

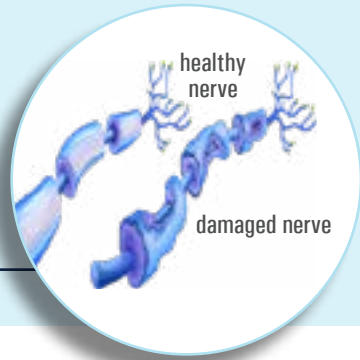
# DIABETES

**7<sup>TH</sup> LEADING CAUSE OF ADULT DEATH**  
(before COVID-19)

## COMPLICATIONS

- Vision Problems
- Kidney Damage
- Cardiovascular Issues
- COGNITIVE DECLINE**
- NEUROPATHY**

Damage to the nerves causing numbness, tingling, muscle weakness & pain.



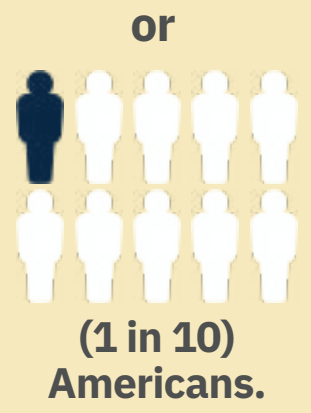
Centers for Disease Control and Prevention

**TYPE 1**  
An inability to make insulin that most frequently develops in childhood.  
**5-10 %**

**TYPE 2**  
Occurs more in adults. The body develops resistance to insulin.  
**90-95 %**

**537 M**  
have diabetes worldwide.

**34.2 M**  
in the US have diabetes



**21.4 %**  
of adults with diabetes don't know they have it.

Additionally,  
**1 / 3**  
in the US have prediabetes.

## OUR KEY DISCOVERIES:



- 1 Obesity, particularly in middle age, increases risk of cognitive impairment or dementia.
- 2 Saturated fat, not sugar, is what impairs the ability to distribute energy in the brain and peripheral nerves.
- 3 Gut health affects function in both the brain and peripheral nerves.
- 4 Obesity and prediabetes can lead to peripheral nerve damage, even in the absence of high blood sugar.
- 5 A good diet (high in good fats/low in bad fats) can improve brain health and peripheral nerve function.
- 6 Inflammation is a driver of pain in neuropathy.