Atrophy in Distributed Networks Predicts Cognition in Alzheimer's Disease and Type 2 Diabetes

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10 Abstract.

- Background: Alzheimer's disease (AD) and type 2 diabetes (T2DM) are common causes of cognitive decline among older
- adults and share strong epidemiological links. Distinct patterns of cortical atrophy are observed in with AD and T2DM, but
- robust comparisons between structure-function relationships across these two disease states are lacking.
- Objective: To compare how atrophy within distributed brain networks is related to cognition across a spectrum of cognitive aging.
- ¹⁶ Methods: The relationship between structural MRI changes and cognition was studied in 22 mild-to-moderate AD, 28 T2DM,
- and 27 healthy participants. Cortical thickness measurements were obtained from networks of interest (NOIs) matching the
- limbic, default, and frontoparietal resting-state networks. Composite cognitive scores capturing domains of global cognition,
- ¹⁹ memory, and executive function were created. Associations between cognitive scores and the NOIs were assessed using
- 20 linear regression, with age as a covariate. Within-network General Linear Model (GLM) analysis was run in Freesurfer 6.0
- to visualize differences in patterns of cortical atrophy related to cognitive function in each group. A secondary analysis
- examined hemispheric differences in each group.
- **Results:** Across all groups, cortical atrophy within the limbic NOI was significantly correlated with Global Cognition (p = 0.009) and Memory Composite (p = 0.002). Within-network GLM analysis and hemispheric analysis revealed qualita-
- tively different patterns of atrophy contributing to cognitive dysfunction between AD and T2DM.
- 26 Conclusion: Brain network atrophy is related to cognitive function across AD, T2DM, and healthy participants. Differences
- in cortical atrophy patterns were seen between AD and T2DM, highlighting neuropathological differences.
- 28 Keywords: Alzheimer's disease, cognitive aging, dementia, diabetes mellitus, executive function, memory disorders

29 INTRODUCTION

The number of people aged 65 and older is expected to reach one billion worldwide by 2030 [1, 2]. Aging is the strongest risk factor for neurodegenerative disease including Alzheimer's disease (AD). Atrophy patterns are closely tied to cognitive function in dementia [3], and probing these structure-function relationships in AD has diagnostic, prognostic, and interventional utility [4–6]. Neuroimaging studies in AD have shown a characteristic pattern of cortical thinning associated with disease severity [7]: impairments in learning tend to be

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associated with greater atrophy of the temporal pole, 41 while hippocampal and medial temporal lobe atro-42 phy are more predictive of impairments with delayed 43 recall and recognition [8]. In patients with mild cog-44 nitive impairment (MCI), cortical atrophy measures 45 can predict risk of progression to AD-type of demen-46 tia, with cortical thickness as the strongest individual 47 prognostic marker [9]. 48

Structure-function relationships in other forms 49 of pathological aging are less thoroughly charac-50 terized. In older adults, type 2 diabetes (T2DM) 51 has been associated with declines in processing 52 speed, attention, executive function, and free mem-53 ory recall [10]. Older adults with T2DM show 54 global atrophy and increased burden of microvas-55 cular disease [11, 12]. Brain atrophy in T2DM is 56 correlated with disease severity and duration, and 57 may reflect additional neurodegenerative mecha-58 nisms aside from microvascular disease [12, 13]. 59 While T2DM is often associated with vascular 60 dementia (VaD), it is also linked to an almost twofold 61 increased risk of AD, likely reflecting a complex 62 interplay between vascular, neurodegenerative, and 63 neurotoxic factors [14]. In order to identify neu-64 roimaging targets for future intervention in T2DM, 65 and determine which patients are at highest risk of 66 cognitive decline, it would be useful to know whether 67 T2DM exhibits similar structure-function relation-68 ships to AD. However, prior studies of cortical 69 atrophy and cognition in AD and T2DM have focused 70 on single disease states, examined separate disease-71 specific regions of interest, or used atrophy measures 72 other than cortical thickness [15, 16], limiting 73 generalizability. 74

Measuring cortical thickness within functionally 75 connected brain networks of interest (NOIs) repre-76 sents a middle-ground between whole-brain analysis 77 and localized region-of-interest methods, offering a 78 potentially powerful tool to quantify atrophy within 79 distributed brain networks. Resting state functional 80 connectivity MRI (rs-fcMRI) can be used to parcel-81 late the brain into functionally connected but spatially 82 separate brain regions showing correlated activity 83 [17]. Recent studies have suggest that these intrin-84 sic brain networks play a role in the distribution, 85 and possibly the pathogenesis, of proteins involved 86 in neurodegenerative diseases [18]. In AD, patterns 87 of tau deposition follow functionally connected brain 88 networks, and greater pathology within these tau-89 networks is related to disease progression on Braak 90 staging [19]. Prior studies have used an NOI approach 91 to compare cortical atrophy, amyloid-B (AB) depo-92

sition, and tau distribution in AD [20]. The present study extends the NOI approach one step further, using NOIs to compare the relationship between cortical atrophy and cognition across a spectrum of cognitive aging.

