

Association Between Age at Diabetes Onset and Subsequent Risk of Dementia

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Glycemic Control Over Multiple Decades and Dementia Risk in People With Type 2 Diabetes

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- **Take home: The longer one has diabetes and the worse it is controlled, the higher the risk of dementia**
- The risk of dementia more than doubles for persons who have had diabetes for 10 years or longer
- The risk of dementia increases in persons with higher HbA1c levels
- <https://jamanetwork.com/journals/jamaneurology/fullarticle/2803244>
- <https://jamanetwork.com/journals/jama/fullarticle/2779197>

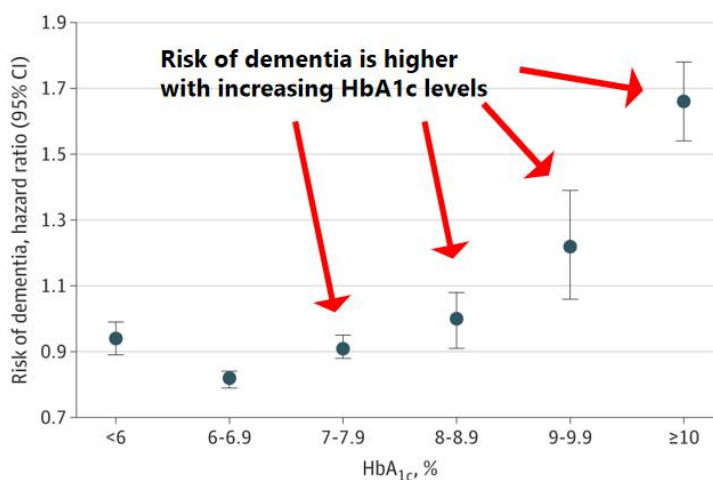


Table 2. Association Between Type 2 Diabetes and Incidence of Dementia and According to Age at Diabetes Onset^a

At age 70 y	No diabetes	Diabetes onset ≤5 y earlier	Diabetes onset 6-10 y earlier	Diabetes onset >10 y earlier ^b	P value for linear trend ^c	5-y younger age at onset ^{b,c}
Follow-up, median (IQR), y	6.7 (3.0-11.4)					
Dementia cases/total cases, No. ^d	463/6900	20/284	21/232	38/368		542/7784
Rate/1000 person-years	8.86	10.00	12.99	18.30		9.35
Model, HR (95% CI) ^e						
1	1 [Reference]	1.21 (0.77-1.90)	1.61 (1.04-2.50)	2.32 (1.65-3.26)	<.001	1.25 (1.06-1.47)
2	1 [Reference]	1.20 (0.76-1.88)	1.50 (0.97-2.34)	2.22 (1.58-3.13)	<.001	1.24 (1.05-1.46)
3	1 [Reference]	1.11 (0.70-1.76)	1.49 (0.95-2.32)	2.12 (1.50-3.00)	<.001	1.24 (1.06-1.46)

Risk of dementia increases the longer one has had diabetes, with the risk being more than double (2.32 times higher) if diabetes onset was > 10 years