

SWEET DRINKS CAN CAUSE DEMENTIA.

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Sugary drinks are associated with an increase in metabolic and cardiovascular risk effects that can increase the risk of cerebrovascular disease and dementia.

- High levels of sugar in the diet can have a range of adverse effects on the body, including metabolic dysfunction, liver damage and high blood pressure.



NEXT

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- People who drank diet soda daily were almost three times as likely to develop stroke and dementia, with a higher risk of ischemic stroke and Alzheimer's disease dementia.
- Additionally, the volume of the hippocampal area of the brain was reduced by excessive consumption of sugary drinks.



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