



Subject: Supporting Type 2 Diabetes Remission Goals

Dear _____,

You are receiving this letter because your patient would like your support in managing their type 2 diabetes using a food-based or therapeutic nutrition approach, with remission as a clinical goal.

Recent research has transformed our understanding of type 2 diabetes (T2D). Traditionally viewed as a chronic, progressive disease requiring escalating medication, type 2 diabetes remission is now proving to be a realistic, attainable goal for some patients through targeted lifestyle and nutritional interventions. In recognition of this, Diabetes Canada included a dedicated chapter on remission in its 2022 clinical practice guidelines.

Type 2 diabetes remission in Canada is defined as either remission to prediabetes (HbA1C below 6.5%) or remission to normal blood glucose levels (HbA1C below 6.0%) without the need for glucose-lowering medications for three months or more. A growing number of studies confirm that dietary and lifestyle changes can help patients significantly reduce or even eliminate medications while maintaining normal blood glucose levels and improving their overall metabolic health.

How can you support your patient?

- **Encourage their motivation.** Not everyone will achieve remission, but taking proactive steps to improve health and reduce the need for medications through lifestyle change is always beneficial. Your support for their actions and in monitoring their progress and making necessary adjustments will be invaluable.
- **Review and adjust medications.** If your patient is on glucose-lowering medication and plans to adopt a low-calorie or low-carbohydrate diet, their medication will need to be reduced or discontinued to prevent hypoglycemia. High blood pressure medications may also have to be adjusted over time. Careful monitoring is essential.

On behalf of your patient, I thank you for your willingness to explore and support new approaches in diabetes care. We invite you to join the **Institute for Personalized Therapeutic Nutrition (IPTN) Community of Practice (CoP)**, where health professionals can connect and share best practices in supporting patients through therapeutic nutrition. You will find the portal to the CoP, as well as links to CME-certified training program at our website therapeuticnutrition.org.

Further patient and health professional resources, including current research science, helpful patient handouts, and patient stories can be found at diabetesremission.ca and reversingprediabetes.ca

Together, we can shift the conversation around chronic disease and empower more patients to improve their metabolic health and pursue remission.

Best regards,

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