NOT ONLY HBA1C BUT ALSO TRIGLYCERIDES REDUCE COGNITION

“CONCLUSION:
Triglyceride levels are inversely correlated with executive function in nondemented elderly adults after controlling for age, education, gender, total cholesterol, LDL, ApoE4 status, clinical dementia rating (CDR), and white-matter microstructure. The fact that the effect of triglycerides on cognition was not clearly mediated by vascular risks or cerebrovascular injury raises questions about widely held assumptions of how triglycerides might impact cognition function.”