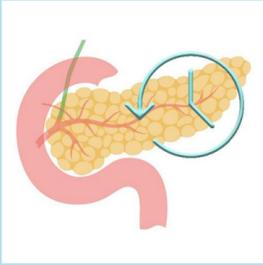


What's in a Name? Redefining Type 2 Diabetes Remission

Kalra, S., Singal, A., Lathia, T. What's in a Name? Redefining Type 2 Diabetes Remission. Diabetes Ther (2021). <https://doi.org/10.1007/s13300-020-00990-z>

Indication



Diabetes Remission

Background

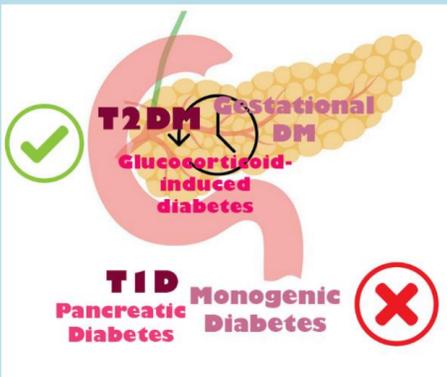
The ever-increasing burden of metabolic diseases, including type 2 diabetes, requires attention before it causes irreparable damage to global health. Type 2 diabetes remission is defined as a healthy clinical state characterized by achievement of HBA1c below targeted level, maintained for at least 6 months, with or without continued use of lifestyle modification &/or metformin, provided that this is not due to complications, comorbid conditions or concomitant therapy. However, the definition of diabetes remission has not been agreed upon at a global level.

Aim

This article simplifies the current knowledge regarding diabetes remission, and suggests a pragmatic approach to counsel patients and public. Lack of consensus in the definition suggests that there may be lack of clarity in ongoing discourse on diabetes remission.

Remission in Diabetes: Nine Points to Ponder

Remission Criteria



No Remission With Insulin Therapy



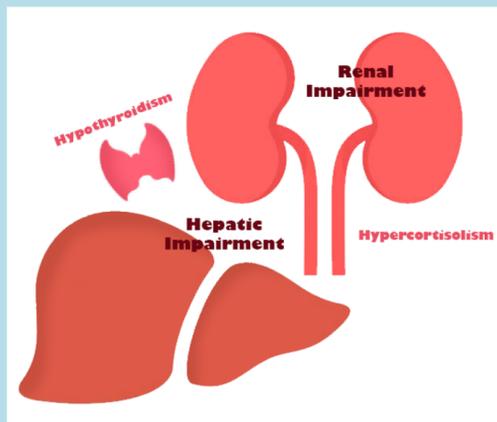
Weight Management



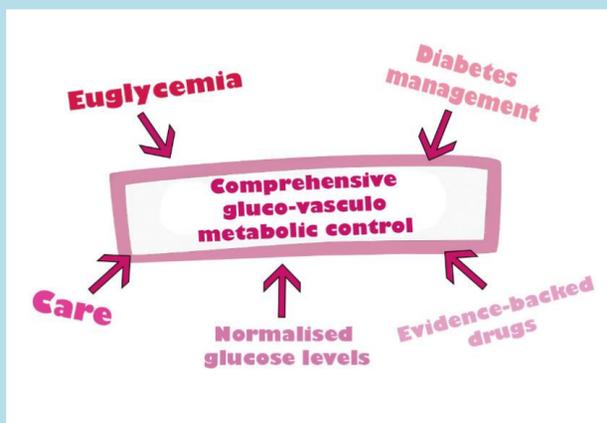
Rule Out Stress-Induced Hyperglycaemia



Complications May Reduce Glucose Levels, This Is Not Remission



End Goal



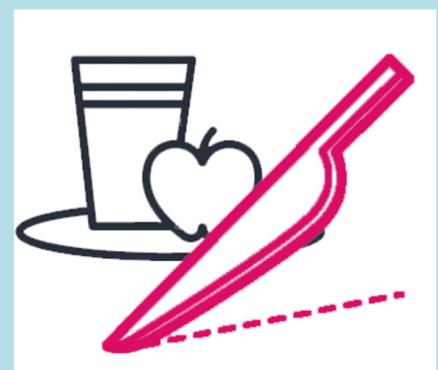
Early Management



Use of Glucose-Lowering Drugs for Non-Glycaemic Indications



Calorie Deficit Diet and Bariatric Surgery



Abbreviations:

T2DM = Type 2 Diabetes mellitus; T1D = Type 1 Diabetes; DM = Diabetes Mellitus