

Late-life diabetes status tied to new cognitive impairment

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(HealthDay)—Having diabetes, poor glycemic control, and longer

diabetes duration are associated with worse cognitive outcomes in older adults during a median follow-up of five years, according to a study recently published in *Diabetes Care*.

Andreea M. Rawlings, Ph.D., from the Johns Hopkins Bloomberg School of Public Health in Baltimore, and colleagues analyzed data from 5,099 participants (59 percent female; mean age at baseline, 76 years) of the Atherosclerosis Risk in Communities Study. Participants were followed from 2011-2013 until 2016-2017.

The researchers found associations between [diabetes](#) (hazard ratio [HR], 1.14; 95 percent confidence interval [CI], 1.00 to 1.31), [poor glycemic control](#) in persons with diabetes (HR, 1.31; 95 percent CI, 1.05 to 1.63), and longer diabetes duration (at least five years versus less than five years, HR, 1.59; 95 percent CI, 1.23 to 2.07) and incident cognitive impairment. A J-shaped association was noted between hemoglobin A1c (HbA1c) and incident dementia. Independent of HbA1c, glycated albumin and fructosamine were also associated with incident dementia. Incident mild [cognitive impairment](#) was associated with HbA1c and fructosamine.

"In [older adults](#) with diabetes, maintaining glycemic control is an important avenue for mitigating cognitive impairments into older age," the authors write.

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

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