

# REMISSION: POSSIBLE

A Guide to Type 2 Diabetes Remission



**WE'RE ON A MISSION  
TO SPREAD THE  
MESSAGE THAT TYPE 2  
DIABETES REMISSION  
IS ACHIEVABLE.**

Whether you're concerned that you might have prediabetes or type 2 diabetes, or you've already been diagnosed and want to make the changes necessary to achieve remission, you've come to the right place.

This **quick, easy-to-understand guide** gives you all the information you need about type 2 diabetes, along with **how to manage it and possibly even go into remission.**

**MANY OTHERS HAVE DONE IT.  
YOU COULD DO IT TOO!**



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## / INTRODUCTION

Type 2 diabetes is a metabolic disease that affects millions of people around the world. It's estimated that in the UK alone, **one in 10 people over the age of 40 are living with type 2 diabetes.** That's more than 3 million people – and the number grows every year.

Even more alarming, is that around **a million more are living with the condition, without knowing that they have it.**

## **THIS IS A SERIOUS PROBLEM.**

The **good news** is that it has been proven that lowering your body weight has a massive impact on type 2 diabetes and can in many instances put the disease into remission.

## / WHAT IS TYPE 2 DIABETES REMISSION?

What does achieving diabetes remission actually mean? If you have type 2 diabetes, **remission is when your blood sugar levels are back in a normal range and you don't need to take any diabetes medication.** Type 2 diabetes remission is defined as a HbA1c less than 48mmol/ml.

It's important to note that **we use the term 'remission' instead of 'cure' because there is a chance that your diabetes may still come back over time.** Research shows however, that maintaining remission is most often linked to maintaining weight loss; we'll go into this in greater detail in the next section.



## / HOW CAN I PUT MY DIABETES INTO REMISSION?

Evidence from the DiRECT study showed that sustained weight loss is the key to achieving type 2 diabetes remission - not needing medication!

This study, funded by Diabetes UK, was conducted by Professors Mike Lean at the University of Glasgow and Roy Taylor at Newcastle University. It aimed to assess if the **Counterweight-Plus programme could help overweight people with type 2 diabetes** to achieve and maintain a weight loss of 10-15kg, and thereby **achieve diabetes remission**.

**Over 300 people** - all overweight and diagnosed with type 2 diabetes within the previous six years - **volunteered to take part**.

Half the participants received standard NHS diabetes care. The other half followed the Counterweight-Plus programme. This starts with a 'Total Diet Replacement' of around 850 calories a day, made up of four meal replacements (soups or shakes) for a total of 12 weeks, to lose 15kg.

After the total diet replacement stage, **the participants received ongoing support from a dietitian to gradually reintroduce nutritionally balanced meals**, and alter their eating and activity behaviours, in order to maintain their weight loss in the long term.



"DiRECT proved conclusively that type 2 diabetes is reversible. **By losing 15kg (2 stones) with Counterweight-Plus, almost 9 out of 10 people will be free from type 2 diabetes**, no longer needing drugs! Type 2 diabetes is a dreadful progressive disease, with painful and disabling complications - **DiRECT offers a way to stop that disease process**"

