



## MANAGE DIABETES TO SUSTAIN BRAIN HEALTH

According to an article from the Alzheimer’s Association called [10 Ways to Love Your Brain](#), “Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.”

*Diabetes Self-Management* recently posted [research news](#) that further supports this point. They cite a new study that links poorly controlled type 2 diabetes with a higher risk for cognitive impairment and dementia.

The article states, “Researchers have long known that having diabetes is linked to a higher risk for dementia. But it hasn’t always been clear to what degree dementia may develop due to elevated blood glucose levels, or whether it develops at least in part due to cardiovascular risk factors that are common in people with diabetes. For the latest study, researchers were interested in whether elevated blood glucose levels contributed to cognitive impairment, or to developing dementia in people with cognitive impairment.”

[Read more](#)

Learn more about brain health research at our website, [ncbrainhealth.org](https://ncbrainhealth.org)

## FOLLOW YOUR HEART

November is National Diabetes Month in the United States. Many people don’t know that having diabetes can put your brain health at risk. This can increase your risk for Alzheimer’s disease, memory loss, and confusion.

You can find [tips and resources](#) from the Centers for Disease Control (CDC) to help manage blood sugar and protect your brain health. The flyer *Healthy Blood Sugar, Healthy Brain* is available in [English](#) and [Spanish](#) versions.



Photo Source: CDC.gov

## ALZHEIMERS.GOV WEBSITE IS NOW AVAILABLE IN SPANISH

Alzheimers.gov, the federal government portal for dementia information and resources, now has a [Spanish version](#)! The website is designed to educate and support people whose lives are touched by Alzheimer's disease and related dementias. Explore the website to find:



Photo Source: Alzheimers.gov

- Information about Alzheimer's disease and related dementias, including causes, symptoms, diagnosis, and treatment
- Tips and resources for caregivers and people living with dementia
- Updates on what the federal government is doing to address Alzheimer's and related dementias
- Clinical trials and studies that people can join to help advance ways to treat and reduce the risk of dementia
- Resources for health care providers, community and public health workers, and researchers

[View the website today!](#)

### RACIAL EQUITY IN DEMENTIA CARE

Black and Hispanic people are at [higher risk](#) of developing Alzheimer's and related dementias, but their rate of diagnosis is lower than it is for their white counterparts. *Being Patient*, an independent online news source convened a panel to discuss the challenges of accessing healthcare for underrepresented communities along with strategies to reduce barriers for the diagnosis and treatment of dementia. [Read the transcript or watch the video.](#)

### HELPFUL RESOURCES

The AARP's Staying Sharp program shows you how to incorporate the six pillars of brain health into your daily life.

The pillars follow guidance from the Global Council on Brain Health whose goal is to provide simple steps people can take every day to learn about their brains and live life to the fullest. [Learn more](#)

### REGISTRY UPDATE

As of November 8, 2021, the Registry has grown to include **5,999 members** from a diverse population of people in North Carolina!

#### Gender Representation

4491	Female
1486	Male
19	No response
2	Unknown
1	Transgender male

#### Race/ethnicity Representation

4030	Caucasian/White
1625	African-American/Black
95	Multi-racial
71	Asian
15	American Indian/Alaska Native
1	Native Hawaiian/Other Pacific Islander
162	Unknown/Other



## UPCOMING EVENTS

### [Two-part workshop to build caregiver communication skills: Learning to Dance with Dementia](#)

**December 2 and 9, 2:00 – 3:30 pm** via Zoom

These two sessions presented by [MemoryCare](#) will focus on the importance of communication – what to keep and when to let dementia take the lead. Using real-life scenarios, you'll get to practice some new steps which may help you and your partner start moving together a little better. [Learn more or register now.](#)



Speaker: Mary Donnelly  
MemoryCaregivers Network Coordinator

### [Innovative Tools and Strategies to Reduce Stress Experienced by People Living with Dementia](#)

**December 14, 1:00 - 2:00 pm** via Zoom

**Speaker:** Melissa Harris, PhD, RN, Duke School of Nursing

People living with dementia often experience and respond to stress differently than people without dementia. Unmanaged stress can cause challenging symptoms like agitation, anxiety, and poor sleep. Learn about tools and strategies including light therapy, weighted blankets and animatronic pets that can be used at home to help a loved one with dementia manage stress. Presented by the [Duke Dementia Family Support Program](#) as part of its Caregiver Connections series. [Learn more here.](#)

## TOOLS YOU CAN USE



Source: Livingston et al. A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission

[www.alzint.org](http://www.alzint.org)



Do you know the most common risk factors for dementia? This infographic from Alzheimer's Disease International (ADI) will help you [learn more.](#)

Get more information about ADI along with helpful resources designed to support people with dementia and their care partners [here.](#)

For more information, please visit us at [www.ncbrainhealth.org](http://www.ncbrainhealth.org)



NC Registry for Brain Health