

## Reversibility of Diabetes: Challenges Ahead

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The potential for reversal of diabetes was till recently highlighted in relation to bariatric surgery. The impact of lifestyle modification and medical nutrition therapy on reversing diabetes was hitherto underestimated.

The subset of diabetic population which would benefit from reversibility measures were not clearly defined. Most of the current data on long term diabetic remission is based on low carbohydrate isocaloric or hypocaloric diet.

The word remission may be better accommodated as against reversibility in the case of this mega disease and may be defined as achieving the glycemic target range in the absence of active treatment measures. Recent studies on interventions for reversibility focus on newly detected, obese, type 2 diabetes patients.

If diabetes remission lasts for more than 5 years, it can be considered prolonged or complete.

As newer evidence comes out in this direction, the glycemic control targets will be reset to prolonged remission in near future.

Intensive medical management forms the cornerstone of reversibility for a diabetic population of BMI less than 30 kg/m<sup>2</sup>. Isotonic exercise and various types of low carbohydrate diet which were part of treatment of prediabetes would be the cornerstone of all activities aimed at reversing diabetes in the future.

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