

103 Ovaries and Dementia

To air week of January 21, 2008

Intro: Every day up to two-thousand women have hysterectomies. Many of these women also choose to have their ovaries taken out at the same time to remove their risk of ovarian cancer. But for younger women who are not at high risk for ovarian cancer, doctors at Mayo Clinic are saying, ‘not so fast.’ Two studies show that keeping your ovaries until after menopause may protect you from memory problems and Parkinson’s disease.

Video

Total running time 1:31

Natasha Matt-Hensrud

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Considering hysterectomy

Audio

NATASHA **MOTT-HENSRUD** IS MARRIED, HAS THREE KIDS, IS A NURSE AND STILL FITS IN TIME FOR HOME COOKED MEALS.

“LOOK OUT FOR THAT FINGER.” SO WHEN SYMPTOMS OF HEAVY BLEEDING SLOWED HER DOWN, SHE WENT TO MAYO CLINIC WHERE HER GYNECOLOGIST MADE THE DIAGNOSIS.

“FIBROIDS IN THE UTERUS.”

THE BLEEDING NEEDED TO BE TREATED. NATASHA CONSIDERED HAVING A HYSTERECTOMY AND INITIALLY PLANNED TO HAVE HER

To animation – shows uterus and ovary removal

To graphics

Estrogen Health Benefits

- **Osteoporosis**
- **Cardiovascular disease**
- **Brain**

Walter Rocca, M.D.

Mayo Clinic Epidemiology

OVARIES REMOVED AT THE SAME TIME.

BUT DR. BOBBIE GOSTOUT LET HER KNOW THAT THE DECISION IS NOT THAT SIMPLE. YOU SEE, MANY WOMEN ALSO HAVE THEIR OVARIES REMOVED BECAUSE IT CUTS THEIR RISK OF OVARIAN CANCER. BUT OVARIES PRODUCE ESTROGEN, A HORMONE WITH MANY KNOWN HEALTH BENEFITS.

IT PROTECTS AGAINST CARDIOVASCULAR DISEASE AND OSTEOPOROSIS. NOW TWO NEW MAYO CLINIC STUDIES SHOW THAT ESTROGEN MAY ALSO PROTECT A WOMAN'S BRAINS.

“WE DISCOVERED THAT IF THE OVARIES WERE REMOVED EARLY IN LIFE THERE WAS ALMOST A DOUBLING OF THE RISK OF COGNITIVE IMPAIRMENT AND DEMENTIA.”

Standup
Vivien Williams
Reporting

AND PARKINSONISM. LEAD
AUTHOR, DR. WALTER ROCCA
SAYS IF WOMEN HAVE THEIR
OVARIES REMOVED BEFORE
MENOPAUSE, THEY SHOULD
CONSIDER HORMONE THERAPY TO
REDUCE THE RISK OF THESE
NEUROLOGIC DISEASES. THIS IS
INFORMATION ALL WOMEN
SHOULD KNOW AS THEY
CONSIDER THE RISKS AND
BENEFITS OF SURGERY AND
WHICH OPTION IS RIGHT FOR
THEM.

Natasha Matt-Hensrud
Had Hysterectomy

“WHAT WAS MOST RIGHT FOR ME
WAS TO PROCEED WITH THE
HYSTERECTOMY BUT AT ALL
COSTS, CONSERVE AS MUCH
OVARIAN FUNCTION AS
POSSIBLE.”
FOR MEDICAL EDGE, I’M VIVIEN
WILLIAMS

Anchor tag:

Dr. Gostout says some pre-menopausal women, especially those at high risk of ovarian cancer, may still want to have their ovaries removed. But others should consider the health benefits of keeping them before they make their decision. For more information, visit our Website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**