Type 2 Diabetes Remission: Starting on your journey

Information for patients

Please read the information contained in this leaflet carefully before providing your consent to treatment. If you require further explanation of the information detailed below, please speak to the dietitian involved in your care.
Introduction

Following your successful assessment appointment with a Dietitian, we are delighted that you have decided to progress with the Type 2 Diabetes remission programme.

So what now? Please try all of the nine product samples included. Instructions are on the back of packets. It is important to add the 200ml of water first then the contents of the sachet, mix well then drink it within 15 minutes.

Please try them all and tick which flavours you like:

☐ Vanilla ☐ Chicken and Mushroom soup
☐ Chocolate ☐ Vegetable soup
☐ Banana ☐ Leek and Potato soup
☐ Cappuccino ☐ Oriental Chilli soup
☐ Porridge

Using a shaker bottle is helpful, or you may prefer to use a blender or whisk to mix the soup/shake.

You can use the samples to replace a meal with a shake/soup, or even try replacing all your meals for one day with four shakes/soups*.

We will contact you after a week to see how you found the products. If you finish all the samples before we contact you, and you are keen to start please call us. Details are on the next page.

Alternatively, if this isn’t for you, please call us and we will discuss other ways in which we can help support you.
We look forward to booking you in and getting you started on your remission** journey. We are here to support you throughout your journey. At times it will be challenging, this is why we will talk about potential barriers and ways to overcome these along the way.

**Contact telephone number: 0131 537 9169** between 8:30am-4:30pm

*Throughout the intervention the shakes/soups will be provided to you free of charge.

** As discussed during assessment, not all patients will achieve remission, but there will still be benefits to your health from weight loss.

Counterweight plus is a supportive, evidence based, structured programme, delivered over 12 months, aimed at helping you achieve remission of your Type 2 Diabetes.

You may have heard the terms ‘remission’ or ‘reversing diabetes’ before. We prefer to use the term remission. Remission may mean no more diabetes and blood pressure medications. To maintain remission you will need to maintain the healthy lifestyle changes contained in this programme, long term.

There are three stages to the programme, all just as important as each other:

1. Total diet replacement (6 appointments every two weeks) for 12 weeks.
2. Food reintroduction (6 appointments every two weeks) for 12 weeks, this follows the Total Diet Replacement stage.
3. Weight loss maintenance (6-18 appointments) 6 -18 months
Treatment purpose
You have been invited to receive treatment from the NHS Lothian Weight Management Service on the type 2 Diabetes remission programme with Counterweight Plus. The aim of the programme is to offer patients the opportunity to work towards normalising blood glucose and insulin levels which may lead to remission of type 2 diabetes.

What is involved?
The programme consists of three stages which are all as equally important as each other and you will be supported by a registered dietitian throughout the whole programme over the course of two years. At each appointment your dietitian will monitor your weight, blood pressure, and blood glucose (sugar) levels and provide support along your journey. Equipment will be provided for you (if needed) and must be returned at the end of the intervention. Each appointment is structured and you may be asked to complete activities such as keeping a food diary or other tasks in the accompanying workbooks.

Stage 1
The first stage is called ‘Total Diet Replacement’ or TDR for short. It lasts for 12 weeks with regular appointments every two weeks. It involves a low energy diet (where you drink approximately 800 calories per day) based on four soups/shakes which we provide. The low energy diet fully replaces your usual diet, this can be a challenge but the programme is designed to help achieve significant weight loss and potential remission of type 2 Diabetes.

Things to consider:

- Support available (family members/friends)
- Ways to manage stress, boredom, social events, and celebrations.
Stage 2
The second stage is called ‘Food Reintroduction’ or FR for short. Again this lasts for 12 weeks and we gradually start to reintroduce solid food and reduce the shakes/soups. Calorie intake will gradually increase. However with guidance around portion sizes, it is still possible to continue to lose weight. It is best to start thinking about food reintroduction at the start of the intervention to better prepare for this.

Things to consider:

- Need to plan and shop for meals – this can be challenging and can require a bit of extra time and effort. Consider your cooking ability/facilities. It can be helpful to start planning for success with this whilst completing TDR.

Stage 3
The third stage is called ‘Weight Loss Maintenance’ or WLM for short. At this stage appointments become monthly. By this point it is hoped you will be on three meals a day, no soups/shakes, and know what you need to help maintain the weight you have lost. Focus on maintaining progress and lifestyle changes, and how to go forward once the intervention has finished.
Possible benefits

The aim of treatment is to work towards achieving weight loss of 15kg (or 15% for people above a starting weight of 100kg) within a fixed time period. If this is achieved, it is hoped that your blood glucose levels will return to a normal range, you may come off your diabetes and/or blood pressure medications, leading to remission of type 2 diabetes. You may experience additional benefits as a result of weight loss including: increased energy levels, improved mobility and sleep.

Findings from the DiRECT trial (2014-2016) showed that at 12 months, there was a recorded weight loss of 15 kg or more in 24% of participants. 46% of participants achieved remission to a non-diabetic state and came off anti diabetic drugs.

Remission is when your HbA1c is less than 48 mmol/mol on two occasions for at least 6 months after you have stopped taking all of your diabetic medications. We therefore ask you to get HbA1c readings from your GP before the start of the intervention and again at 6 and 12 months after starting. HbA1c is an overall average of your blood sugar control for the past three months.

Possible risks and things to consider

There is no guarantee that you will achieve the target weight loss or that your blood glucose levels may improve. Research has shown that despite weight loss some patients may not achieve remission of their type 2 diabetes.

