



## Type 2 Diabetes Remission

### **Glen Maxwell – Type 2 Patient**

I have high blood pressure and I have to have annual checks. When they were taking blood about 18 months ago, they found out that my sugar level had increased quite considerably and I had to go for a diabetes check, and they established that I was diabetic.

### **Fatima Nurmohamed – Type 2 Patient**

Once they told me that I have type two diabetes, I always thought, I live to eat. So, I used to eat everything. Not thinking about what I was eating, especially our foods have all the fried stuff. We have the samosas, we have the pakora, we have all the sweets. When you go to a party or wedding, the first thing they serve you is jalebi, which is sweets. And I used to love those foods.

### **Robert Brookes – Type 2 Patient**

I was diagnosed with type two diabetes but I'm now in remission. When I was diagnosed with diabetes, I had no symptoms. I felt well and it was picked up in an annual medical

### **Glen Maxwell – Type 2 Patient**

I was quite shocked really, because I always thought I kept myself fairly active and fairly healthy, I always think I eat reasonably well.

### **Robert Brookes – Type 2 Patient**

When I was diagnosed, I don't know what the feeling was. I thought, oh, this will upset my lifestyle and that was really what I thought. I hadn't, up to that point, really appreciated the implications of it. To me it was something that other people had and you heard about it.

### **Glen Maxwell – Type 2 Patient**

I went back to the surgery and they discussed maybe taking medication or trying to do it dietary. I didn't want to take any tablet, so I said I'd try to go through the dietary route.



## **Fatima Nurmohamed – Type 2 Patient**

Then I decided one fine day, that I had to do something about it. And when I want to do something, I'm really determined to go ahead with it and get the results.

## **Catherine Cassell – Diabetes Nurse**

It's important when people are diagnosed with type two diabetes to give them hope and to say that it's not necessarily chronic and progressive.

## **Dr Alex Bickerton – Consultant in Diabetes & Endocrinology**

So we now understand that it's possible to reverse type two diabetes and put it into what we now call remission. So that's changing from sugars in the blood that are high and at a level that we call diabetes into the pre-diabetic range, or even lower back into the healthy range.

This can be achieved essentially by weight reduction, by losing weight. And the amount of weight that people need to lose does vary but is somewhere along five to ten percent of body weight loss can push someone from a diagnosis of diabetes into their prediabetes realm or even lower. Weight management in this way can be achieved in a number of ways but the important thing is the weight loss rather than how it is achieved. So, one hears a lot about low carbohydrate diets but also low calorie diets or intermittent fasting. All of these have been shown to be able to improve blood sugars and even push diabetes into remission.

## **Robert Brookes – Type 2 Patient**

So following the diagnosis, I then went on to a low carb diet and by that I mean I kept my carbs between 30 and 130 but I aimed and I succeeded mostly keeping it below 100. After six months, I went back for a further check and blood test and my levels went right down to prediabetes level and that's where it stayed while I stayed on the diet.

## **Fatima Nurmohamed – Type 2 Patient**

I was 72 kilograms when I started and I went to down and down and down right up to 50 kilos.



## **Glen Maxwell – Type 2 Patient**

When I was first diagnosed, I was around about 88 kilos. I then started taking the dietary thing really seriously, which really made the impact on the weight, I got down to about 70, 74, 73 kilos.

One of the things I would say is that, it's not just about exercise, you have to change your diet also to make that. And the dietary thing made the biggest impact on the weight for sure.

## **Robert Brookes – Type 2 Patient**

I actually feel better now than I did if I'm honest. I feel yes. I feel better.

## **Fatima Nurmohamed – Type 2 Patient**

When I was told that I've lost weight, that was a biggest achievement for me because in my life I thought I could never lose weight. I felt really great. If I can do it, anyone can do it.

## **Catherine Cassell – Diabetes Nurse**

I've seen lots of my patients achieve type two diabetes remission. It can work for a lot of people and it's working for a lot of people across the whole world.

