bcdiabetes.ca
Patient Care + Research + Clinical Trials

Dr. Tom Elliott MBBS, FRCPC
Medical Director

400 - 210 W Broadway
Vancouver, BC
V5Y 3W2 Canada

phone: 604.683.3734
fax: 604.628.3821
email: moa@bcdiabetes.ca

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Diabetes reversal?

That diabetes might be reversible was little more than a dream until the publication of the DiRECT study in 2017-Dec. Its British investigators showed that 10 kg of weight loss achieved over 3-5 months with a total diet replacement led to normalization of glucose and cessation of diabetes medication in almost 50% of participants at 12 months. Weight loss achieved by bariatric surgery has shown similar results. Dietary intervention with the adoption of low carb & ketogenic diets and intermittent fasting also shows great promise. The possibility that these interventions could reverse or cure Type 2 diabetes is tantalizing but yet unproven.

For now BCDiabetes considers the word “remission” to best describe the situation of individuals with normal sugar no longer requiring diabetes medication.

BCDiabetes is partnered with UBC’s Prof. Jim Johnson who with co-principal investigator Prof. Jonathan Little is planning a nationwide randomized controlled trial which will further test the hypothesis that Type 2 diabetes is potentially reversible. In the meantime watch this space for the results of an exciting diabetes remission study by Drs. Little & Johnson.

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