

Can Type 2 Diabetes Go Into Remission?



What is Remission?

HbA1c < 6.5% for 3+ months with no diabetes medication.

Who Can Achieve Remission?



Higher success within 6 yrs of diagnosis



BMI 27+



Ready for Change

The Path to Remission

Lose ~15% (body weight for many people)

Up to 80% remission chance (DIRECT Study)



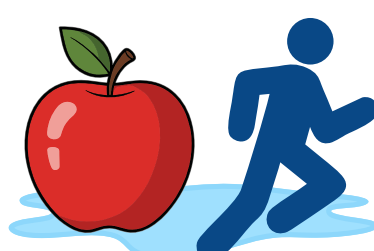
NHS Soups & Shakes

Low-calorie diet programme



Get Active & Eat Healthy

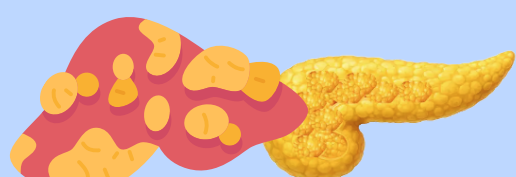
Move more, eat better



Why Weight Loss Matters

< 10% Weight Loss

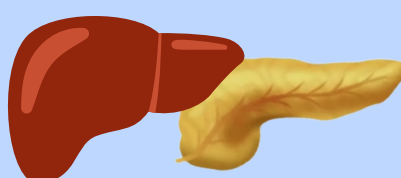
Low Chance of Remission



Fatty Liver and Pancreas

> 15% Weight Loss

Higher Success of Remission



Healthy Liver and Pancreas

Remember:



Remission is NOT a Cure

Keep Checking your HbA1c



Stay On Track!

Eat well, stay active - follow up with your GP

Ask your GP about the NHS Type 2 Diabetes Path to Remission

Learn more at www.diabetes.org.uk

NHS England T2D
Path to Remission
Programme



Diabetes
UK