



Edgar Diabetes and Obesity Research presents a public lecture by:

Professor Mike Lean

University of Glasgow

Can we cure Type 2 Diabetes?

Wednesday 25th March, 2015, at 5pm

Hutton Theatre, Otago Museum

Abstract:

Type 2 diabetes is increasing rapidly, world-wide, with the rise in overweight and obesity. It remains a devastating progressive disease, with 6-10 years reduced life expectancy, despite the application of modern clinical guidelines and multiple drug treatments. The only intervention with potential to interrupt the disease process is major weight loss (over 15kg for most) with physical activity if possible. This has been proved using bariatric surgery, which has its own complications and is costly and unacceptable to many patients. The Diabetes Remission Clinical Trial (DiRECT), the biggest research study ever funded by Diabetes UK, is evaluating an evidence-based structured non-surgical weight management programme with a view to reversing the diagnosis of type 2 diabetes. If it proves acceptable, effective, and cost-effective, this might shift the current pharmaceutical treatment paradigm, to become the primary management strategy for Type 2 diabetes.