

Name: _____
Name of Doctor/Nurse: _____

Date: _____

Type 2 diabetes remission

Information Prescription

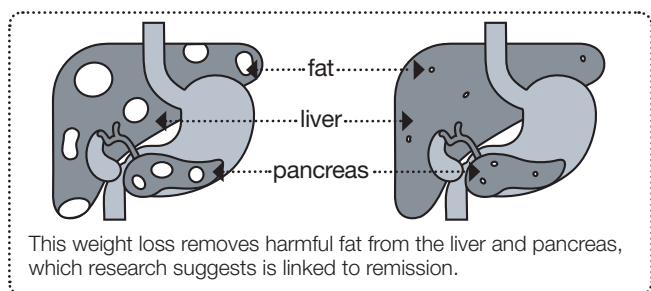
My last two HbA1c results were on /.... /.... on /.... /....

My weight was on /.... /.... , I'm aiming for on /.... /....

If you are overweight or obese, research shows it is possible to put Type 2 diabetes into remission by losing a substantial amount of weight quickly. Even if your diabetes does not go into remission, there are still huge benefits to losing this amount of weight and then keeping that weight off.

What is Type 2 diabetes remission?

Remission of Type 2 diabetes means maintaining blood glucose levels below the diabetes range without needing glucose lowering medications. This currently means keeping your HbA1c below 48mmol/mol. To have the best chance of putting your diabetes into remission, aim to lose a substantial amount of weight (15kg/2.5stones) within three to five months. Studies show remission is more likely within six years of diagnosis.



Remission is not a cure or quick fix. You need to commit to making long-term healthy lifestyle changes to maintain your weight loss and keep your diabetes in remission. It is essential to continue going to your diabetes reviews and eye screening each year to check your diabetes is still in remission and you are free from complications.

What are the benefits of remission?

- Remission can be life changing. You could:
- be free from diabetes symptoms and the need to manage your diabetes
 - stop taking diabetes medications
 - reduce your risk of diabetes complications
 - improve your quality of life and overall health.

Can everyone who loses a substantial amount of weight achieve remission?

Not everyone who loses weight will be able to put their diabetes into remission and researchers are still working out why. Even if your diabetes does not go into remission, there are still benefits to losing weight if you are overweight:

- Reduced risk of diabetes complications.
- Taking fewer medications.
- Better mental well-being.
- Improved mobility, energy and sleep.

How can I work towards putting my diabetes into remission?

Strong evidence for remission comes from following a nutritionally balanced low-calorie weight management programme (around 850 calories) or having bariatric surgery. Both involve long-term behaviour change. But there are different ways to lose weight and it's important to find the right approach for you.

- Talk to your healthcare team about services available in your area to support you to lose weight and maintain weight loss.
- Access information and tips on losing weight www.diabetes.org.uk/info-weight

Safety note

If you have other health conditions, talk to a healthcare professional before you begin any intensive weight loss plan. Also, check if you need to reduce or stop any medications before you begin losing weight. Rapid weight loss is not advised if you are under 18, pregnant, breastfeeding or have ever been diagnosed with an eating disorder.

Agreed action plan

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

1

2

For information or support, call Diabetes UK's helpline:
0345 123 2399 Monday to Friday, 9am to 6pm,
or go to www.diabetes.org.uk/info-remission

Always use Information Prescriptions and set action plans in consultation with a healthcare professional.