

Greater weight loss after bariatric surgery tied to diabetes remission

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(HealthDay)—Remission of type 2 diabetes following bariatric surgery

peaks at 20 percent total weight loss (TWL), according to a study published online Sept. 13 in *Diabetes Care*.

Douglas Barthold, Ph.D., from the University of Washington in Seattle, and colleagues assessed the amount of weight loss necessary to achieve initial remission of type 2 [diabetes mellitus](#) (T2DM) following bariatric surgery. The analysis included 5,928 individuals (73 percent female; mean age, 49.8 years; mean body mass index, 43.8 kg/m²) who had bariatric surgery (57 percent Roux-en-Y [gastric bypass](#)), with an average follow-up of 5.9 years.

The researchers found that 71 percent of patients experienced initial remission of T2DM (mean time to remission, 1.0 year). Patients were more likely to remit with each 5 percent increase in TWL until 20 percent TWL (hazard ratio range, 1.97 to 2.92) versus those with 0 to 5 percent TWL. Patients with TWL >25 percent had a likelihood of initial remission similar to those with 20 to 25 percent TWL. Even among patients using insulin at the time of surgery, those who achieved >20 percent TWL were more likely to achieve initial T2DM remission versus patients with 0 to 5 percent TWL.

"Our findings can be used to help providers and [patients](#) discuss realistic expectations for weight loss following [bariatric surgery](#) and how this will affect their T2DM remission," the authors write.

One author disclosed financial ties to the pharmaceutical industry.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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