This study used a network-based approach to analyze structure-function relationships between cortical thickness and cognitive function in T2DM and AD participants aged 50 and older, compared to healthy, cognitively-intact older adults. The study tested the hypothesis that declines in global cognition, memory, and executive function would be associated with atrophy in distributed brain NOIs across different forms of cognitive aging. Furthermore, the study tested the hypothesis that the pattern of atrophy and its relationship to cognitive function would vary between T2DM and AD participants, reflecting differences in underlying brain pathology.

MATERIALS AND METHODS

Participants

Neuroimaging and neuropsychological data from 113 77 adult study participants aged 50 and older who 114 participated in research from 2011 to 2015 at 115 the Berenson-Allen Center for Noninvasive Brain 116 Stimulation at Beth Israel Deaconess Medical Cen-117 ter (BIDMC) were included in this retrospective 118 cross-sectional study. The study was approved by 119 the BIDMC institutional Review Board, and all 120 study participants provided written informed consent 121 upon enrollment consistent with the Declaration of 122 Helsinki. Study participants comprised three groups: 123 22 AD, 28 T2DM, and 27 healthy controls (HC). 124 Inclusion criteria in the AD group were a clinical 125 diagnosis of probable mild-to-moderate AD accord-126 ing to DSM-V/NINCDS-ADRDA criteria [21], a 127 Clinical Dementia Rating Scale (CDR) of 1, and 128 a Mini-Mental Status Examination (MMSE) rang-129 ing from 18-24. Inclusion criteria for the T2DM 130 participants included a clinical diagnosis of T2DM, 131 relatively good glucose control with an A1c $\leq 10\%$, 132 and normal cognition (MMSE > 27). HC participants 133 were required to have normal cognition (MMSE \geq 134 27) and be non-diabetic (A1c < 6.2). All participants 135 underwent equivalent testing, including a standard-136 ized neurological exam, medical history review, 137 formal neuropsychological testing, and a structural 138 MRI scan. Participants were excluded if they had 139 unstable medical conditions, neuropsychiatric con-140 ditions, or premorbid IQ below 80 as measured by 141

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the age-adjusted Wechsler Test of Adult Reading (W-TAR).

144 Neuropsychological testing

Neuropsychological memory testing was per-145 formed by a trained psychometrist. Testing included 146 the MMSE and Geriatric Depression Scale (GDS; 147 15-item) drawn from the National Alzheimer's Coor-148 dination Center's Uniform Data Set version 1.1 [22]. 149 The Trail Making Test (TMT) was administered, 150 and the time difference in seconds that it took each 151 subject to complete TMT B versus TMT A was 152 calculated (TMT_{B-A}). The Digit Symbol Substitu-153 tion Test (DSST; number correct in 90 seconds), 154 Digit Span Backwards Length (DSB Length; longest 155 digit span), Logical Memory Story (LMS) Story-A 156 were drawn from the Wechsler Memory Scale-157 Revised. The LMS included an immediate story 158 recall score (LMS Immediate Recall) and a delayed 159 30-minute recall score (LMS Delayed Recall) with-160 out cueing. Additionally, the Alzheimer's Disease 161 Assessment Scale-Cognitive Subscale was adminis-162 tered, and the total score (ADAS-Cog Total; 70 item), 163 word list immediate recall subscore (ADAS-Cog 164 Immediate Recall), and word list delayed recognition 165 subscore (ADAS-Cog Delayed Recognition) were 166 analyzed independently [23]. The Rey Auditory Ver-167 bal Learning Test (RAVLT) was also administered, 168 and sub-scores of percent correct responses analyzed 169 included a percent correct during initial learning 170 (RAVLT Immediate Recall), 20 minute delayed recall 171 (RAVLT Delayed Recall), and delayed recognition 172 (RAVLT Delayed Recognition) [24, 25]. Neuropsy-173 chological scores were not obtained for ADAS-Cog 174 Recall and ADAS-Cog Recognition in one AD partic-175 ipant and one HC, for RAVLT Delayed Recognition 176 in one T2DM participant, for the DSST in one AD 177 participant, and for TMT_{B-A} in one T2DM participant 178 and six AD participants (four of whom were unable 179 to complete either TMT A or TMT B). These partic-180 ipants were excluded from analysis of those missing 181 measures alone. 182

