

Fettsnå/kolhydratrik kost kan försämra minnet

Ett av de allvarliga tillstånd, som sätts i samband med den fettsnå/kolhydratrika kosten, är störd insulinreglering samt försämrade glukostolerans.

Det är en oöverskådlig flora av medicinska konsekvenser som propagandan för fettsnå/kolhydratrik kost kan ge upphov till. Tidigare har jag nämnt minskad fertilitet som en annan risk (se hemsidan) vid sidan av övervikt, diabetes, hjärt och kärlsjukdom m m.

Från hemsidan www.diabetesincontrol.com den 12/2 03

Impaired Glucose Tolerance Linked to Memory Decline

Poor glucose tolerance is associated with cognitive deficits.

Although memory impairment has been reported in diabetics, the association between impairment in glucose regulation and memory deficits in elderly individuals remains unknown.

Therefore, Dr. Antonio Convit, of the New York University School of Medicine, and colleagues studied 30 healthy individuals between the ages of 53 and 89 years, none of whom was diabetic or exhibited signs of dementia. I.V. glucose tolerance tests were conducted, and memory was assessed using Wechsler Paragraphs recall tests. Hippocampal and brain volumes were measured by MRI.

"Baseline blood glucose levels and 2-hour glucose were significantly associated with hippocampal atrophy" ($p < 0.05$ after adjusting for age and scores on the Mini Mental State Exam). Two-hour glucose levels were also associated with delayed recall ($p < 0.05$), and there was a trend for baseline glucose to predict memory impairment, he added.

Dr. Antonio Convit pointed out that among diabetics in their 30s and 40s, there is evidence of memory dysfunction even before signs of cardiovascular disease develop. "So we would hypothesize that even younger individuals with insulin resistance may have memory problems."

"This kind of data can be useful in motivating people who don't care about how they look if they're a little heavy, but they may care about their memory performance," he added. If their findings are replicated, Dr. Convit said, "then either pharmacological interventions to improve people's insulin resistance or behavioral interventions will be worth studying."

Proc Natl Acad Sci 2003. www.pnas.org/cgi/doi/10.1073/pnas.0336073100

Från Dr Joseph Mercolas hemsida www.mercola.com den 15/2 03

Sugar May Hold the Key to Memory Problems

People with an inability to quickly bring down high blood sugar levels--a pre-diabetic condition--are more likely to suffer from memory loss. This may help explain why memory loss occurs as we age. For every Alzheimer's patient, there are eight elderly people who do not have dementia but whose quality of life is harmed by memory loss.

Blood sugar has been thought to play a role, as diabetics have a greater risk of memory problems, possibly because diabetes harms blood vessels that supply the brain and other organs.

The study of 30 non-diabetic middle-aged and elderly people raises the possibility that exercise and weight loss, which help control blood sugar levels, may be able to reverse some of the memory loss that is associated with aging.

Various factors were measured in the study including how participants performed on several memory tests, how quickly they metabolized blood sugar after a meal, and, through the use of MRI scans, the size of the hippocampus, the brain region responsible for learning and recent memory.

Results indicated that people who metabolized blood sugar slowly had a smaller hippocampus and scored worse on tests for recent memory. The brain gets most of its energy from blood sugar, so if glucose stays in the bloodstream rather than being metabolized into body tissues, the brain has less fuel available to store memories. The study is the first to show an association between the size of the hippocampus and the ability to control blood sugar levels in the body. Though further research is needed, this association suggests that delivery of glucose may influence hippocampal structure and function, researchers said. Further, if confirmed the results indicate that controlling blood sugar levels through exercising and eating a healthy diet may help to protect the brain from memory loss associated with aging.

Science Blog

Proceedings of the National Academy of Sciences February 5, 2003

I USA är nu (febr 03) ett bokverk som kritiserar den fettsnåa kosten den mest såda boken.

Många amerikaner har nu insett att den fettsnåa/kolhydratrika kosten i själva verket gör oss mer överviktiga och sjukliga.

Det finns ett internationellt e-mailnät för de många forskare som stöder de nya tankarna när det gäller kost och hälsa. De kallar sig "Sceptics" - dvs de är skeptiska mot kolesterolmyten, nyttan med den fettsnåa kosten etc. Därifrån hämtar jag följande brev:

"Dear Skeptics:

Here is some interesting news: The Wall Street Journal reported on Friday, February 14, 2003, that Dr. Robert Atkins' new book, "Atkins for Life", was number one in sales on their nonfiction best selling book list.

This suggests the "truth" about the current so-called heart-healthy diet is spreading fairly rapidly. Dr. Atkins has written a number of books over the years showing (and documenting) that dietary high glycemic carbohydrates, not saturated fats and cholesterol, were major causes of obesity, high blood cholesterol, CVD, and type-2 diabetes.

Our view is that today people seriously concerned about their health have tried and failed with all of the "officially blessed diets". They are now turning to Atkins because that they have heard from their neighbors and friends that his dietary recommendations actually work for overweight and obesity.

We have carefully reviewed Atkins' work. Our view is that he is a very competent physician who reads and understands the scientific literature on the subject.

F and A
