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Case report: He lost 18 kilograms and his diabetes

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Introduction: The T2DM in adulthood is strongly related to weight gain and excessive accumulation of pancreatic and hepatic fat. It is very uncommon to have remission without bariatric surgery. Acute negative energy balance can reverse the twin defects of beta cell failure and insulin resistance alone with diet restriction to around 700 kcal; that result in decreased pancreatic and liver triacylglycerol stores. Weight loss of at least 10–15 kg has been shown to achieve euglycemia in people with short-duration T2DM for at least 12 months.

Case Presentation: AJ is a 48 year old diabetic male presented to Faiha Specialized Diabetes, Endocrine, and Metabolism Center two years ago with very poorly controlled T2DM that was diagnosed more than 3 years ago, along with severe hypertension and marked dyslipidemia. AJ underwent complete remission of his diabetes after losing 18 kg of his original weight (58 kg), with a very good euglycemia measures, on no treatment at all for the last 2 years. The effect that extends to make AJ had normal blood pressure and normal lipid profile, with decreased cardiovascular risk from 26% to be less than 1%.

Biography

Samih Abed Odhaib completed his medical education in Nahrain Medical School in 2001. He is a Fellow of Iraqi Board of Medical Specialization (Internal Medicine) FIBMS, Member of American College of Physician (ACP), Member of American Association of Clinical Endocrinologist (AACE), and now he is involved in Master Degree post doctorate in adult endocrinology since September 2018 in Faiha Specialized Diabetes, Endocrine, and Metabolism Center (FDEMC)