

Type 2 Diabetes Remission -

How to do it ?

Is it true / scientific ?

Is it possible?

Is it safe ?

Is it difficult ?

Diabetes Type 2 once considered as life long and irreversible entity is now slowly being recognized to be reversible one . The American Diabetes Association has defined Partial remission, Complete remission and Prolonged remission of type 2 diabetes, as follows -

Partial remission is having blood sugar

- HbA1C < 6.5% and /or
- fasting blood glucose <125 mg/dl
- for at least 1 year
- without any drugs to lower blood glucose.

Complete remission is a return to normal .

- HbA1C < 6.0%, and/or
- fasting blood glucose <100 mg/dl for at least 1 year
- without any drugs to lower blood glucose.

Prolonged remission is a return to

- Normal glucose values (HbA1C <6.0 %) and / or Fasting blood glucose (<100 mg/dl)
- For at least 5 years &
- without any drugs to lower blood glucose.

Partial remission and complete remission can be achieved with - dietary and lifestyle changes, very low calorie diet and a very low-carbohydrate (ketogenic diet).

Many people come with -

- pre-diabetes to *avoid getting type 2 diabetes*.
- type 2 diabetes, to avoid complications.
- diabetes remission
- problems like obesity , acidity , pcod , hypertension etc

Some people simply don't know that diabetes remission is even a possibility – believing that the disease is automatically both *chronic* (long-term) and *progressive* (getting worse with time). This type of a situation gives the opportunity to explain to them that type 2 diabetes *can* be put into remission, and how it can be done . Other people may simply want to 'manage' their blood sugar levels to keep them from getting higher in order to avoid complications. They don't want to have normal blood sugar, but want to avoid losing toes or going blind. Everyone has a right to choose their goals and to be supported by their healthcare team . The physician should make sure that they know that it is possible to achieve remission (because many don't know), but if they don't want to make the significant lifestyle changes required, then the physician should help them manage their diet to keep their blood sugar from getting higher.

Before they even begin services , they must know that the Meal Plan for them will not be "high carb" . Type 2 diabetes is, in essence end-stage carbohydrate intolerance, the amount and type of carbohydrate on a Meal Plan for them will be limited, and specific.

There are three main approaches, including a

- very low calorie diet (including time-restricted eating /

fasting)

- whole-food predominately plant-based (vegetarian) diet .
- low carbohydrate / ketogenic diet .

Vegan diet (no animal products) will never help to maintain good long term health.

Physician must explain different options and make proper recommendations while explaining the science based reasons for them and let the person decide for themselves. Individuals have different options and stages of diabetes . Physician should respect it all.

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