

Mayo Clinic Medical Edge

MCI & Diabetes

1:00

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Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WITH A LIST OF COMPLICATIONS THAT INCLUDES HEART DISEASE, KIDNEY PROBLEMS AND EYE DAMAGE, YOU REALLY SHOULDN'T NEED MORE INCENTIVE TO KEEP YOUR DIABETES UNDER CONTROL. BUT IF YOU DO...
Rosebud Roberts, M.B.Ch.B.	"PEOPLE WHO HAD COMPLICATIONS OF DIABETES OR WHO HAD DIABETES EARLY, SO, BEFORE AGE 65, OR PEOPLE WHO HAVE HAD DIABETES FOR MORE THAN TEN YEARS WERE MORE LIKELY TO HAVE MILD COGNITIVE IMPAIRMENT."

	<p>MAYO CLINIC RESEARCHERS, INCLUDING DR. ROSEBUD ROBERTS, FOUND THE NEED FOR INSULIN USE WAS ALSO A RISK FACTOR. DR. ROBERTS SAYS THE KEY MESSAGE IS NOTHING NEW.</p>
Dr. Roberts	<p>“IF WE CAN REDUCE OUR RISK OF OBESITY, AND WE REDUCE THE RISK OF DIABETES IN THE POPULATION IN GENERAL, ULTIMATELY WE MIGHT BE REDUCING THE RISK OF MILD COGNITIVE IMPAIRMENT.”</p>
	<p>THAT MEANS EATING RIGHT AND EXERCISING TO MAINTAIN A HEALTHY BODY WEIGHT. AND IF YOU HAVE DIABETES, DO YOUR BEST TO MAKE SURE IT’S UNDER CONTROL.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
