Health Research Caucus
Diabetes Research and Innovation in Canada

PRESENTER SUMMARY

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Remission of Type 2 Diabetes

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The Problem with Current Therapies for Type 2 Diabetes (T2DM)

- **Problem:** T2DM gets progressively worse over time
- **Reason:** The cells in the pancreas that make insulin (beta-cells) deteriorate over time in people with T2DM
- **Unfortunately:** Current treatments for T2DM do not stop this deterioration of the beta-cells

⇨ **Consequently:** Patients need more and more diabetes medication over time, before ultimately requiring permanent insulin therapy

New Approach To Treating T2DM

- **New concept:** In patients with recently-diagnosed T2DM, *short-term treatment with insulin* for 3-4 weeks can improve the beta-cells
- **Result:** This treatment can induce a *"remission"* of T2DM, such that patients can be off diabetes medications for up to 1 year afterwards
- **However:** This remission is ultimately temporary and wanes over time

⇨ We are conducting clinical trials that focus on trying to maintain this remission!

Remission Studies Evaluating T2DM: Intermittent Insulin Therapy (RESET IT)

- **RESET IT:** a multi-centre clinical trial funded by the Canadian Institutes of Health Research (CIHR)
- **Novel Strategy:** We are using insulin therapy intermittently in order to "reset" the beta-cells early in the course of T2DM
  - ⇨ Treat T2DM with 2 weeks of insulin therapy every 3 months
- **Objective of RESET IT:** Preserve beta-cell function and thereby *maintain remission of diabetes*
- **Potential Impact:** RESET IT may open the door to a new approach to the management of T2DM that offers promise for addressing the clinical and public health challenge posed by the diabetes epidemic.

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