



TITLE: Cessation of anti-diabetic medications by 'Daily 2-Only Meals-and- Exercise' lifestyle modification and remission of Type-2 Diabetes Mellitus

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ABSTRACT (upto 300 words)

Diabetes reversal by lifestyle modification is a healthier option, and must be encouraged in all the patients in pre-diabetes group (HbA1c- 5.7%-6.4%) and those with newly diagnosed type 2 diabetes mellitus (HbA1c- >6.5%) without any complications, thus promoting good health seeking behaviour. American Diabetes Association (ADA) suggests that, metformin should be started to the pre-diabetes and newly diagnosed group of patients along with lifestyle modifications. But there are evidences of complete diabetes reversal of the patients with HbA1c ranging from 8- 15% by just lifestyle modification. This case series documents five patients diagnosed with type 2 diabetes, referred to the various Diabetes Reversal Centers of 'World free of obesity and

diabetes' campaign in Maharashtra, India. It demonstrates the therapeutic effects of lifestyle modification for remission of diabetes along with weight reduction and reversal of insulin resistance. This resulted in cessation of anti-diabetic medications, while maintaining their blood sugar to the optimum levels. In addition, these patients were also able to reduce their glycated haemoglobin level, which signified the long-term effects of this lifestyle modification. India is a Low-middle income country with prevalence of type-2 diabetes on rise. It is thus necessary to provide the community with a cost-effective and sustainable solution for primary and secondary prevention of this lifestyle disease.



BIOGRAPHY (upto 200 words)

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(Accessed on 26th October, 2021)



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