

Study: Weight Loss Surgery Better at Treating Diabetes

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For people with type 2 diabetes, going under the knife to peel away the pounds may be more potent than standard treatments, according to an international analysis published in The New England Journal of Medicine and reported by [HealthDay News](#).

For the study, researchers tracked 60 severely obese people who had type 2 diabetes and were between ages 30 and 60. One third of them were put on a diabetes drug treatment plan that also included diet and lifestyle changes. The rest of the participants underwent one of two weight loss surgical procedures.

At the end of the study, researchers found that all of the surgical patients were able to stop taking their diabetes meds and the majority of them entered into full remission. But not so for the traditional treatment group.

Having weight-loss surgery “dramatically reduces blood sugar levels, and very often surgical patients can stop taking the medications used for diabetes,” said Francesco Rubino, MD, chief of gastrointestinal metabolic surgery and director of the Metabolic and Diabetes Surgery Center at New York-Presbyterian/Weill Cornell in New York City.

Incidentally, this finding coincides with conclusions of research done by the Cleveland Clinic.

While these findings are promising, other doctors cautioned that the health benefits of the surgery could be diminished if people returned to unhealthy eating habits after the operations. In addition, doctors also warned that weight-loss surgeries had risks attached. What’s more, docs said that people with other major health problems, such as high blood pressure or obesity-related sleep apnea (interrupted breathing during sleep), faced limited surgery options.

But overall, doctors agreed that for diabetes patients who could afford these costly surgeries, the long-term benefits probably outweighed many of the risks.

Does where you live increase your risk of diabetes? [Click here](#) to read more.
