

[IMAGE]

## The Latest Perils of Diet Soda

By Editorial Staff

Millions of soda enthusiasts have embraced diet varieties over the years, confident that the switch is a healthy alternative to their sugary counterparts. When it comes to stroke risk and dementia, they may be making a big mistake. According to a recent study, daily diet soda consumers have nearly three times the risk of suffering a stroke or dementia compared to people who drink one diet soda or less per week.

By the way, while the study did not find an association between consumption of sugary soft drinks and stroke or dementia, previous research links their consumption to type 2 diabetes and heart disease / stroke. So don't think you're out of the health risk woods if you switch back from diet to regular soda. The important message is to choose other drink options, starting with water, that maximize your health benefits and minimize your health risks. Talk to your doctor to learn more.

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