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Partial reversal of type 2 Diabetes with clinico-biochemical benefits

Type 2 Diabetes is generally regarded a chronic, progressive and incurable condition. This view is based upon UK Prospective Diabetes Study which displayed progressive deterioration of glycemic control with time, attributed to deterioration of beta cell function. Massive correction in glycemic control and even reversal to normal glycemia, just after bariatric surgery even before any substantial weight was lost, led to the conclusion that it was due to massive caloric curtailment, as is done before and after the surgery. The interesting work by Roy Taylor of Newcastle University, UK revealed that type 2 Diabetes is a potentially reversible metabolic state, precipitated by chronic excess intra organ fat accumulation in pancreatic beta cells, muscle cells and fat cells and hypocaloric diet is capable of reducing this fat accumulation with reversal of the process. His approach to offer very low caloric diet (VLCD) through special dietary package comprising of shakes and high fibre snacks appears impractical in routine practice so we decided to change our goals and attitude. We decided to aim at partial reversal of Diabetes, hence we offered moderately low caloric diet of 1000-1200 calories. To make the things still simpler, we guided the patients to half the dietary contents and add some functional foods to be consumed in between meals when they feel hungry. All our patients were OHA failed patients and were candidates for initiating Insulin therapy, which they were reluctant. We undertook measurements at baseline and at the end of the study i.e. three weeks, which included glycemic parameters, Weight, Blood Pressure, body fat% (BFP), lipid profile and HOMA-IR. Results were spectacular- All patients revealed betterment in glycmia, reduction in wt and BFP and HOMA- IR and betterment in BP and lipids. Need for Insulin ceased in 90% pts. Thus HALF DIET concept is an easy and practical approach to manage uncontrolled T2D patients.

Biography

L K Shankhdhar holds the credit of establishing North India's first exclusive Diabetes Clinic in Lucknow, India, while heading a Medical College devoted to Diabetes education as Principal, Triply Post-graduate in Medicine (MD), Nutrition (PGDND) and Radiology (DMRE). He is the fourth Indian to receive Wockhardt-Harvard Medical Excellence Award and Visiting Fellowship of Harvard Medical International, the International Arm of Harvard Medical School (Boston). He has presented several abstracts and Faculty orations in many international conferences on Diabetes and Podiatry, besides chairing some international conferences. Currently, he is also reviewer of the journals of American Diabetes Association, namely *Diabetes Care* and *Diabetes*.

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