For each neuropsychological measure, z-scores 183 were calculated by subtracting each individual score 184 from the mean score of the all three groups and divid-185 ing by the standard deviation across all three groups. 186 Scores of the TMT_{B-A}, ADAS-Cog Total, ADAS-187 Cog Immediate Recall, and ADAS-Cog Delayed 188 Recognition were inverted so that higher scores 189 reflected better performance across all tests. Fol-190 lowing an approach from the Alzheimer's Disease 191

Neuroimaging Initiative, composite scores were computed by averaging together z-scores from individual tests so that atrophy patterns could be related to cognitive domains more generally [26, 27]. A Memory Composite was created by from the RAVLT Immediate Recall, RAVLT Delayed Recall, RAVLT Delayed Recognition, LMS Immediate Recall, LMS Delayed Recall, ADAS-Cog Recall, and ADAS-Cog Recognition. An Executive Composite was computed by averaging the z-scores of DSB Length, TMT_{B-A}, and DSST. Global Cognition was measured using the ADAS-Cog Total, which is already a composite score of multiple subtests.

MRI imaging data

A T1-weighted anatomical magnetic resonance imaging scan was obtained in all participants on a 3T scanner (GE Healthcare, Ltd., UK) using a 3D spoiled gradient echo sequence: 162 axialoriented slices for whole-brain coverage; 240-mm isotropic field-of-view; 0.937-mm $\times 0.937$ -mm $\times 1$ mm native resolution; flip $angle = 15^{\circ}$; TE/TR \geq 2.9/6.9 ms; duration \geq 432 s. T1-weighted anatomical MRIs were analyzed with Freesurfer 6.0 (documented and freely available online at http://surfer.nmr.mgh.harvard.edu/). The technical details of these procedures are described in prior publications [28-41]. To ensure overall accuracy of segmentations and parcellations, all reconstructions were subjected to a rigorous data quality control process: a trained rater reviewed and manually corrected reconstructions when necessary, which were reviewed by an independent rater.

In addition to thickness of neocortical areas, hippocampal volume was calculated in Freesurfer and corrected for individual head size by dividing by total intracranial volume. One T2DM participant with an intracranial volume greater than two standard deviations above the mean was excluded from this analysis alone. Normed hippocampal volumes were then converted to z-scores over all three groups (following the same procedure as the neuropsychological scores) in order to compare atrophy between groups.

Measures of network atrophy

Atrophy across distributed brain networks, referred to herein as "network atrophy," was defined using gray matter cortical thickness measurements within predefined NOIs. NOIs were derived from a 1000subject group average rs-fcMRI analysis from Yeo

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and colleagues [17]. Cortical thickness was selected 240 as the primary measure of atrophy because it is 241 robust to head size and gender bias [42], and shows 242 promise as a biomarker for disease progression from 243 MCI to AD [9]. A previous study in AD used an 244 equivalent rs-fcMRI parcellation to compare cortical 245 atrophy, neurodegenerative protein deposition, and 246 brain metabolism across cortical NOIs, but did not 247 examine associations with cognition [20]. Another 248 study in healthy adults found a relationship between 249 NOI-based cortical thickness and executive func-250 tion, but used a different technique to define NOIs, 251 and did not examine memory function [43]. To our 252 knowledge, this technique has not been previously 253 used to make comparisons across different disease 254 states. 255

NOIs were selected to encompass the limbic, 256 default, and frontoparietal networks as defined by 257 group-level functional connectivity maps from Yeo 258 and colleagues [17] (Supplementary Figure 1). The 259 limbic and default networks were chosen because 260 these networks encompass brain regions with high 261 levels of neuropathology on Braak staging [44], 262 and include the entorhinal cortex, parahippocampal 263 gyrus, and temporal pole which are implicated in 264 memory encoding and retrieval [45-49]. The fron-265 toparietal network was chosen because it shows high 266 A β distribution and hypometabolism in AD [20], 267 and is thought to play an important role in executive 268 function [43, 50, 51]. Average cortical thickness (in 269 mm) was assessed within each NOI bilaterally. Given 270 the potential for functional specialization and hemi-271 spheric asymmetrical atrophy patterns, the left and 272 right hemispheres of each NOI were also measured 273 for use in a secondary analysis. 274

