For individuals with type 2 diabetes, long-term low-carbohydrate diets (LCD) are efficacious for treatment of dyslipidemia but do not affect glycemic control, according to a review published online July 24 in the
Takahiro Ichikawa, from the Kyoto Prefectural University of Medicine in Japan, and colleagues conducted a **systematic review** to examine the association between long-term LCD and **glycemic control** in individuals with type 2 diabetes. Six studies met the inclusion criteria.

The researchers found no significant differences in changes in glycated hemoglobin (HbA1c) between long-term LCD and control diets. Furthermore, between long-term and control diets, there were no significant differences in the changes in **weight loss**, **blood pressure**, and low-density lipoprotein cholesterol. Compared with control diets, long-term LCD were associated with greater elevation in high-density lipoprotein cholesterol (standardized mean difference, 0.22) and a decrease in triglyceride levels (standardized mean difference, −0.19).

"Long-term LCD might be an important approach in the management of diabetic dyslipidemia in individuals with type 2 diabetes," the authors write. "However, in the present study, long-term LCD were not found to be more effective than control diets in the reduction of HbA1c levels."

Several authors disclosed ties to the pharmaceutical industry.
