

Diabetes & Alzheimer's



- New Studies- say Diabetes leads to Alzheimer's disease. Diabetes harms the body as well as the mind. Diabetes may be the precursor to Alzheimer's. Alzheimer's risk climbs as blood sugar control gets worse in diabetes.
- Type I and II Diabetes- is so strong they are now stating that Alzheimer's is Type III. Statics- about 20 million Americans have Diabetes, another 41 million are close (pre-diabetes). There is already an explosion of Diabetes.
- Alzheimer's- there are 4.5 million to date with an estimated cost of \$100 billion per year.
- Medications- that successfully treat Diabetes may forestall the brain disease (Alzheimer's) Research- completed on 1,100 people that were free of Diabetes and Alzheimer's and gave them medical exams over 9 years with some that developed borderline Diabetes (Blood Sugar levels climbed above normal but not to Diabetic levels).
- Risk of Developing Dementia- 70% higher than people without blood sugar problems. Blood Sugar- Alzheimer's disease increases as blood sugar control worsens. HgbA1C- test for Diabetes with a score of < 7 is good
 - Score of 10 to 12- 16% more likely to develop dementia.
 - Score of 12 to 15- 25% more likely to develop dementia.
 - Score of > 15- 83% more likely to develop dementia. This shows that there is a link between Diabetes and Alzheimer's disease.
- Goals- Control Diabetes, Increase fiber in diet (25 to 30+ grams per day); Eat fresh fruit and vegetables, eat whole grains and make sure each slice of bread has 3 or more grams of dietary fiber. Exercise a minimum of 15 minutes a day and with a goal of 1 hour a day. Use low fat milk and dairy products and when cooking meat eat chicken without the skin, fish or shellfish making sure to broil, boil, bake, roast, stew, grill or stir-fry.
- Magazine: U.S. News and World Report, July 24, 2006, pages 56 and 57. Madrid Meeting.