275 Statistical analysis

Statistical analyses were performed using JMP Pro 276 13.0 (SAS Institute Inc., Cary, NC) and Stata 14.2 277 (StataCorp, College Station, TX). Significance was 278 determined with a two-tailed 95% confidence interval 279 $(\alpha = 0.05)$. Baseline characteristics were compared to 280 assess for group differences. In the primary anal-281 ysis, linear regression was used to determine the 282 relationship between cortical thickness and cogni-283 tive measures across all three groups. To visualize 284 the within-network atrophy patterns in each group 285 contributing to structure-function relationships, a 286 General Linear Model (GLM) analysis was run using 287 Freesurfer 6.0. Finally, a secondary hemispheric anal-288 ysis was preformed to using linear regression to test 289

if there was right/left asymmetry contributing to the relationship between network atrophy and cognition.

Baseline characteristics

Demographics and cognitive scores from some T2DM and HC participants have been previously reported [52]. Baseline characteristics including demographics, atrophy measures, and z-scored neuropsychological measures were tested for significant differences across all three groups. Fischer's exact test was used for dichotomous variables, and oneway analysis of variance (ANOVA) was used for continuous variables. Tukey's Honestly Significant Difference (HSD) was used to further test the relationships between each group. Since *age* was different between the groups (see Results), and was expected to relate to both brain atrophy and cognition, it was added as a covariate to all subsequent between-group analyses.

To assure that our dataset was consistent with prior literature [53], the relationship between right and left hippocampal volumes and RAVLT Delayed Recognition were tested in separate linear regression analyses for each group, with *age* as a covariate. For hippocampal volume analysis, uncorrected *p*-values are reported, and significance is indicated after correction using the Benjamini-Hochberg procedure for controlling the False Discovery Rate (FDR) with a global $\alpha = 0.05$ [54].

Linear regression

Multiple linear regression analyses were preformed to assess the relationship between cognitive function and network atrophy (with each NOI separately to avoid collinearity) as well as the influence of participant *age* and *diagnosis*. Global Cognition, Memory Composite, and Executive Composite scores were entered as dependent variables into a fixed-effects linear model with the main independent factors of *diagnosis* (AD, T2DM, HC), *thickness*, the *diagnosis*thickness* interaction term, and *age* as a covariate. Uncorrected *p*-values are reported, and significance is indicated after correction using the Benjamini-Hochberg procedure for FDR with a global $\alpha = 0.05$ [54].

GLM analysis

A GLM analysis using a familywise error rate of 0.05 was run in Freesurfer 6.0 for each memory test associated with a NOI atrophy in the AD and T2DM groups. GLM analysis was restricted to vertices within the relevant network of interest to 290 291

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identify regions within the network that were significantly associated with that neuropsychological
measure, with *age* as a covariate.

342 Hemispheric analysis

Separate linear regression analyses were preformed using cortical thicknesses within right and left hemisphere NOIs. Linear regression was used to test the associations of memory tests with NOI thickness and hippocampal volumes, with *age* as a covariate. Only uncorrected *p*-values are reported in the secondary analysis.

350 RESULTS

351 Baseline characteristics

AD participants were significantly older than the HC group, and had higher depression scores on the GDS (Table 1). The AD group showed atrophy within all NOIs and lower corrected hippocampal volume compared to HC and T2DM. No significant differences in network thickness or corrected hippocampal volume were seen between T2DM and HC groups. AD participants scored significantly worse on all cognitive tests compared to HC, and T2DM group scored in the intermediate range between the AD and HC on multiple measures.

Left hippocampal volume was associated with RAVLT Delayed Recognition in AD (p = 0.0029) and T2DM (p = 0.019). After correction with FDR, only the association in AD remained significant.

Multiple linear regression

None of the analyses yielded a significant *diagnosis*thickness* interaction (p values > 0.09), indication no effect modification. Therefore, the models were rerun without the interaction term. Linear regression relationships between cortical thickness and composite cognitive scores are shown in Fig. 1.



Cortical Thickness (mm)

Fig. 1. NOI thickness and cognitive composite scores. Within each NOI, linear regression between cortical thickness and cognitive composite scores are shown. Models which were significant based on uncorrected *p*-values are marked with a black box. (a) There is a significant relationship between cortical thickness in the limbic NOI and Global Cognition, (d) between cortical thickness in the limbic NOI and Memory Composite, and (i) between cortical thickness in the frontoparietal NOI and Executive Composite.

