

Diabetes type 2 remission: Diagnostic criteria and strategies that can lead to remission

Abeer M Khamis

King Abdulaziz University Hospital, Saudi Arabia



Abstract

Remission of diabetes is a return of blood sugar level below the threshold used for diagnosis and persists for at least 3 months after stopping medications. Diabetes type 2 is one of the most common chronic diseases, affecting more than 537 million people worldwide, which has negative impacts on their health. Obesity and inactive lifestyle is the main contributor to an increasing prevalence of diabetes annually and both can be modified. Diabetes has progressive nature and thought to be irreversible, but several studies show that remission is not impossible and can be achieved in some people who can lose their weight significantly, especially if occur in early years following diagnosis, which offering some hope for many people with type 2 diabetes and help healthcare professional to support those who currently have diabetes. This presentation will address a recent consensus statement by four major diabetes organizations aims to standardize the terminology, glycemic criteria for diagnosing remission of type 2 diabetes, as well as some strategies used to achieve it.

Biography

Abeer M Khamis is a consultant of internal medicine in the division of Endocrinology, Metabolism and Diabetes at King Abdul-Aziz University, medical services center, Jeddah, Saudi Arabia. She holds a medical degree with honour from King Abdul-Aziz University, Jeddah in 2009, and became board certified in internal medicine in 2014. Then in 2019, she completed her sub-specialty fellowship training and certification in adult Endocrinology and Diabetes at King Abdul-Aziz university hospital. She has served as active member in obesity committee in medical services center, King Abdul Aziz University and member in Gulf association of Endocrinology and Diabetes. She published many medical articles in Middle East Newspapers and has multiple contributions and participation in teaching and medical seminars. Also, she participated in organizing several volunteering campaigns for medical and health education targeting orphan and geriatric.



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