

# At least 4 to 5 percent weight loss needed to cut diabetes risk

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(HealthDay)—For Japanese men with visceral fat accumulation and hemoglobin A1C (A1C) of 5.6 to 6.4 percent, minimization of the risk of diabetes requires a minimum of 4 to 5 percent weight loss, according to a study published online Feb. 13 in the *Journal of Diabetes Investigation*.

Hiromi Iwahashi, M.D., from Osaka University in Japan, and colleagues quantified the amount of [weight reduction](#) necessary for minimization of [diabetes risk](#). Participants included 482 Japanese men with estimated visceral fat area of >100 cm<sup>2</sup>; A1C of 5.6 to 6.4 percent; fasting [plasma glucose](#) of

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