Table 1

Baseline characteristics							
	HC	T2DM	AD		Significance Tests		
				df	F ratio	<i>p</i> -value	Tukey's HSD
Number (#)	27	28	22				
Female # (%)	12 (44%)	13 (46%)	13 (59%)	N = 77	df = 2, 2-t	ailed $p = 0.3$	578; Fisher's Exact Test
Age (y)	61.7 ± 1.6	66.3 ± 1.5	69.6 ± 1.7	2,74	5.96	0.004	HC <ad< td=""></ad<>
MMSE (#/30)	29.4 ± 0.3	29.0 ± 0.3	21.8 ± 0.3	2,74	196.90	< 0.001	AD <hc, t2dm<="" td=""></hc,>
GDS (#/15)	0.5 ± 0.3	1.2 ± 0.3	2.4 ± 0.4	2,74	7.31	0.001	HC <ad< td=""></ad<>
Education (y)	15.8 ± 0.6	15.5 ± 0.5	16.6 ± 0.6	2,74	0.86	0.429	
Premorbid IQ (W-TAR)	113.6 ± 2.4	112.2 ± 2.4	108.2 ± 2.7	2,74	1.19	0.311	
Network ROI thicknesses (mm)							
Limbic NOI Thickness	2.5 ± 0.03	2.5 ± 0.03	2.4 ± 0.03	2,74	11.70	<0.001	AD <hc, t2dm<="" td=""></hc,>
Default NOI Thickness	2.4 ± 0.02	2.4 ± 0.02	2.3 ± 0.02	2,74	15.60	<0.001	AD <hc, t2dm<="" td=""></hc,>
Frontoparietal NOI Thickness	2.3 ± 0.02	2.2 ± 0.02	2.1 ± 0.02	2,74	17.90	<0.001	AD <hc, t2dm<="" td=""></hc,>
Hippocampal Volume (z-scores)							
RH hippocampal volume/eTIV	0.4 ± 0.2	0.2 ± 0.2	-0.8 ± 0.2	2,74	15.50	<0.001	AD <hc, t2dm<="" td=""></hc,>
LH hippocampal volume/eTIV	0.4 ± 0.2	0.3 ± 0.2	-0.9 ± 0.2	2,74	20.00	<0.001	AD <hc, t2dm<="" td=""></hc,>
Global Cognition (z-scores)							
ADAS-Cog Total (inverse)	0.6 ± 0.1	0.4 ± 0.1	-1.2 ± 0.1	2,74	75.30	<0.001	AD <hc, t2dm<="" td=""></hc,>
Memory Composite (z-scores)	0.7 ± 0.1	0.2 ± 0.1	-1.1 ± 0.1	2,74	85.11	<0.001	AD <t2dm<hc< td=""></t2dm<hc<>
RAVLT Immediate Recall	0.7 ± 0.1	0.2 ± 0.1	-1.2 ± 0.1	2,74	65.10	<0.001	AD <t2dm<hc< td=""></t2dm<hc<>
RAVLT Delayed Recall	0.6 ± 0.1	0.3 ± 0.1	-1.1 ± 0.1	2,74	43.00	<0.001	AD <hc, t2dm<="" td=""></hc,>
RAVLT Delayed Recognition	0.6 ± 0.1	0.2 ± 0.1	-1.0 ± 0.2	2,73	30.30	<0.001	AD <hc, t2dm<="" td=""></hc,>
LMS Immediate Recall	0.8 ± 0.1	0.05 ± 0.1	-1.0 ± 0.2	2,74	36.08	<0.001	AD <t2dm<hc< td=""></t2dm<hc<>
LMS Delayed Recall	0.7 ± 0.1	0.1 ± 0.1	-1.0 ± 0.2	2,74	33.10	<0.001	AD <t2dm<hc< td=""></t2dm<hc<>
ADAS-Cog Immediate Recall (inverse)	0.8 ± 0.1	0.2 ± 0.1	-1.2 ± 0.1	2,73	66.60	< 0.001	AD <t2dm<hc< td=""></t2dm<hc<>
ADAS-Cog Delayed Recognition (inverse)	0.4 ± 0.2	0.3 ± 0.2	-1.0 ± 0.2	2,73	19.80	< 0.001	AD <hc, t2dm<="" td=""></hc,>
Executive Composite (z-scores)	0.6 ± 0.1	0.2 ± 0.1	-1.2 ± 0.1	2,74	60.20	< 0.001	AD <t2dm<hc< td=""></t2dm<hc<>
DSB Length	0.5 ± 0.2	0.05 ± 0.2	-0.7 ± 0.2	2,74	12.10	<0.001	AD <hc, t2dm<="" td=""></hc,>
DSST	0.7 ± 0.1	0.2 ± 0.1	-1.2 ± 0.1	2,73	59.50	<0.001	AD <t2dm<hc< td=""></t2dm<hc<>
TMT B-A (inverse)	0.5 ± 0.1	0.3 ± 0.1	-1.4 ± 0.2	2,67	50.00	<0.001	AD <hc, t2dm<="" td=""></hc,>

