

Long-term low-carb diet efficacious for treating dyslipidemia in T2D

August 3 2024, by Elana Gotkine



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

Journal of Diabetes Investigation.

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.

More information: Takahiro Ichikawa et al, Efficacy of long-term low carbohydrate diets for patients with type 2 diabetes: A systematic review and meta-analysis, *Journal of Diabetes Investigation* (2024). [DOI: 10.1111/jdi.14271](#)

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