

“The Eye as a Window of the Brain” Identifying the mechanisms involved in cognitive impairment and dementia in people with type 2 Diabetes

Name: Recognised

Duration: 2020-2023

Funded by: Horizon 2020

Recognised

Background & Objectives

Type 2 Diabetes (T2D) is a risk factor for **cognitive impairment and dementia**. People living with T2D have a two-fold higher risk of developing Alzheimer’s disease compared to the general population.

Cognitive impairment has the added burden of hindering a person’s **ability to manage their diabetes** which potentially leads to **diabetes complications**.

Currently there exists no reliable test to identify people with T2D who are at risk of developing dementia.

Recognised examines the biological mechanisms that cause **structural and functional alterations in the retina** in people with T2D to determine whether these same pathways play a role in the events observed in the brain during the development of cognitive impairment and dementia and to use the retina as a tool to identify people with T2D at risk of developing cognitive impairment or dementia.

IDF Europe’s Role

- ✓ Represent the perspective of people living with diabetes across all aspects of the project
- ✓ Co-lead the communication and dissemination work alongside Alzheimer Europe
- ✓ Provide input into the exploitation and dissemination plan

Deliverables

Basic Research: molecular mechanisms leading to neurovascular pathology in people with Alzheimer and diabetic retinopathy

Clinical research: prospective multicentric cross-sectional and cohort clinical study; neuropsychological and quality of life evaluation; identification of biomarkers

Expected Impact

- Increase awareness of cognitive impairment as new comorbidity of type 2 diabetes
- Provide evidence to develop programmes designed to reduce the rate of progression from mild cognitive impairment to dementia
- Gain knowledge of the mechanisms of dementia
- Improve early diagnosis of dementia for better planning of future diabetes management and the deterioration of cognitive functions

For more information and a complete list of project partners, please visit the project website <https://www.recognised.eu>/or contact us: idfeurope@idf-europe.org.

