

[IMAGE]

Type 2 Diabetes: Bad for the Brain

By Editorial Staff

Type 2 diabetes is no fun for anyone, regardless of age, with potential symptoms such as fatigue, blurred vision, unintended weight loss, frequent infections and slow wound healing; and potential complications including heart disease, kidney problems, and nerve damage, sometimes leading to extremity amputation.

Alzheimer's disease is another potential complication of type 2 diabetes, which raises the question, how does type 2 diabetes affect the brain? Recent research in *Diabetologia* suggests it also may impact memory, particularly in seniors and particularly when it comes to verbal recall.

brain power - Copyright â Stock Photo / Register Mark Researchers tracked more than 700 older adults (ages 55-90 at the start of the study) for several years (4.6 years on average). Nearly half of the seniors had type 2 diabetes at baseline. During the study period, verbal memory and fluency - indicative of cognitive decline - declined in seniors with diabetes, but actually increased slightly in non-diabetic seniors.

Here's the good news: Type 2 diabetes is preventable or reversible in an estimated 90 percent of cases using two simple, nondrug tactics: proper diet and consistent exercise! Talk to your doctor to learn more about type 2 diabetes and how to reduce your risk.

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