

24/08/2023

Submission into Australian Parliamentary Inquiry into Diabetes 2023

I am a GP with 24 years medical practice experience.

I also have diabetes – type 1, which was originally misdiagnosed as type 2 diabetes some 9 years ago, and then reclassified 2 years ago. Therefore I believe I have the qualifications, both professional and personal, to provide feedback on the state of management of diabetes in Australia.

As a GP, I have helped countless hundreds of patients put their type 2 diabetes into remission using a low carbohydrate diet. This is not the norm in the Australian medical system, where people are given ever escalating prescriptions for diabetes instead of being offered a dietary change that can lead to remission.

When I was first diagnosed with type 2 diabetes, despite going to an endocrinologist and dietitian, I was not given this option. I want to know why this was, and why this is still the case with newly diagnosed type 2 diabetics, despite extensive evidence that type 2 can be put into remission with low carb.

I also want to know how this can change. I want every person with type 2 diabetes to be given the option of working towards remission. Not all will take it up, but at least they will be given the option. And in my experience as a GP, many more will take it up than some would have you believe. I have seen Italians willingly give up pasta, Chinese give up rice, and Indians give up naan, just to be rid of diabetes.

As a doctor with type 1 diabetic, I am disturbed by how few type 1 diabetes patients manage their diabetes well. It is heart breaking to see young adults and children develop the complications of diabetes, leading to blindness, limb amputation and death. Especially since I know that if these people had support to adopt a low carbohydrate diet, they would have a good chance on managing their diabetes well, and avoid complications. I know this both through my own personal experience, and that of many of my patients with type 1 diabetes who are managing it this way.

I want to see every type 1 diabetes patient in Australia being given the option of managing their diabetes with a low carbohydrate approach, as a way of leading an energetic and healthy complication-free life.