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

### 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.

### 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 or we are Americans.

### 21.4%

Of adults with diabetes don’t know they have it.

Additionally,

### 1/3

In the US have prediabetes.

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**Centers for Disease Control and Prevention**

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