

# No link to cognition in diabetes prevention program study

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(HealthDay)—For participants in the Diabetes Prevention Program

(DPP) Outcomes Study (DPPOS), exposure to metformin or lifestyle intervention is not associated with cognition, according to research published online May 12 in *Diabetes Care*.

José A. Luchsinger, M.D., M.P.H., from the Columbia University Medical Center in New York City, and colleagues examined the correlation between the DPP intervention arms and cognition in the DPPOS. The DPP lasted for 2.8 years and was followed by a 13-month bridge to DPPOS. In years eight and 10 (12 and 14 years after randomization), cognitive assessments were performed for 749 participants in the lifestyle arm, 776 in the metformin arm, and 755 in the placebo arm.

The researchers found no differences in cognition across the intervention arms. There was no correlation for type 2 diabetes with cognition, but after adjustment for confounders, higher glycated hemoglobin at year eight correlated with worse cognition. There was no correlation for cumulative metformin exposure with cognition.

"Exposure to intensive [lifestyle intervention](#) or metformin was not related to cognition among DPPOS participants," the authors write. "Higher glycemia was related to worse [cognitive](#) performance. Metformin seemed cognitively safe among DPPOS participants."

Several pharmaceutical companies and companies in the health care, nutrition, and sports industries disclosed providing funding and/or material support during the DPP and DPPOS.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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