

TYPE 3 DIABETES

THE THEORY

Alzheimer's Disease (AD) is a form of diabetes that affects the brain. Insulin dysregulation causes inflammation and oxidation in the brain, which affects cognition. It is NOT a diagnostic term.



THE EVIDENCE

Brains of AD patients who did not have type 1 or 2 diabetes had many of the same abnormalities as the brains of those with diabetes.

In AD, the brain's ability to use and metabolize glucose diminishes. This coincides with, and sometimes precedes, cognitive decline.

As insulin functioning in the brain worsens, the structure of the brain deteriorates.



RISK FACTORS

- Type 2 diabetes
- Exposure to stress
- Lack of sleep
- Lack of physical activity
- High blood pressure
- A diet high in calories, sugar, fat, and low in fiber



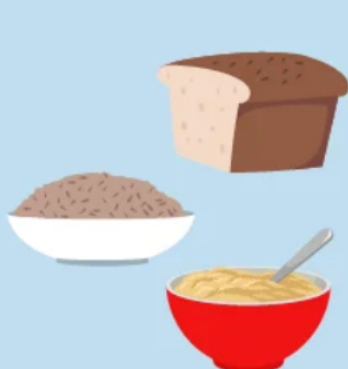
A MEDITERRANEAN STYLE DIET MAY HELP LOWER RISK!



Vegetables.



Fruits.



Whole grains.



**Extra virgin
olive oil.**



**Beans and
nuts.**