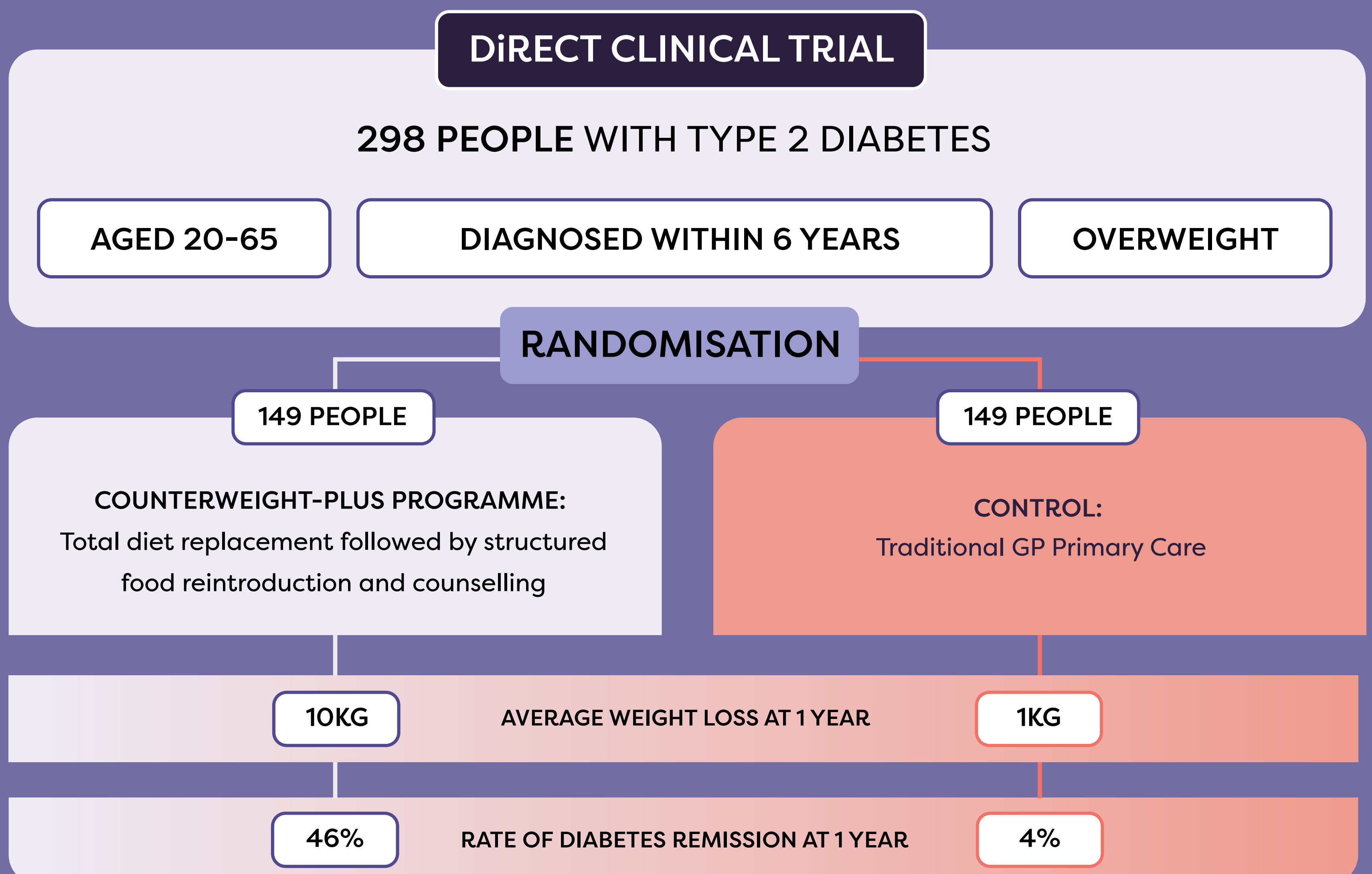
**- PROFESSOR MIKE LEAN, UNIVERSITY OF GLASGOW**

## / COUNTERWEIGHT RESULTS AFTER ONE YEAR

- People who completed the **Counterweight-Plus programme** lost an average of **10kg**, whereas people who received standard NHS treatment only lost an average of **1kg**
- Around **seven out of 10 people** who lost **10kg or more** through the **Counterweight-Plus programme** achieved diabetes remission

– **Half of the people** that followed the **Counterweight-Plus programme** were successful in stopping their **diabetes medication**

– **Nine out of 10 people** who were able to lose **15kg or more** achieved **diabetes remission**, indicating that the more weight you are able to lose, the more likely you are to put your diabetes into remission

