Table 3

Established absence of beneficial effect on cognitive function

Remedy	Method (Year)	Results
HRT to improve cognitive function or delay or prevent dementia[18-21]	Cochrane reviews of 16/7 studies (2008; 2009)	● Good evidence of NO beneficial effects on cognitive function in demented and non-demented women
DHEA supplementation for cognitive function in healthy elderly people[22]	Cochrane review: meta-analysis of 3 studies (2006)	● NO beneficial effect of DHEA supplementation on cognitive function of non-demented middle-aged or elderly people[22]
BP lowering in patients without prior cerebrovascular disease to prevent cognitive impairment and dementia[23, 24]	Cochrane review: meta-analysis of 4 studies (2009)	● NO significant difference between treatment and placebo (236/7767 versus 259/7660, OR = 0.89, 95% CI: 0.74 to 1.07) ● Changes in MMSE indicated NO benefit from treatment. Weighted Mean Difference (WMD) = 0.42, 95% CI: 0.30 to 0.53
Statins for the prevention of dementia[9]	Cochrane review: meta-analysis of 2 studies (2009)	● Good evidence from RCTs that statins given in late life to individuals at risk of vascular disease have NO effect in preventing Alzheimer's disease or dementia[9]
Vitamin B_6 and cognition[26]	Cochrane review: meta-analysis of 2 studies (2003)	● NO short-term benefit on cognition