

Draft website material:

Cambridge Weight Plan 800kcal/d formula diet: weight changes and change in insulin use in insulin-treated obese people with type 2 diabetes.

Preliminary findings presented at Diabetes UK conference on March 6th to 8th in Liverpool, England.

Following the clear evidence for diabetes remission in early diabetes, maintained for two years presented on 6th March by the DiRECT research team (from Glasgow and Newcastle) another UK research team based at Imperial College and Hammersmith Hospital London has shown that those with long-standing type 2 diabetes (average duration since diagnosis 14 years) can also lose weight with TDR (800kcal/d given for 12 weeks) followed by 12 weeks of stepped food re-introduction. Twenty-four week data from this hospital based randomized trial was presented by Adrian Brown and colleagues showing that weight loss at 12 weeks was 13.4 kg compared to 4.2kg in the so-called 'gold standard' usual care group who were asked to follow a diet with a 600kcal/d energy deficit. After stepped food reintroduction at 24 weeks weight loss was an average 14kg in the TDR-treated group and 5.7kg in the gold standard usual care group. In the 40 subjects who used TDR, 13 (33%) had stopped using insulin by 24 weeks compared to 3 subjects out of 40 (9%) in the usual care group.

Anthony R Leeds 7th March 2019

The published abstract title is:

The impact of a low energy formula diet on weight outcomes and insulin use in insulin-treated obese type 2 diabetes patients. Adrian Brown, Shahrads Taheri, Anne Dornhorst, Barbara McGowan, Anthony R Leeds, Omar Omar & Gary Frost Abstracts of Diabetes UK Conference 6-8 March 2019 Diabetic Medicine 2019 36:S1, 92-93

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