

Diabetes Remission- What I Need to Know

Type 2 diabetes was thought to be a condition that got worse over time. However, we now know that it is possible to stop its progression, or even to put it into remission! The same is true of prediabetes.

People are considered to be in remission if their blood glucose levels are kept in a "normal" range for at least three months without them needing to take any medication to achieve this.

The main methods that have been shown to be effective for achieving remission of type 2 diabetes are:

- A **very low energy diet**, where calories are significantly reduced (usually to around 800kcal per day) for a short period of time (usually between two and six months).

This approach was shown to be effective in the DiRECT study, where 86% of those who lost more than 15kg were in remission after a year!

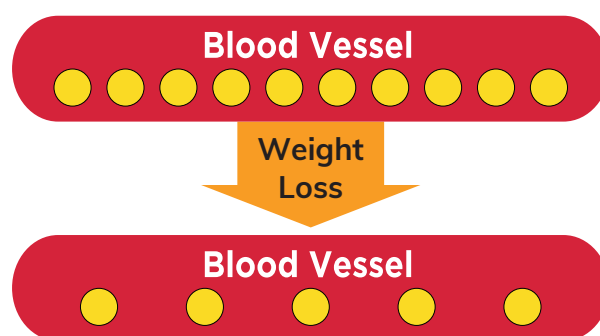
- A **low or very low carbohydrate dietary approach**, where carbohydrate intake is reduced, usually to less than 130g ("low") or less than 50g ("very low") per day.

There is growing evidence from a range of settings that carb restriction can be effective, including the work of Dr David Unwin, a GP in the UK. Over half of the patients in his practice who have adopted a low carb approach have achieved remission!

Resources that explore these further, including our Low Carb Living guide, are available from the X-PERT Online Shop (www.xperthealth.org.uk/shop).

Overall, the available evidence suggests that **any lifestyle change that helps with body fat loss will increase the chance of achieving remission of type 2 diabetes.**

The approach that will help YOU make lasting changes may well be different to what works for someone else though. That is why our programmes include several dietary approaches.



Although remission can be a realistic goal, it is not something that everyone will achieve. The good news though is that any improvements in blood glucose control (and/or other markers of health) will likely reduce the risk of long-term complications.

You may also see other benefits, such as reduced hunger and having more energy, which can improve quality of life. It is therefore important to remember that even without remission there can be huge benefits to making lifestyle improvements.



You should not make big changes to your lifestyle without discussing them with your diabetes care team first, especially if you are taking insulin or other diabetes medication.

This topic is explored further on X-PERT programmes and in X-PERT Handbooks.
For more information, visit www.xperthealth.org.uk.