

Study: Any remission of diabetes from weight-loss trial associated with lower rates of heart and kidney disease

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While several trials have shown that substantial weight loss using diet and lifestyle can reverse type 2 diabetes, new research published in

Diabetologia is among the first to show the subsequent impact of remission on cardiovascular outcomes. The study is by Professor Edward Gregg, Head of the School of Population Health, RCSI University of Medicine and Health Sciences, Dublin, Ireland, and colleagues.

The new study shows that in patients that took part in the Look AHEAD study, those with any evidence of [remission](#) had a 40% lower rate of cardiovascular disease (CVD) and 33% lower rate of chronic kidney disease (CKD).

The Look AHEAD study was a multi-center RCT that compared the effect of a 12-year intensive lifestyle intervention (ILI) with that of diabetes support and education (DSE) on CVD and other long-term health conditions. The study, carried out between 2001 and 2016, recruited and randomized 5,145 adults with overweight or obesity (BMI >25 kg/m² for non-insulin users or BMI >27 kg/m² for insulin users) aged 45–76 years with type 2 diabetes.

The authors conducted an observational post hoc analysis of participants in both groups, classified them based on remission status, and then compared long-term outcomes based on any remission, and the duration of remission, over a period of 12 years. They compared the incidence of CVD and CKD among more than 4,000 participants, respectively, based on achievement and duration of diabetes remission.

Participants were 58% female, and had a mean age of 59 years, a mean duration of diabetes of 6 years, and a mean BMI of 35.8 kg/m² (in the range of severe obesity). The authors applied an epidemiological definition of remission: taking no diabetes medications and having a glycated hemoglobin (HbA_{1c}—a measure of blood sugar control) of

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