

## Submission to the 'Enquiry on Diabetes' 21/7/23

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### **Type 2 Diabetes Remission**

1. Diabetes Australia and Diabetes UK both have a position statement regarding diabetes remission, acknowledging current guidelines lag behind emerging evidence on diabetes remission, weight loss and dietary interventions. The Australian statement is a joint statement from a collaboration of the ADEA, ADS and Diabetes Australia.
2. The American Diabetes Association, Endocrine Society, European Association for the Study of Diabetes and Diabetes UK have a consensus report on the definition and interpretation of remission in type 2 diabetes.
3. Diabetes Australia supported the DiRECT Australia study in NSW, whose aim was to replicate the UK's DIRECT study in an Australian context regarding diabetes remission.
4. The La Trobe University Defeat Diabetes research study, is currently investigating whether a low carbohydrate diet and lifestyle changes implemented with the support of the Defeat Diabetes Program can improve diabetes management over a 12-month period (including achieving diabetes remission in some people).
5. Studies show T2D remission is possible for some people through weight loss, achieved following intensive dietary changes (with or without pharmacological weight loss medications) or bariatric surgery
6. As further evidence emerges, consensus guidelines for health practitioners is needed whilst we wait for official update of guidelines. These need to include:
  - a. The definition of diabetes remission
  - b. Management guidelines for those achieving diabetes remission. The current evidence that even if diabetes remission is achieved at 1 year, only a portion of these will sustain it over 2 years (one third in the DIRECT UK study), highlighting the need for ongoing review.
  - c. Guidelines around the efficacy and safety with different dietary interventions for weight loss. We have more evidence around VLED and ketogenic dietary interventions but more recently, the low carbohydrate diet is taking centre stage. The low carbohydrate dietary interventions (low not no carbohydrate) currently have significant emerging evidence supporting a role in diabetes remission. Research is ongoing overseas and in Australia.
  - d. Review of the impact of increased healthy saturated fats in those on a low carb diet in the context of CVD risk, as this type diet by default, will be higher in

saturated fats. Consensus statements and recommendations need to take into consideration review of previous evidence around saturated fats and cardiovascular disease, plus new studies in this arena which are also emerging.

- e. Management guidelines for those who maintain diabetes remission will be needed, as there is currently insufficient evidence of diabetes complications in those who have achieved remission.
- f. The appropriateness of dietary interventions with a view to remission in First Nations peoples and the culturally and linguistically diverse communities.
- g. Encourage further research to better understand the real-world implementation of programs to support remission of type 2 diabetes and intensive dietary changes.

From Diabetes Australia – “We also need research to understand which people with type 2 diabetes are most likely to achieve remission, what real-world challenges they face in attempting to achieve it, and how it impacts on their emotional well-being and quality of life. We also need research to show how people with and without type 2 diabetes perceive the term ‘remission’ and what it means for them. More information on the impact of remission on diabetes-related complications is important.”



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