

Diabetes Remission Collaborative

*Did I
forget to
take my
meds?*

*I tried so hard...
Why are my
readings and
weight still so
bad?*

*When did I last
check my sugar?
Are my peers
judging me?*

***Will diabetes
always be
in my life?***

Diabetes remission is **possible**.

Studies* have shown that in persons living with **early** diabetes who are overweight, diabetes can be reversed through **weight loss**, without the need for medication. This can then be maintained through a **healthy lifestyle**.

Hit the reverse button on diabetes.

The Diabetes Remission Collaborative is here to support you on this journey!

*Diabetes UK-funded Diabetes Remission Clinical Trial (DiRECT)

Diabetes remission is *precious*.

Take charge!



Freedom from medications

After remission, there is no need for medications. Start the process early, when you are able to, so you can look forward to less hassle and lower healthcare costs in the long-term.

Prevent complications

You'll have peace of mind from long-term diabetes complications e.g. foot and eye conditions.

Diabetes remission is a *partnership*.

Come aboard!



Be well supported

You will receive a structured diet and physical activity plan, and be regularly monitored by your care team.

We will support you to achieve remission through significant, long-lasting weight loss.

Programme Outline

Phase 1: 3-4 months

Total Diet Replacement

Replace your normal diet with a very low-calorie meal replacement formula[^]

Introduce light physical activity to your daily life

Phase 2: 1-2 months

Food Re-introduction

Gradually resume normal food with supervision

Build up to and maintain a routine of regular, moderate-intensity exercise (150 min per week)

Phase 3: 12-18 months

Weight Maintenance

Remain active and eat right to avoid regaining weight

Regular Consultations & Reviews

Be supported by a multidisciplinary care team from Yishun Health and your GP

[^]Halal-certified meal replacement options are available

Contact Us

Admiralty Medical Centre (AdMC) Diabetes Centre: 9675 7011

Opening hours:

- Mon-Fri, 9am-5pm
- Closed on Sat, Sun & Public Holidays

GP Partner