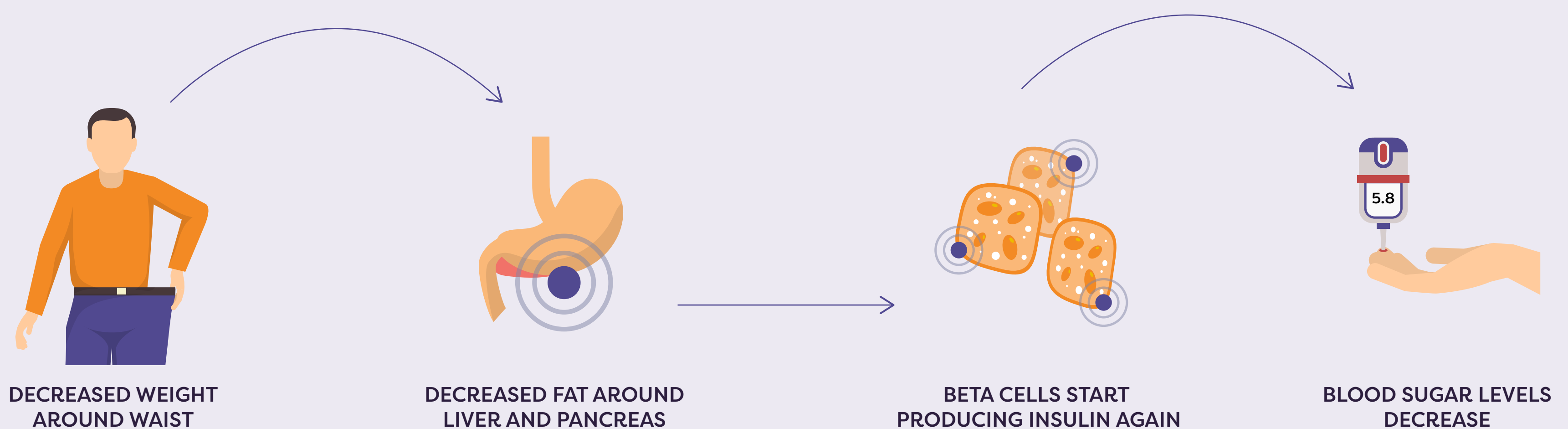


## / HOW DOES LOSING WEIGHT LEAD TO DIABETES REMISSION?

To answer this question, let's take a closer look at **how type 2 diabetes develops**. Many people with type 2 diabetes carry extra weight around their waist. This can **cause fat to build up around important organs like the liver and pancreas**. The **pancreas is home to beta cells, which produce your body's insulin**. Excess fat in the pancreas causes these beta cells to stop working, leading to type 2 diabetes.

The **good news is, this process is reversible!** When you **lose weight, the fat around the liver and pancreas reduces, which helps the beta cells to start working normally again**. This means your body is able to produce insulin normally, which **helps your blood sugar levels to return to a healthy range and can put your type 2 diabetes into remission**.

We know that not everyone with type 2 diabetes is overweight. **Factors such as age, ethnicity and family history can all play a role in developing type 2 diabetes**. However, weight is the only one of these factors that we are able to change. This is why we focus so much on achieving and maintaining a healthy weight for the prevention and management of type 2 diabetes.





## / WILL I DEFINITELY GO INTO REMISSION IF I LOSE WEIGHT?

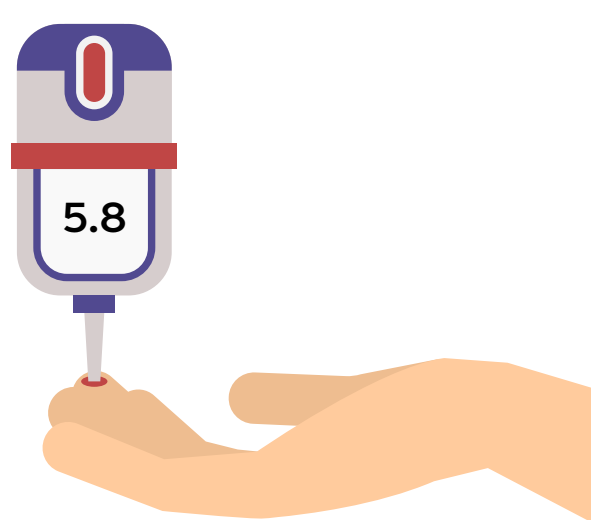
Results from the DiRECT trial indicate that **almost 90% of people who lost 15kg or more were able to achieve type 2 diabetes remission.** Unfortunately, there are a small number of people who are not able to achieve diabetes remission despite losing a significant amount of weight. **The fact is, the longer someone has had diabetes, the more difficult it is for them to achieve remission.**

As discussed above, when you have type 2 diabetes, the beta cells in your pancreas are damaged.

