## Glycemic Control Shown to Prevent Dementia

BY MICHELE G. SULLIVAN Mid-Atlantic Bureau

MADRID — Tight control of blood glucose levels may decrease the incidence of dementia and Alzheimer's disease among patients with diabetes, and even among those with borderline diabetes, researchers reported at the 10th International Conference on Alzheimer's Disease and Related Disorders.

The findings speak volumes about the need for early implementation of significant lifestyle changes among those at risk for diabetes, especially in light of the ongoing obesity epidemic, said Dr. Ronald Petersen, who moderated a press conference on the studies. "The number of people with Alzheimer's, and the number who will soon get it, is rising dramatically as the baby boomers turn 50," said Dr. Petersen,

The findings speak volumes about the need for early implementation of significant lifestyle changes among those at risk for diabetes.

vice chair of the Alzheimer's Association's Medical and Scientific Advisory Council. "Will this growth be redoubled by the rising tide of obesity and diabetes?"

Glycemic control is a crucial factor in protecting dia-

betic patients from dementia, said Rachel Whitmer, Ph.D., of Kaiser Permanente, Oakland, Calif. Her population-based study included 22,852 members of Kaiser's Northern California Diabetes Registry, who were surveyed from 1994 to 1996. The patients' mean age at baseline was 66 years; 66% were white, 10% black, and the rest were Hispanic, Asian, or Native American.

The patients were followed until 2005. By then, 11% had developed new-onset dementias. Hemoglobin A<sub>1c</sub> (HbA<sub>1c</sub>) was significantly associated with the incidence of dementia. Patients with the highest HbA<sub>1c</sub> (15% and higher) were the most likely to develop dementia, with an elevated risk of 78% compared with those whose levels were below 10%. Diabetic patients are advised to keep their HbA<sub>1c</sub> below 7%.

Those with HbA<sub>1c</sub> levels of 12%-15% were 22% more likely to develop dementia, while those whose levels were between 10% and 11.9% had a 16% increased risk. The increased risks remained significant even after adjusting for age, race, gen-

## Get Your FREE **Online Copy Of** Clinical Endocrinology News

www.clinicalendocrinologynews.com for your monthly online edition.

Access is free and your e-mail privacy is assured. Enjoy full-text search and links to our medical specialty newspapers.

der, weight, and diabetes treatment.

"This shows us that tight glycemic control continues to be as important as patients' age," Dr. Whitmer said at the meeting, presented by the Alzheimer's Association. "And it will become more and more important as we experience the epidemic of obesity."

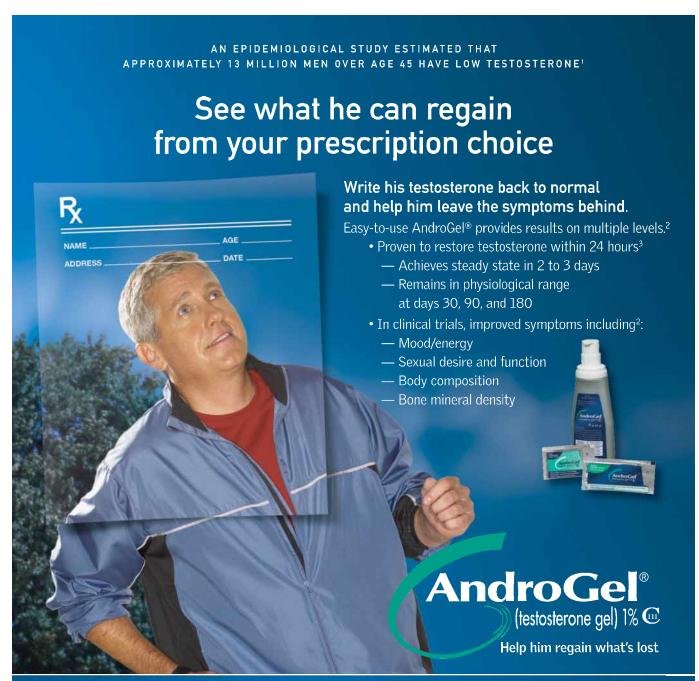
Even patients with borderline diabetes should be aware of controlling their glucose levels, said Dr. Laura Fratiglioni, who presented research completed by her colleague, Dr. Weili Xu of the Karolinska Institute, Stockholm.

Their 9-year study tracked the incidence of dementia in 1,173 subjects older than 75 vears who were free of both dementia and diabetes at baseline.

The subjects were examined three times during the study period; each exam included a blood glucose test and testing for dementia and Alzheimer's disease.

The mean follow-up was 5 years per person. By that time, borderline diabetes had been identified in 47 subjects and 397 had been diagnosed with dementia (307 with Alzheimer's).

After controlling for vascular risk factors, borderline diabetes was associated with a 67% increased risk for developing a dementia and a 77% increased risk for developing Alzheimer's, Dr. Fratiglioni said. Additional analysis found that the risk was increased yet again in those with borderline diabetes who also had a systolic blood pressure of 180 mm Hg or higher.



Indication: AndroGel is indicated for replacement therapy in males for conditions associated with a deficiency or absence of endogenous testosterone.

Contraindications: Androgens are contraindicated in men with carcinoma of the breast or known or suspected carcinoma of the prostate. AndroGel is not indicated for use in women.

Warning: Geriatric patients treated with androgens may be at an increased risk for the development of prostatic hyperplasia and prostatic carcinoma.

The most frequent adverse events reported by ≥5% of patients associated with the consistent use of AndroGel included abnormal lab test, acne, prostate disorder, and application site reaction.

ences: 1. Mulligan T, Borel R, Frick M, Zuraw Q, Stemhagen A. The HIM Study (Hypogonadism in Male: oogonadism in men over 45. Poster presented at: Annual Scientific Assembly of the American droGe! [package insert]. Marietta, Ga: Unimed Pharmaceuticals, Inc; 2005. 3. Swerdloff RS, Wang C, Cu

Please see brief summary of full prescribing information on adjacent page.

Marketed by Solvay Pharmaceuticals

www.androgel.com

© 2006 Solvav Pharmaceuticals. Inc