Gender proportions are shown using Fisher's exact test. All other results are presented as Mean ± Std error generated from ANOVA. Significant values with p < 0.05 are shown in bold, and are further characterized using Tukey's HSD to compare means between all three groups.

Limbic NOI 374

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There was a significant main effect of cortical 375 thickness in the linear models for Global Cognition (p = 0.009) and Memory Composite (p = 0.002), indi-377 cating that limbic network atrophy was related to 378 global cognition and memory function independent 379 of group and controlling for age. After adjustment for 380 multiple comparisons with FDR, both relationships 381 remained significant. 382

Default NOI 383

There were no significant associations between 384 cortical thickness within the default NOI and 385 Global Cognition, Memory Composite, or Executive 386 Composite. 387

Frontoparietal NOI 388

For Executive Composite, the linear model showed 389 a main effect of cortical thickness (p=0.033), 390

indicating that frontoparietal network atrophy was related to memory function independent of group and controlling for age. This relationship was not significant after adjustment for multiple comparisons using FDR.

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GLM analysis

Within-network GLM analysis relating cortical thickness in the limbic NOI with cognitive scores are shown for Global Cognition (Supplementary Figure 2) and Memory Composite (Supplementary Figure 3). In the AD group, cortical thickness within the medial temporal lobes was associated with Global Cognition and Memory Composite, with a left hemisphere predominance. In T2DM, cortical thickness in the anterior temporal, inferior temporal, and orbitofrontal cortex showed associations with both Global Cognition and Memory Composite. Supplementary Figure 4 shows associations between cortical thickness within the frontoparietal NOI and Executive Composite. In AD, cortical thickness in the

superior frontal, parietal, and posterior temporal cor-411 tex was associated with Executive Composite. In 412 T2DM, associations between cortical thickness and 413 Executive composite were driven by anterior regions 414 of the frontoparietal NOI, including regions of the 415 left dorsolateral prefrontal cortex. 416

Secondary hemispheric analysis 417

Supplementary Figure 5 shows associations 418 between right and left NOI thickness measures and 419 neuropsychological tests in each group. p-values for 420 the supplementary hemispheric analysis were not 421 corrected for multiple comparisons and should be 422 interpreted accordingly. Measures of global decline 423 in AD were associated with atrophy in both the left 424 limbic network and left default network. Structure-425 function relationships between limbic NOI thickness 426 and memory tests showed a strong left hemisphere 427 predominance. Furthermore, there was a double dis-428 sociation between cortical thickness and cognition, 420 with limbic network atrophy associated with memory 430 function and frontoparietal network atrophy associ-431 ated with executive function, which was seen only 432 in the AD group. In T2DM thickness within the 433 default NOI showed associations with both Memory 434 Composite and Executive Composite. In HC, atrophy 435 within all three networks was associated with RAVLT 436 Delayed Recall. 437

DISCUSSION 438

The present study employed a relatively novel 439 network-based approach to examine structure-440 function relationships impacting cognition across 441 the spectrum from healthy to pathological cognitive 442 aging. The primary hypothesis, that atrophy within 443 distributed brain networks would be associated with 444 declines in cognition across AD, T2DM, and HC, was 445 upheld. Qualitative differences in structure-function 446 relationships within AD and T2DM were observed 447 following exploratory within-network GLM and 448 hemispheric analyses. This suggests that different 449 patterns of atrophy drive structure-function rela-450 tionships in T2DM and AD, reflecting separable 451 neurobiological substrates across different forms of 452 pathological aging. Understanding these differences 453 may help target future therapies aimed at slowing 454 cognitive decline. 455