Counterweight-Plus is not appropriate during pregnancy. If you are planning a pregnancy, Counterweight-Plus may be helpful in losing weight in order to aid fertility. However, it would not be recommended to start using Counterweight-Plus if you are planning a pregnancy in the immediate term.
A detailed list of possible side effects is available on request. These include: hunger, thirst, headaches, dizziness, diarrhoea, nausea, constipation, bad breath, feeling cold, gallstones, cramps, gout, hair loss or thinning, and skin rashes. If you need more information, please consult the dietitian involved in your care.

Disordered eating is common among Weight Management and Prevention of type 2 diabetes patients. This is routinely screened for at assessment before starting Counterweight-Plus in order to provide the most appropriate support. Clinical experience suggests that it can be challenging to re-introduce food following TDR and there may be an increased risk of developing disordered eating patterns. If this occurs psychological assessment and/or support may be offered if needed.

**Stopping treatment and alternatives to treatment**

If you and/or the dietitian involved in your care decide to stop treatment, your circumstances will be discussed and you may be offered alternative treatment within the NHS Lothian Weight Management and Prevention of type 2 Diabetes Service.

**For more information on Counterweight Plus and the DiRECT study:**

[https://www.directclinicaltrial.org.uk/](https://www.directclinicaltrial.org.uk/)

[www.counterweight.org](http://www.counterweight.org)
What is remission?
When we talk about remission of type 2 diabetes, it means that your blood sugar levels are lower than the diabetes range and you no longer need to take your diabetes medications. This is usually achieved with weight loss.

When do I start?
That will be agreed with yourself and your dietitian at your first appointment.

Appointments
Your appointments will be scheduled in advance. Should you be unable to attend, please let your dietitian know as soon as you can. If you fail to attend an appointment without letting us know and we do not hear from you within 2 weeks of the date of the appointment, you will be discharged from the service.

Appointments will be via Near Me, which is a video consultation between yourself and the dietitian. You are welcome to have family members/other people who support you on these calls. You will receive an email link before your appointment, which is how you access the online “waiting room”.

If you do not have access to the internet, or any device with a video option, then appointments may be arranged by telephone.

Delivery of your Counterweight-Plus soups and shakes
Your details are passed to Counterweight who will deliver the soups/shakes to you. They are free. This is set up and ordered by the dietitian
**Equipment**

Certain equipment is needed to complete this intervention. This includes Blood Glucose monitors, Blood Pressure monitors, and scales. Any equipment you do not already have will be provided for you. This equipment is property of NHS Lothian, but will be available to you for the duration of the intervention. Once you complete the intervention, this equipment must be returned to your dietitian (apart from the blood glucose monitor, which is yours to keep). You will also be provided with booklets throughout the intervention, these are yours to keep. Your measurements will be given to your dietitian at each appointment, please have these ready before your call with the dietitian. If you are unsure how to use the equipment, please watch the videos below.

**Blood Pressure:** [https://www.youtube.com/watch?v=Xxb_MBBj-QQ](https://www.youtube.com/watch?v=Xxb_MBBj-QQ)

**Blood Glucose:** [https://www.youtube.com/watch?v=yNI5e8AmQcw](https://www.youtube.com/watch?v=yNI5e8AmQcw)

**Weight:** [https://www.youtube.com/watch?v=_sqP11f8rYE](https://www.youtube.com/watch?v=_sqP11f8rYE)

**Self help resources**

You will have been provided with a list of self-help resources at your assessment appointment. Please use these as much as you like.
Contact (mobiles)
The dietitian will be available for support via phone at times out with your regularly scheduled appointments during working hours (Monday-Friday 8:30am-4:30pm). They will provide you with their work mobile number for you to text or call should you have questions or concerns. If they do not answer, please leave a message and they will return your call as soon as possible. Calls and texts should only be regarding your treatment and the intervention. They can also be contacted via the weight management telephone number on 0131 537 9169.

General Data Protection Regulation
NHS Lothian Adult Weight Management and Prevention of Type 2 Diabetes Service Privacy Notice

What personal data do we need from you?
We collect, use and store information about you such as:

- Name
- Address
- CHI number (your unique NHS identification number in Scotland)
- Date of birth.
What personal data do we need from you?

- Your communication needs
- Any declared disabilities or additional support needs
- Your ethnicity and gender
- Your health needs including: height, weight, waist circumference, diabetes risk score, medical history and medication history
- Your lifestyle (such as your diet, how active you are, and your mental wellbeing)
- Your programme outcomes.

Who will be using your personal data?

If you enter the Counterweight Plus, Type 2 Diabetes Remission Programme, NHS Lothian will share your name, address, telephone number and email address with Counterweight Ltd for product ordering and delivery purposes. No other data will be shared with them.

Your information will also be shared with Public Health Scotland and used to produce statistical reports to help us find ways to improve our service and plan for the future. Reports will not contain your personal information.

Why are we asking for your data?

The information we collect about you is to make sure that we fully understand the support and care you need, to review your progress, and to keep you safe. From time to time we may also ask you for feedback to help us improve our service. If you choose not to provide feedback your care will not be impacted.
We collect and use your information to meet our duties as a healthcare/social care provider under National Health Service (Scotland) Act 1978.

Our legal basis for using your personal data is “Public Task” – it is necessary in order for us to deliver our responsibilities as an NHS organisation.

Our legal basis for using your special personal data is “Provision of Health and Social Care”.

You may withdraw your consent for your data usage as described above, at any time.

More information on NHS Lothian’s privacy information can be found on our NHS Lothian Website:
https://www.nhslothian.scot/YourRights/DataProtection/Pages/default.aspx

Or by contacting our service by telephone on: 0131 537 9169