



assisted living | dementia care

Epoch Bulletin

April 2026

Women who changed how the world understands Dementia — and why their work matters more than ever

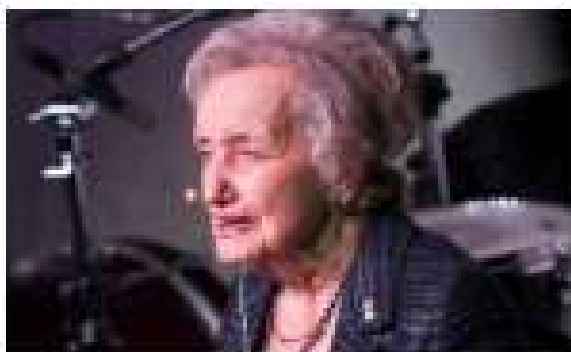
History is shaped by women whose contributions have transformed every field of human progress. This month, we celebrate their lives, honour their achievements, their influence, and the profound impact they continue to have on our lives.

Dementia science, too, has evolved not through a single discovery but through decades of interdisciplinary research and dedication.



Let us take a closer look at the remarkable women whose pioneering work has helped shape our understanding of the brain and cognitive health.

Thought leaders in Dementia research



Dr. Brenda Milner, a neuropsychologist considered a founder of the field for her groundbreaking work on human memory and brain function. Her most famous works include 'proving the hippocampus is essential for forming new long-term memories'.

Dr. Brenda Milner

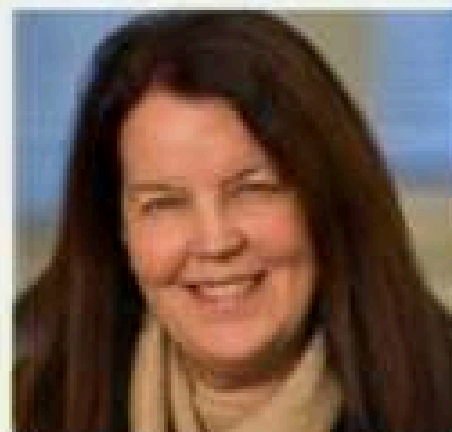
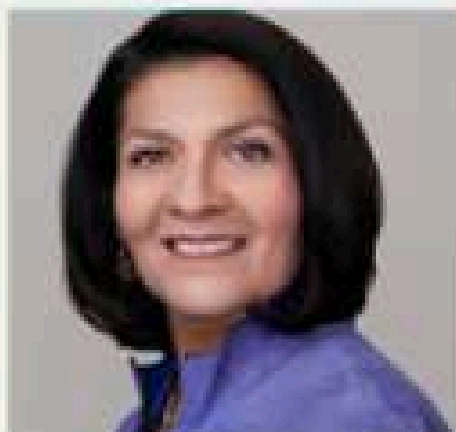
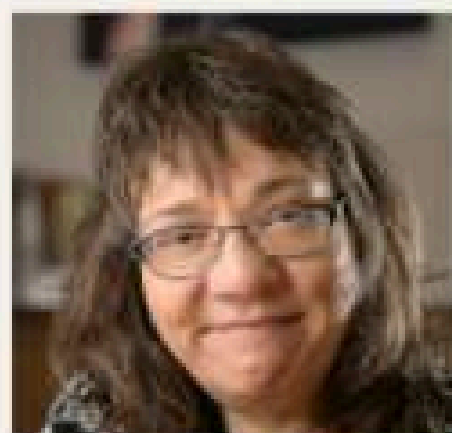
The Architect of Memory Science

A Nobel Prize-winning neurologist, she discovered nerve growth factor (NGF), a protein essential for neuron survival. This discovery opened pathways for understanding neurodegeneration and brain cell preservation.



