

Diabetes solution served up on a plate

Submitted by: Trade Diet Plate

Wednesday, 25 February 2009

There is a simple solution to the predicted explosion of diabetes... and it can be served up on a plate, according to a recent study published in the Annals of Internal Medicine. And what's more the 'The Diet Plate' will help reverse the obesity epidemic as well.

A six-month study from Calgary University in Canada split 130 people with type 2 diabetes into two equal groups, (including 55 patients taking insulin). Half were given only dietary advice, the other half given The Diet Plate weight management system – which includes a portion-controlled dinner plate and breakfast bowl. (<http://www.thedietplate.com/plateinstructions.html>) Results showed those using The Diet Plate were more likely to lose at least 5% of their body weight and decreased their reliance on diabetes medication. "This amount of weight loss is significant" said Dr Ian Campbell, medical adviser to The Diet Plate. "The most important treatment for people with diabetes is to improve their diet, and lose weight, and yet they find it harder to lose weight than non-diabetics. Using The Diet Plate made weight loss more likely, improved diabetes control and a decrease in prescribed medication."

The study author, Dr Sue Pederson said "our results are comparable to similar studies undertaken using expensive weight loss drugs, but with no need for close medical supervision or risk of unpleasant side effects".

Kay Illingworth (<http://www.dietplate.us/kay-history.html>), the creator of www.thedietplate.com said "For years we've been helping men and women lose weight and helping them live normal lives. Now we can prove what we've always known, that The Diet Plate is extremely effective and can greatly help people with diabetes regain control. It's very exciting and rewarding to have developed such a simple and effective way to help people control their weight."

-Ends-

Editors Notes:

1. The Diet Plate has now been shown to be effective, in the highest level of clinical trial, to help overweight patients with Type 2 Diabetics lose weight.
2. The Diet Plate enabled people with Type 2 Diabetes to decrease diabetes medication requirements, without altering the level of control of their diabetes.
3. The success of TDP in this population lends great optimism towards the likelihood of success in non-diabetic overweight and obese individuals.

Expanded Stats:

In a pragmatic, real-life, randomized controlled trial of The Diet Plate in obese type 2 diabetics:

- 17% of patients on TDP lost a clinically important amount of weight (5% or more) compared to only 4.6% of patients not using TDP. Losing 5% of body weight is important, as it is known that this

decreases the risk of getting an obesity-related disease or dying from obesity related causes.

- After 6 months, people using TDP lost significantly more weight than the control group, who were not using TDP (1.75% vs 0.05%; absolute values 2.1kg vs 0.1kg)
- The clinically significant weight loss seen in our study is comparable to weight loss seen in studies of wt loss medications.
- 26% of TDP users experienced a decrease in diabetes medication requirements, compared to the control group, where only 11% were able to decrease their DM medications over the time of the study.
- Conversely, a greater proportion of the control group (34%) required an increase in diabetes medications at 6 months compared to only 14% of the intervention group requiring an increase in diabetic medication.
- Patients on insulin decreased their insulin use by an average of 8 units per day on TDP, while patients on insulin not using TDP had to increase their insulin by average 7 units per day.
- TDP is a successful weight loss strategy in the patients using insulin in our study, which is very encouraging, as it is notoriously difficult for people on insulin to lose weight
- Clinically important weight loss was observed regardless of age, gender, education, baseline weight, or medication use
- Patients using TDP had a slight improvement in cholesterol compared to those not on TDP
- No adverse effects seen, other than mostly mild drops in blood sugar, that resolved by decreasing DM medication

Where to get more information about The Diet Plate:
www.thedietplate.com

Interviews with Dr Ian Campbell or Mrs Kay Illingworth can be arranged through Felicity Porritt of Blue Cat Communications by phone: 07739419219 or by email: felicity.porritt@mac.com