IMPACT OF METABOLIC CONTROL ON COGNITIVE FUNCTION AND QUALITY OF LIFE IN ELDERLY DIABETICS

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BACKGROUND

- prevalence of diabetes in Europe is 10-20% in subjects over 60 years old (7)
- prevalence of type 2 diabetes increases with age, especially in Europe (8)
- the number of elderly diabetics will be more than double in the next 20 years (3,6)
- diabetes could affect cognitive function and have a great impact on elderly quality of life
- results from studies on relationship between diabetes and cognitive function in elderly are inconsistent and contradictory (1,2,4,5)

COMORBIDITIES

DIABETES

COGNITIVE FUNCTION

QUALITY OF LIFE?

Does diabetes affect cognitive function in elderly?

How does diabetes shape elderly quality of life?

Rigorous metabolic control means better cognitive function?

STUDY DESIGN

→ prospective, cohort type of study
→ 300 patients diagnosed with Diabetes Mellitus (previous or newly) on diet, drugs or Insulin, ≥65 years old, living in communities
→ exclusion criteria:
  * clinical diagnosis of dementia
  * neoplastic diseases diagnosed during the last 5 years
  * severe heart failure (class III and class IV NYHA)
  * conditions expected to severely limit survival
→ methods: subjects will be monitored every 6 months for 3 years for:
  * fasting blood sugar, glycated hemoglobin
  * cognitive function (MMSE, clock drawing test)
  * cholesterol: total, HDL, LDL, VLDL, triglycerides
  * health related quality of life (SF 36v2®)
  * biological status (risk factors, diabetes complications, associated disorders)
→ the mobility period of the FLARE program will be a six month training period at the Sheffield Institute for Studies of Ageing with research experience in geriatric social and quality of life issues

References: