist for most women beyond perimenopause.

Recent studies suggest that beginning hormone therapy near the onset of menopause may help reduce the risk of cognitive decline later in life. A 2021 review in *Neurobiology of Aging* highlights estrogen’s role in supporting brain metabolism, enhancing synaptic function, and potentially limiting the development of beta-amyloid plaques—markers associated with Alzheimer’s disease.

Similarly, a 2018 study published in the Journal of Alzheimer's Disease found that women using transdermal estradiol showed better preserved activity in key brain regions linked to memory and learning.

"These findings echo what we often observe in clinical practice—women who begin therapy early report clearer thinking, improved focus, and better sleep, all of which contribute to mood and overall well-being," Dr. Leach explains.

Risk-modifying and optimizing behaviours during perimenopause may improve cognitive reserve and brain health. These include moderate intensity exercise, healthy eating, BMI less than 25, social engagement, and avoiding smoking and regular consumption of alcohol. Disturbed sleep, untreated anxiety, and depressive symptoms are risk factors for impaired cognitive performance.



An Expert You Can Trust

Dr. Leach brings decades of experience in women's health to his East Bay practice, combining clinical expertise with a personalized approach to care. He is a certified provider by the North American Menopause Society (NAMS), a distinction that reflects advanced training and a commitment to staying current with the latest advancements in menopause management.

At his Walnut Creek clinic, Dr. Leach works closely with women navigating perimenopause and menopause, developing individualized treatment plans based on their health history, symptoms, and personal goals. His use of rigorously studied, FDA-approved hormone therapies ensures safe and consistent results, with options that include transdermal patches, oral medications, and vaginal applications.

"Every woman's journey through menopause is unique," he adds. "That's why we take time to listen, understand each case in detail, and provide thoughtful, tailored solutions—whether the concern is sleep, bone health, hot flashes, or more frequently now, cognitive issues."

Cognitive Health: A Growing Concern

Many midlife women begin noticing changes in memory, concentration, and overall mental acuity. While these symptoms are sometimes dismissed as typical signs of aging, Dr. Leach emphasizes that they're often linked to hormonal changes—and that targeted therapy may offer real relief and protection.

Though research into HRT and brain health continues to evolve, Dr. Leach points out that the

most promising outcomes occur when therapy begins around the time of menopause, rather than years later.

Compassionate Care for Every Stage of Life

Dr. Leach's practice is more than a medical office—it's a supportive, welcoming space where women are empowered to make informed decisions about their health. From menopause care to advanced OB/GYN services and minimally invasive procedures, patients rely on Dr. Leach for expertise delivered with compassion and integrity.

He also serves as Medical Director of OB/GYN at John Muir Walnut Creek, a role that reflects his ongoing leadership and dedication to excellence in women's healthcare.

About Dr. Timothy A. Leach, MD, FACOG, MSCP

Dr. Leach offers advanced, personalized OB/GYN care to women of all ages in Walnut Creek and the East Bay. As a NAMS-certified menopause specialist and OB/GYN medical director, he is at the forefront of integrative, evidence-based women's healthcare. His practice is currently welcoming new patients and accepts most major insurance plans.

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