Dr. Rita Levi Montalcini

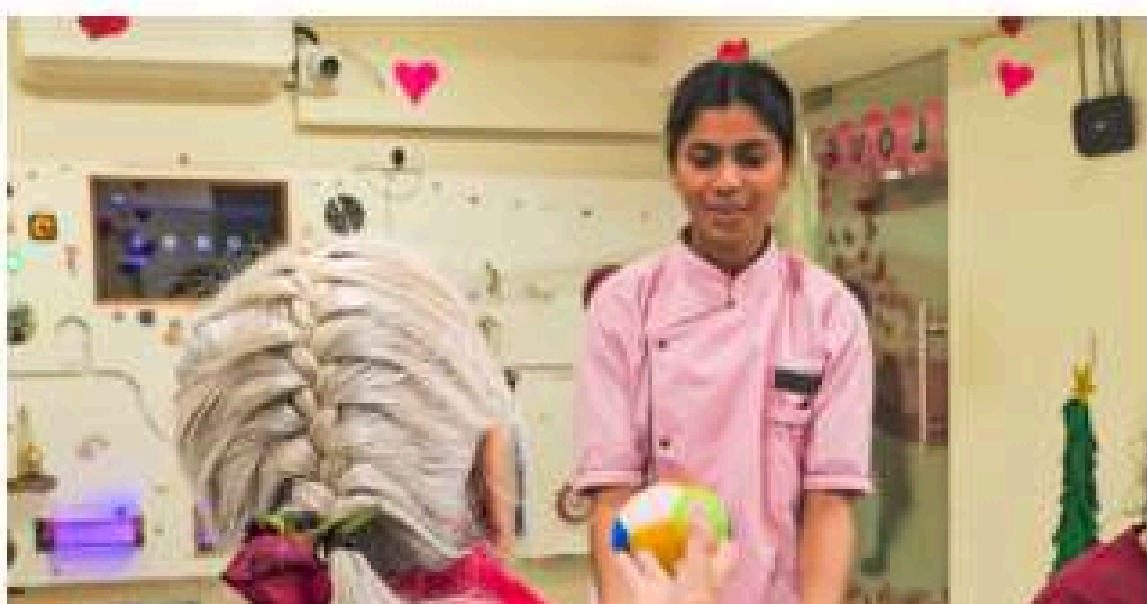
A thought pioneer in dementia



Leaders in dementia science, such as Dr. Jennifer Manly, Dr. Maria Carrillo, Dr. Julie Williams, and Dr. Marilyn Albert have each transformed how the world understands, identifies, and approaches cognitive decline. Through their pioneering work, they are collectively reshaping modern dementia science toward earlier, more precise, and more effective care.

Why is more women-oriented research required in dementia care?

Globally, women account for roughly two-thirds of Alzheimer's cases. This isn't only because women live longer. Studies show biological, hormonal, and genetic factors uniquely influence how dementia develops in female brains.

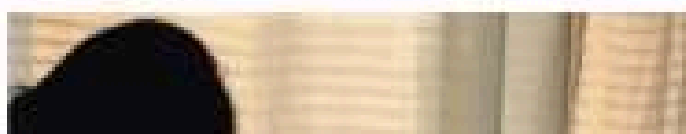


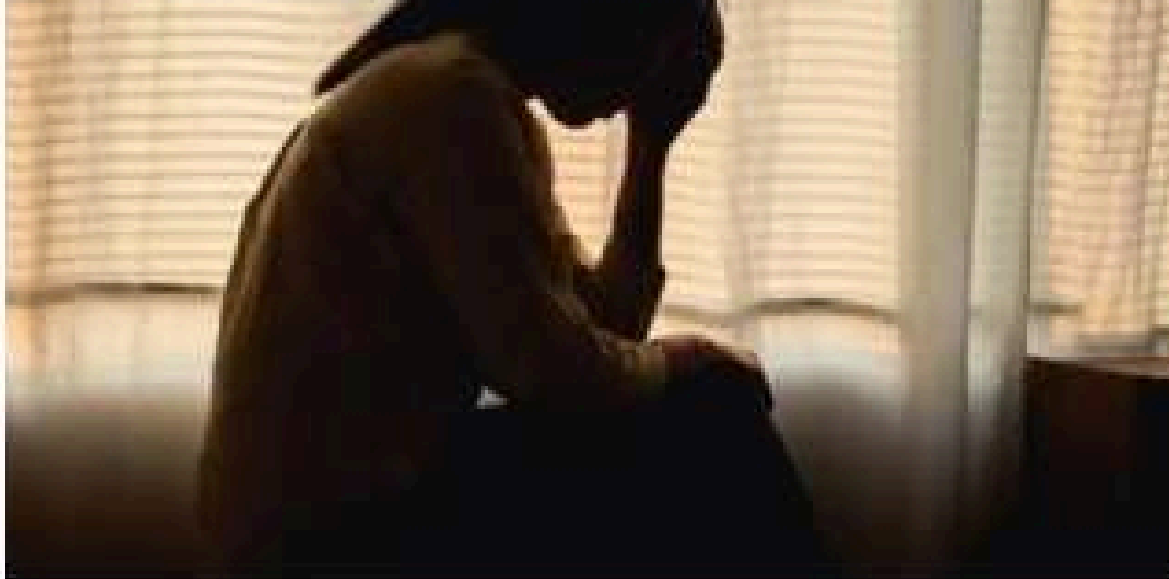
Women often show: stronger verbal memory early in the disease, later visible decline, and different behavioural patterns: because of this, dementia may be detected later in women, when progression is already advanced. When research overlooks sex differences, medicine assumes the male model is universal. In dementia care, that assumption can delay diagnosis, reduce treatment effectiveness, and limit innovation.