Over time, this damage gets progressively worse, meaning that after a certain point, it may not be possible to restore their normal function. The key thing to take away from this is that the sooner you take action to lose weight after you are diagnosed with type 2 diabetes, the more likely you are to achieve diabetes remission.

It is also **important to remember that even if you don't achieve diabetes remission, there are many other benefits to losing weight.**

### LOSING AS LITTLE AS 5% OF YOUR BODY WEIGHT CAN:



IMPROVE YOUR  
BLOOD SUGAR LEVELS



REDUCE YOUR NEED  
FOR MEDICATION



REDUCE YOUR RISK OF OTHER  
DIABETES COMPLICATIONS

## / IS REMISSION PERMANENT?

Type 2 diabetes can't be 'cured', meaning that it is always possible for your diabetes to return. What we do know is that people who can maintain their weight loss long term are more likely to stay in diabetes remission.

Almost all **those who maintained their weight loss in DiRECT stayed in remission for at least 2 years, and many for much longer.**



## / KEY THINGS TO REMEMBER



Type 2 diabetes doesn't have to be a permanent condition - it is possible to go into remission.



The most effective way to achieve diabetes remission is by losing weight.



The more weight that you are able to lose, the more likely you are to achieve diabetes remission.



The Counterweight-Plus programme has been scientifically proven to help people achieve significant weight loss and put their diabetes into remission.



The earlier you take action, the better.

## / TAKE ACTION TODAY



If you or a family member would benefit from weight loss, the earlier you take action the better. Start your Counterweight journey today.

[CHAT WITH US](#)

COUNTERWEIGHT IS A 3-PHASE PROGRAMME, TAILORED TO YOUR SPECIFIC NEEDS:



**STAGE 1:**  
TOTAL DIET REPLACEMENT

Enjoy our **nutritionally complete, calorie-controlled porridge, soups and shakes, scientifically formulated to help you lose weight** quickly and easily. With the **support of a dietitian**, you will be guided to achieve your personal weight loss and health goals.



**STAGE 2:**  
FOOD REINTRODUCTION

You will gradually **reintroduce food into your diet, while at the same time develop healthier habits.** You'll receive **tailored nutrition advice from your dietitian and learn how to plan delicious, healthy meals.** You will **increase your daily activity,** choosing activities that you enjoy and can make time for. You will also learn skills and strategies to help you stay on track.



**STAGE 3:**  
WEIGHT LOSS MAINTENANCE

During this stage, you'll **receive long-term support from your dietitian with ongoing tips, recipes, inspiration and motivation.** We'll continue to **monitor your progress and arm you with ongoing education and advice about nutrition, exercise, sleep, stress management and behaviour change.**

## / LIVING PROOF



"I've now been in remission for six years and have not had to take any diabetic medication since day one of the programme. I had to work hard for it, but it was so liberating."

**ISOBEL, SCOTLAND, 25KG LOST**

"Don't hesitate because this programme will change your life. It's so much more than just losing weight, this programme has transformed my health and honestly saved my life."

**SHARON, WALES, 27KG LOST**



"The programme doesn't just tell you what to do, it provides information, strategies and consistency with monitoring and support, which helps me stay motivated and successful."

**SHALOM, LONDON, 18KG LOST**

"The thought of walking around the house was enough to bring me to tears, now I'm walking 12 miles along the beach with my two dogs. Achieving type 2 diabetes remission was just the cherry on top!"

**BRENDA, NEWCASTLE, 17KG LOST**



For more resources, guidance and information about the Counterweight-Plus programme, visit [www.counterweight.org](http://www.counterweight.org)

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