

Glucose peaks linked to cognitive decline, dementia in diabetes

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(HealthDay)—Glucose peaks are associated with cognitive decline and

dementia among individuals with diabetes, according to a study published online May 12 in *Diabetes Care*.

Andreea M. Rawlings, from the John Hopkins Bloomberg School of Public Health in Baltimore, and colleagues examined the correlation between glucose peaks in midlife with the risk of dementia and 20-year [cognitive decline](#) among nearly 13,000 participants from the Atherosclerosis Risk in Communities study. Glucose peaks were determined by measurement of 1,5-anhydroglucitol (1,5-AG) level, which was dichotomized at 10 µg/mL.

The researchers found that dementia developed in 1,105 participants over a median of 21 years. Each 5 µg/mL decrease in 1,5-AG correlated with increased estimated risk of dementia among persons with diabetes (hazard ratio, 1.16; $P = 0.032$). Compared to those without peaks, those with glucose peaks had a 0.19 greater z score decline over 20 years for cognitive decline among participants with diabetes and hemoglobin A1c (HbA1c)

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