

# Does abdominal fat affect the cognitive function of older adults with diabetes?

February 5 2020

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Higher levels of abdominal fat were linked with reduced cognitive function in a *Clinical Obesity* study of older Asians with type 2 diabetes—even in individuals with normal weight.

In the 677-participant study, higher abdominal fat—or visceral adiposity—was associated with lower scores related to memory and language.

"Preserved [cognitive functioning](#) is important in the execution of complex task such as diabetes self-care management. Therefore, assessment of visceral adiposity and interventions that target visceral adiposity may help to prevent [cognitive decline](#) in older patients with diabetes and reduce the global burden of dementia in ageing populations," the authors wrote.

**More information:** Mei Chung Moh et al, Association of traditional and novel measures of central obesity with cognitive performance in older multi-ethnic Asians with type 2 diabetes, *Clinical Obesity* (2020). [DOI: 10.1111/cob.12352](https://doi.org/10.1111/cob.12352)

Provided by Wiley

Citation: Does abdominal fat affect the cognitive function of older adults with diabetes? (2020, February 5) retrieved 17 May 2024 from <https://medicalxpress.com/news/2020-02-abdominal-fat-affect-cognitive-function.html>

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