

# Diabetes

## A Disease of Inflammation

*Research is Showing that Inflammation Causes Diabetes and Alzheimer's.*



According to the Mayo Clinic: Type 2 diabetes is a chronic condition that affects the way your body metabolizes sugar (glucose). Either your body resists the effects of insulin, a hormone that regulates the movement of sugar into your cells, or doesn't produce enough insulin to

maintain a normal glucose level. The fallacy in this argument is that when glucose is "tightly controlled" patients become more ill. It turns out that diabetic patients have inflammation and when that is controlled, they improve.

### Type 3 Diabetes

According to the NY Times "Just in case you need another reason to cut back on junk food, it now turns out that Alzheimer's could well be a form of diet-induced diabetes. That's the bad news. The good news is that laying off soda, doughnuts, processed meats and fries could allow you to keep your mind intact until your body fails you.

The idea that Alzheimer's might be Type 3 diabetes has been around

since 2005, but the connection between poor diet and Alzheimer's is becoming

more convincing, as summarized in a cover story in New Scientist entitled "Food for Thought: What You Eat May Be Killing Your Brain."



### Tight Sugar Control is Deadly

Patients with diabetes are at a significantly increased risk of death when there is tight control of diabetes through control of sugar levels in blood. The Action to Control Cardiovascular Risk in Diabetes (ACCORD) study on type 2 diabetes had to be terminated after 3.5 years because of increased mortality in the group receiving intensive glycemic therapy (control of their sugar levels to presumed

optimum levels). In the Diabetes Control and Complications Trial, the group of patients with mild to moderate diabetic retinopathy and well-controlled glucose levels had significant worsening of the retinopathy at the 6- and 12-month follow-up visits. Here the eye is a strong marker for progression of diabetes.