Our CEO speaks



"Late diagnosis steals more than time; the ingrained misogyny and stigma hurt almost every woman affected. By the time many women are diagnosed, they have already lost precious time and functionality. Early detection, however, may allow women to participate in care planning, organise finances, make lifestyle changes, and be heard in shaping the life ahead of them."

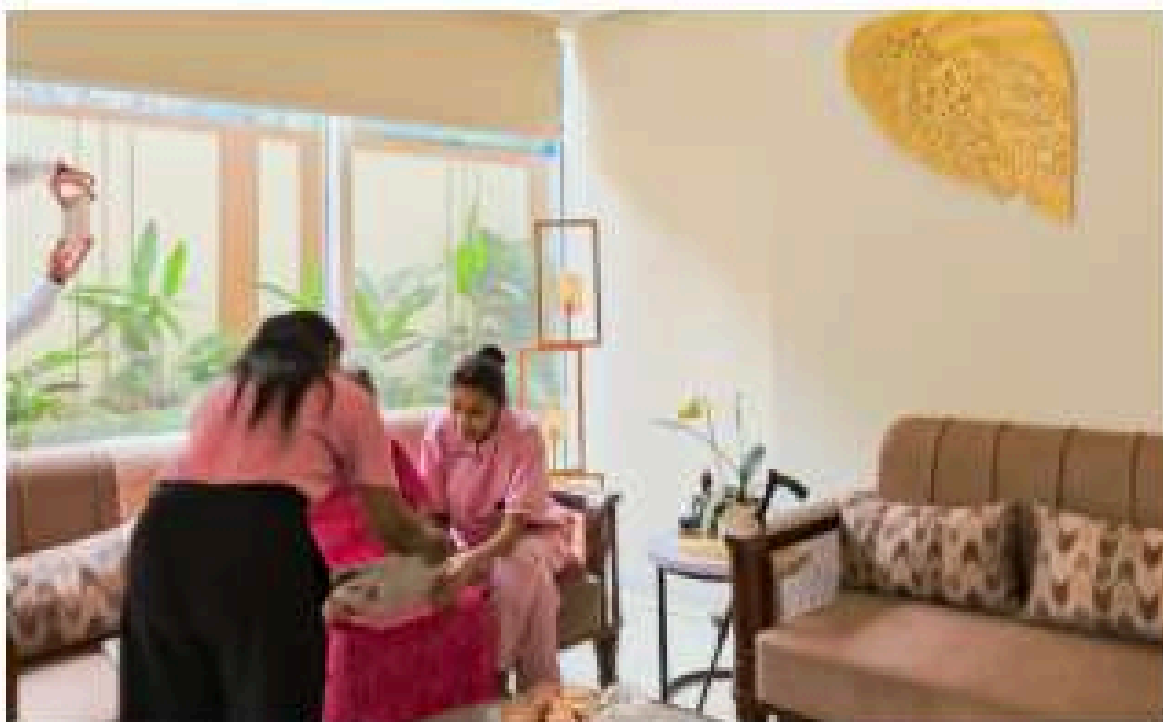




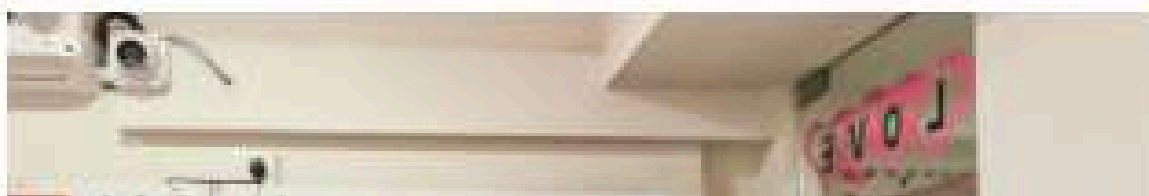
[Read more](#)

How our person-centered philosophy helps in bringing better care to women with dementia

Women with dementia often retain emotional sensitivity even when memory declines. They may feel loss of control, role displacement, or vulnerability more acutely.



A person-centered philosophy improves dementia care for women by recognizing their unique medical needs, life experiences, and emotional realities rather than applying one-size-fits-all support.





Most importantly, it shifts the focus from managing a condition to honoring the person, where women's care is thoughtfully woven around their memories, life roles, and emotional histories.



At Epoch, this is supported through structured reminiscence therapy, personalised care plans, cognitive stimulation activities, and continuous clinical oversight. This approach ensures that even as memory changes, women continue to feel understood, respected, and valued.

[Visit our website](#)

