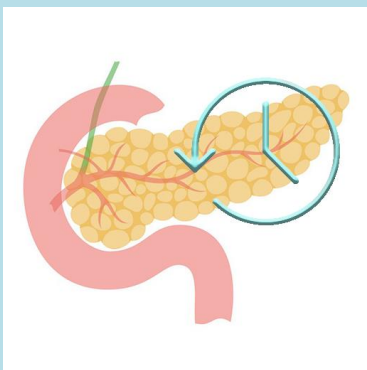


What’s in a Name? Redefining Type 2 Diabetes Remission

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

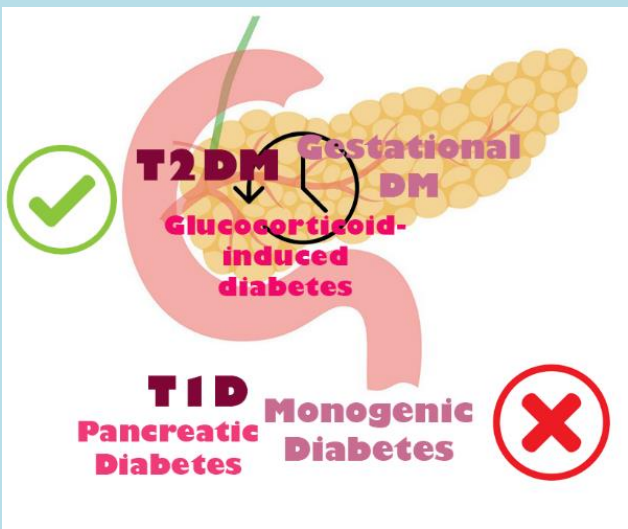
The ever-increasing burden of metabolic diseases, including type 2 diabetes, requires attention before it causes irreparable damage to global health. Type 2 diabetes remission is defined as a healthy clinical state characterized by achievement of HBA1c below targeted level, maintained for at least 6 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 on diabetes remission.

Remission in Diabetes: Nine Points to Ponder

Remission Criteria



No Remission With Insulin Therapy



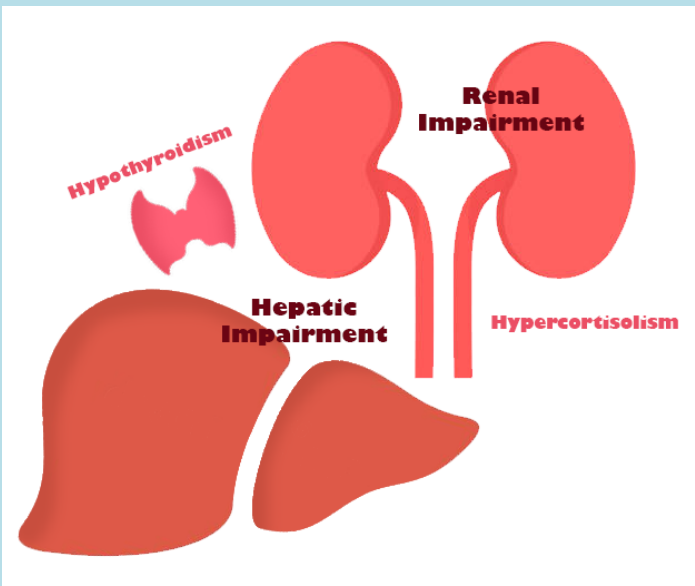
Weight Management



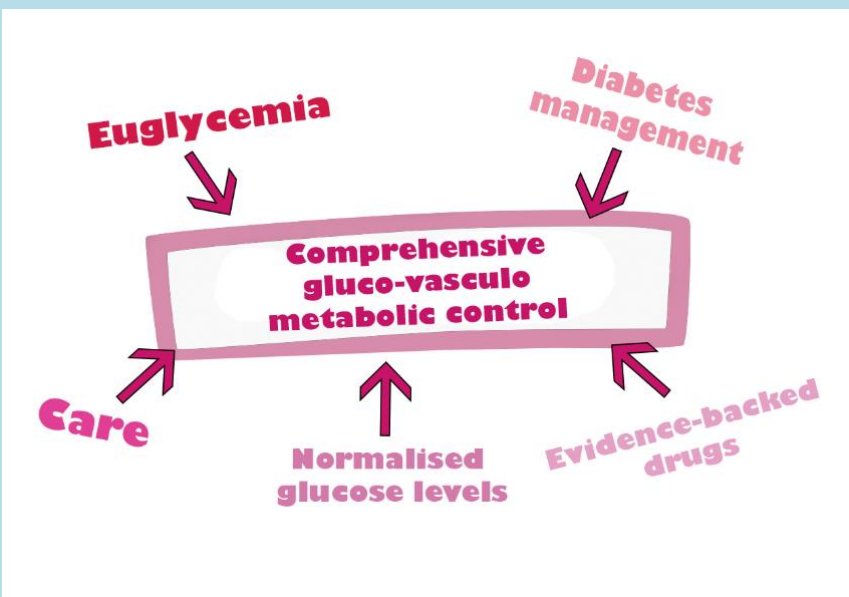
Rule Out Stress-Induced Hyperglycaemia



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