 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Primary care weight loss study confirms 36% with diabetes remission after 2 years

Two-year follow up of the Diabetes Remission Clinical Trial (DiRECT) showed 36% of patients with sustained remission of type 2 diabetes (down from 46% at one year).^{1,2}

Patients were diagnosed with type 2 diabetes within 6 years; aged 20-65 and BMI 27 to 45.

The intervention was delivered by a nurse or dietician in general practice after 8 hours of structured training. This consisted of total dietary replacement using a low energy formula diet (825-853 Kcal/day) for 3-5 months, followed by structured food reintroduction for 2-8 weeks and weight maintenance through sustained engagement.³

The intervention group had their BP and diabetes medication stopped initially and at 2 years only 40% of the intervention group required medication versus 83% in the control group.

This Gem was checked by Dr Carl Peters, Diabetologist at Waitemata DHB; one of the study investigators.

References:

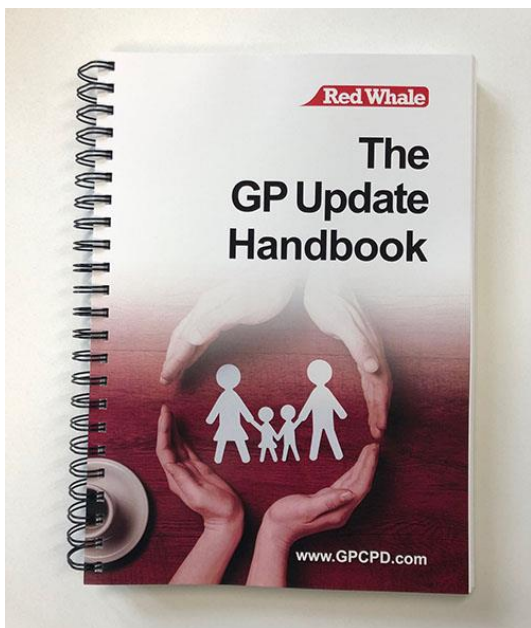
1. Durability of a primary care-led weight-management intervention for remission of type 2 diabetes: 2-year results of the DiRECT open-label, cluster-randomised trial. The Lancet (2019) [Click here](#)
2. Type 2 diabetes is not for life. Newcastle University (2017) [Click here](#)

3. Diabetes reversal advice from Newcastle University (2018) [Click here](#)

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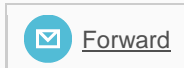
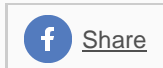
This Gem is supported by Pharmac

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2019 Red Whale One Day Update is in the pipeline. All created and presented by REAL practising GPs with you in mind.

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