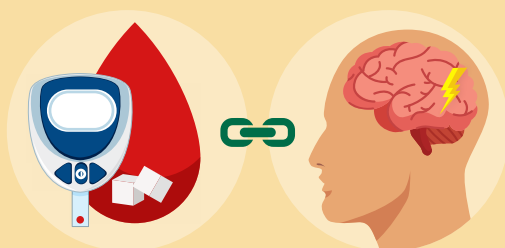


# Link between Healthy Lifestyles and Diabetes-Related Dementia

Diabetes is an established risk factor for dementia



But, data on the effect of lifestyle on diabetes-related dementia are limited

Is there an association between a healthy lifestyle and the risk of incident dementia in patients with diabetes?

Observational study to ascertain dementia risk in 167,946 participants  $\geq 60$  years (12,769 with diabetes) enrolled in the United Kingdom Biobank

Based on

A lifestyle score ranging from 0–7 based on 7 modifiable factors:

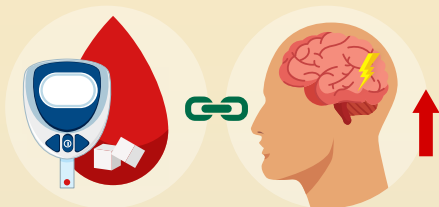
No current smoking, moderate alcohol consumption, diet, physical activity, sleep duration, less sedentary behavior, and social contact



At a median follow-up of 12.3 years

4,351 participants

Developed all-cause dementia



Patients with diabetes displayed a relatively higher risk of dementia

Hazard ratios (HRs) for risk of dementia in patients with healthy lifestyle scores of



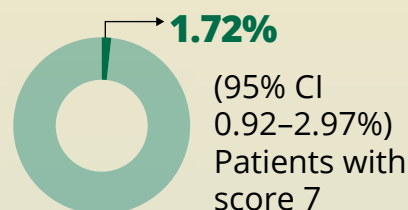
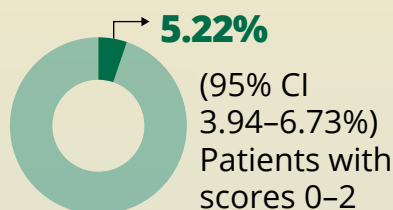
HR: 4.01  
(95% CI 3.06–5.25)

HR: 1.74  
(95% CI 1.11–2.72)

+1

1-point increment in healthy lifestyle scores was associated with an HR of 0.86 (95% CI 0.81–0.92)

10-year absolute risk of dementia



Results were consistent irrespective of glycemic control and diabetes medication use

Adherence to a healthy lifestyle is associated with a significantly reduced risk of incident dementia in patients with diabetes