The limbic network contains anterior medial 456 temporal regions including the entorhinal cortex, 457 implicated in memory consolidation and retrieval, 458

as well as the temporal pole which is important in semantic memory encoding. In structural MRI studies in AD, gray matter atrophy is greatest in the limbic network, followed by the default network, with relative sparing of the frontoparietal network [20]. Additionally, the limbic network experiences significant hypometabolism on FDG-PET, but has relatively lower AB plaque burden compared to other networks [20]. The present study adds to existing literature by correlating limbic network atrophy with global cognition and memory across AD, T2DM, and HC. Left lateralization of the findings in AD may be related to the semantic demands of verbal learning tests. The study also replicated the previously well-described association between medial temporal atrophy and recognition memory in AD [8, 55]. The limbic network's structural relevance is supported by both seed-based fMRI methods and white matter tractography studies [56, 57]. Subregions of the temporal pole are involved in separable large-scale brain networks, suggesting that this area represent a multimodal "hub" integrating sensory, language, and limbic information [56]. The present study's finding of strong structure-function relationships within the limbic network suggests that breakdown in multimodal "hubs" may play a key role in cognitive decline, in AD and as well as other forms of cognitive aging. However, direct comparisons with rs-fcMRI literature are limited due to concerns that the orbitofrontal and temporal pole are highly prone to artefactual signal on rs-fcMRI [58]. Findings from the present study implicating the limbic network should be interpreted with the caveat that the exact boundaries of this network may show modality-specific variations.

The default network is intrinsically present in the brain at rest, and deactivated by tasks requiring sustained attention [59]. Impairments in default network connectivity are thought to develop early in AD pathology, and can be seen even in asymptomatic individuals at high risk of AD, including patients with autosomal dominant AD mutations or in healthy older adults with AB deposition [60, 61]. In T2DM, aberrant functional connectivity in the default network is associated with both declines in executive function on a verbal fluency test and with increased insulin resistance [62]. Findings from the present study found no significant associations between default network atrophy and cognition. This contrasts with rs-fcMRI literature showing impairment in functional connectivity within the default network in both AD and T2DM [63, 64], and suggests a dissociation between

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functional and structural neuroimaging biomarkers. 511 One hypothesis is that, while abnormal connectiv-512 ity and atrophy within the default network may play 513 an important role in cognitive decline during the 514 preclinical AD, limbic and frontoparietal network 515 atrophy may drive structure-function relationships 516 during later disease stages when atrophy and 517 cognitive decline are more advanced. 518

The frontoparietal network is implicated in tasks 519 requiring complex attentional control in healthy 520 older adults [43, 51]. In AD, the frontoparietal 521 network shows high AB deposition and FDG-522 PET hypometabolism, but less atrophy compared 523 to the limbic and default networks [20]. AD also 524 shows increased functional connectivity in frontally-525 connected distributed networks, with the amount of 526 increase related to executive function performance 527 [65]. One possibility is that increased functional con-528 nectivity in the frontoparietal network in AD may 529 be related to a compensatory strategy in the pres-530 ence of default network dysfunction [66]. The present 531 study adds the finding that atrophy frontoparietal 532 network was significantly associated with execu-533 tive function in both AD and T2DM. Overall, the 534 structure-function relationship within the frontopari-535 etal network suggests that network-based cortical 536 atrophy and resting-state functional connectivity may 537 have separable effects on cognition, and should be 538 examined independently. 539

In the primary model, there was no signifi-540 cant interaction term of diagnosis*thickness. Thus, 541 overall structure-function relationships were not sig-542 nificantly different between the groups, despite the 543 significantly greater amount of atrophy in AD com-544 pared to HC and T2DM. This supports the idea 545 that examining network atrophy may be a useful 546 tool for comparing structure-function relationships 547 among different patient populations. Additionally, 548 within-network GLM and hemispheric analyses did 549 reveal qualitative differences in the atrophy pattern 550 driving the associations among the three groups. 551 These group-specific differences in atrophy patterns 552 likely reflect different underlying neuropathological 553 processes in different disease states. 554

