

Type 2 Diabetes Remission Rates, 1yr Post Gastric Bypass Surgery; The Ontario Bariatric Network Experience.

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Background,

Type 2 diabetes (T2DM) is an important complication of obesity as it has serious global health consequences and the medical complications can often be devastating for the patient.

Roux and Y Gastric bypass (RYGBP) is increasingly becoming a valid treatment option for Type 2 Diabetic patients with obesity.

Aims

The goal of this study was to determine both complete and partial remission rates of type 2 diabetes mellitus (T2DM), 1year post RYGB, in a Canadian cohort

Methods,

A retrospective, observational study was completed, utilizing data from 3, 966 consenting Type 2 diabetic patients from the Ontario bariatric registry, between January 2010 and February 2015. Patients were recruited from 9 different sites across the province. Ethics approval was obtained from each of the Research Ethics Boards at the participating sites. Partial remission was defined as FPG 5.6–6.9 mmol/l and HbA1c <6.5 %. Complete remission FPG <5.6 mmol/l and HbA1c levels ≤5.6 %. For both partial and complete remissions, a minimum of 12 months after RYGB must have elapsed without the use of any antidiabetic medication (ADA 2012)

Results

Complete DM remission was achieved in 48% of patients at 1yr

Complete and Partial DM remission was achieved in 79.4% of patients at 1yr

Conclusion

RYGB provides a durable and robust means of achieving Diabetes remission. Longer term studies are warranted to determine durability of remission.