

# 3<sup>rd</sup> International Conference on **Alzheimer's Disease & Dementia**

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## **Eef Hogervorst**

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### **Phytoestrogens and dementia: The importance of different soy products**

Phytoestrogens like estrogens were thought to exert protective effects on the aging brain and should theoretically protect against dementia. However our data showed increased risk of dementia with high tofu consumption in East Asian countries. On the other hand, tempe a fermented soy product, showed protective effects on brain function in the elderly, We will show observational, animal and treatment data suggesting that tempe may have a role in protecting against dementia and improving memory function

### **Biography**

Eef Hogervorst is an internationally renowned expert in psychoneuroendocrinology. She did her PhD at Maastricht and was subsequently employed (as Blasschko Fellow and then Research Scientist) at the University of Oxford for 5 years working as a neuropsychologist and epidemiologist. She was awarded several grants, fellowships and prizes for her research into the association between hormones and cognitive decline/dementia. She has also worked as a Research Associate Professor at the Donald W. Reynolds Department of Geriatrics (ranked 8th nationally) of the University of Arkansas Medical Sciences USA to investigate rural ageing and memory with hormone expert neurologist Prof Henderson and at the University of Cambridge (Department of Psychiatry, with Profs Huppert and Brayne) as Senior Research Associate, before she obtained a Chair in Biological Psychology at Loughborough University. She is Visiting Professor at the University of Trisakti Jakarta and Adjunct Professor at the University of Indonesia where she works for the Center for Aging Studies to investigate risk and protective factors for dementia in multi ethnic Indonesian cohorts. She has set-up collaborations with several other large multi-centre observational and treatment studies for age-related cognitive decline and dementia (EPIC NORFOLK and MRC-CFAS in the U.K. and the H-ABC, WHIMS and KEEPS studies in the U.S.A) and this work is now also extended to China (Shanghai). She is often invited as a key-note speaker at major international conferences (World Conference on Menopause as chair and keynote speaker 2011 and 2014, European (2012, 2010) and North American Menopause Conferences, ISSAM, Aging Male, Alzheimer's Association ICAD meeting etc to speak about her work in hormones. She has over 200 international peer-reviewed publications and was cited 4152 times. She has received funding from NDA, i4i, Research into Ageing/Help the Aged, Nederlandse Hersenstichting, Alzheimer's Association, MRC, BMS & other industry, and sits on several editorial boards (JAD, JADP etc.) and grant review bodies (EUR-AGE, Horizon, MRC etc).

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