The mechanisms of neurotoxicity in T2DM and 555 AD are complex and overlapping, and individual 556 patients often present with more than one pathology. 557 In AD animal models, elements of the neurodegen-558 erative cascade include oligomeric AB [67], tau [44], 559 APOE [68], lipid metabolism [69, 70], and altered 560 synaptic plasticity [71, 72]. Insulin resistance is a fur-561 ther neurodegenerative mechanism which is common 562

to both T2DM and AD. Impaired insulin signaling may have multiple downstream effects including alterations in glucose metabolism, increased tau accumulation, and oxidative stress [73]. In a prospective study of non-demented adults, insulin resistance at baseline predicted subsequent atrophy of the hippocampus and parahippocampal gyrus and impaired performance on RAVLT encoding trials [13]. In healthy adults, hyperglycemia is associated with cortical thinning in AD-associated regions including the parahippocampal gyrus and temporal pole [74]. Furthermore, in observational studies, T2DM almost doubled the risk of developing AD [75]. Even in non-diabetic AD patients, there is impaired insulin and IGF-1 sensitivity in the hippocampus, and reduced insulin responses are associated with impaired episodic memory [76]. The present study adds the finding that cortical atrophy patterns drive structure-function relationships in both T2DM and AD, and that the effect is not significantly different by group. Qualitative differences seen on GLM and secondary analysis in each group are likely to be the product of separable degenerative processes, which converge to cause atrophy in distributed brain networks. Comparing brain structure-function relationships in T2DM and AD can highlight neurotoxic mechanisms leading to the increased risk of dementia in T2DM, improving prognostication in patients at risk of AD [77]. Since insulin resistance is amenable to multiple medication and lifestyle medications, it represents a promising therapeutic target to promote healthy cognitive aging [78].

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Understanding the structure-function relationships which are most relevant in different forms of pathological aging may help target future therapies aimed at slowing cognitive decline. Since many older adults have more than one comorbid pathology affecting cognition, any effective treatment targeting pathological aging will require a high degree of individualization. Knowledge of network-based structure-function relationships can facilitate development of investigational therapies aimed at slowing cognitive decline and prevention onset of dementia, including both lifestyle and neuromodulatory approaches. For example, in our hemispheric analysis, the LMS Immediate Recall test was impaired in both T2DM and AD, and was associated with NOI atrophy, yet the association was driven by distinct networks and showed different hemispheric lateralization. In the future, this knowledge could be applied to an individual patient's structural imaging and cognitive profile, and used to target network-based

therapies such as non-invasive brain stimulation 615 (NBS). Neuromodulatory treatments are currently 616 being investigated in AD [79, 80]. However, it is not 617 yet known which brain regions or cognitive functions 618 would be most useful to target in patients with other 619 forms of pathological aging. Additionally, it is pos-620 sible that combing NBS with interventions aimed at 621 reducing insulin resistance such as diet and exercise 622 might be more effective in treating certain popula-623 tions, including AD patients with concurrent T2DM 624 or pre-diabetes. These questions require further sys-625 temic study. 626

Strengths of this study include a well-characterized 627 study population with in-depth neuropsychological 628 testing and neuroimaging among three groups on 629 a spectrum of cognitive aging. This study was the 630 first of its kind to use a network-based approach 631 to make inferences about structure-function relation-632 ships among different forms of pathological aging. 633 Our method demonstrated differences in patterns of 634 network atrophy associated with cognitive decline in 635 AD and T2DM, despite different severity of cortical 636 atrophy and cognitive deficits in each group. 637

There are factors which may limit the generaliz-638 ability of our findings. Our study had a relatively 639 small sample size in each group, which limited the 640 power of our secondary analyses. Our hemispheric 641 analysis did not replicate structure-function relation-642 ships in HC seen in other studies, which had larger 643 numbers of participants [43, 50]. Follow up studies in 644 larger datasets would be required to confirm the hemi-645 spheric differences, and further elucidate patterns of 646 atrophy which are driving structure-function rela-647 tionships on GLM. Additionally, there was limited 648 information about diabetes status in the AD cohort, 649 and our HC cohort did not have CSF or PET AB 650 biomarkers to rule out pre-symptomatic AD. How-651 ever, since any overlap in pathology would have been 652 expected to make group differences less robust, we 653 do not think this significantly impacted the validity 654 of our findings. 655

656 Conclusion

Prior research has found strong correlations 657 between network atrophy and cognitive decline in 658 AD [7, 8], but lacks a direct comparisons of patterns 659 of structure-function relationships across a spectrum 660 of cognitive aging. The present study demonstrates 661 that atrophy within global brain networks is related 662 to severity of overall cognitive dysfunction across 663 AD, T2DM, and HC. Qualitative differences in the 664

pattern of atrophy were seen in AD and T2DM, highlighting differences in neuropathologic mechanisms. In the future, measuring structure-function relationships may improve prognostication for older adults at high risk of cognitive decline [77], and allow for individualized targeting of future therapies using pharmacologic, lifestyle-based, and neuromodulatory approaches to promote healthy cognitive aging.

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SUPPLEMENTARY MATERIAL

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