

Gastric bypass surgery causes type 2 diabetes to go into remission in most patients

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A new study published in *Diabetologia* (the journal of the European Association for the Study of Diabetes [EASD]) has found that three quarters of individuals with type 2 diabetes (T2D) who were treated with obesity surgery known as Roux-en-Y gastric bypass surgery (RYGB) experienced diabetes remission within one year of treatment.

The research, conducted by Dr. Lene R Madsen, Professor Bjørn Richelsen and colleagues at Aarhus University Hospital, Aarhus, Denmark, looked into the effects of RYGB [surgery](#) on obese (BMI >35 kg/m²) individuals with T2D in a real-world setting.

Within the last 20-30 years, bariatric surgery has become a common treatment for obesity in individuals both with and without T2D. Until recently RYGB surgery was the method of choice, especially for individuals with both obesity and T2D, and [clinical trials](#) have reported short-term [remission](#) of [diabetes](#) in around 75-90% of

patients.

Predictors for higher likelihood of success include the patient being younger, lower glycated haemoglobin levels (HbA1c, which is an indication of lower blood glucose levels and thus blood sugar control), shorter duration and lesser severity of diabetes, and the individual being male. Emerging long-term follow-up data have also revealed a considerable risk of the disease reappearing after the initial remission period.

This study analysed the effect of RYGB on diabetes remission and the factors that predict it, together with the likelihood of relapse. It also studied the risk of surgical complications, and the incidence of microvascular and macrovascular complications.

The team chose a group of 1111 individuals with T2D who were treated with RYGB surgery in hospitals in Northern Denmark from 2006 to 2015, and compared them with a matched cohort of 1074 patients with T2D who were not operated upon. Diabetes remission was defined as no glucose-lowering drug use along with HbA1c

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