

# TYPE 3 DIABETES

## THE THEORY

Alzheimer's Disease (AD) is a neuroendocrine disease - a form of diabetes that affects only the brain.

It may represent the progression of type 2 diabetes to AD as insulin-degrading enzymes alter the metabolic pathways.

Insulin dysregulation causes inflammation, oxidative stress, and deposit of beta-amyloid plaques in the brain, which affects cognition. Type 3 diabetes is NOT a diagnostic term.



## THE EVIDENCE



Brains of AD patients who are not diagnosed with type 1 or 2 diabetes have 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 cognitive-stimulating activities
- Low physical activity
- High blood pressure
- Dietary patterns



**A MEDITERRANEAN STYLE DIET MAY HELP LOWER RISK!**

