

# In Diabetes

## **What is type 3 diabetes?**

Typically we think of three kinds of diabetes: Type 1, Type 2 and Gestational Diabetes. “Type 3 diabetes” is a term that has been proposed to describe the hypothesis that Alzheimer's disease, which is a major cause of dementia, is triggered by a type of insulin resistance and insulin-like growth factor dysfunction that occurs specifically in the brain. This condition is used to describe people who have type 2 diabetes and are also diagnosed with Alzheimer's disease dementia. According to the Mayo Clinic, there's an established link between Alzheimer's and type 2 diabetes. Some people say that Alzheimer's is simply “diabetes in your brain.”

***Dr. Minakshi Dhar, Additional Professor & Head,  
Department of Internal Medicine, AIIMS  
Rishikesh***