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A cure for diabetes?

With diabetes affecting over 30 million Indian, could this type of surgery mark the end of the restrictions of a diabetic life?

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□ Diabetes has an impact on kidneys, eyes, heart and nerves all over human body. With the monthly expense for treatment and control, besides loss of wages from reduced efficiency and incapacity, and cost of complication management, diabetes is a dreaded diagnosis to heard from your doctor.

There is a possibility of a cure for type-1 diabetes, within a decade through stem cell research or pancreatic transplant. However, for the 70 – 80 per cent of diabetics who are type-2, a regulated lifestyle and sustained weight maintenance for blood sugar control is the only option they have. This kind of discipline is difficult for most of them to achieve and maintain.

However, recent developments in metabolic surgery have shown promise of diabetes cure in over 90 per cent type-2 diabetic patients. Performed through keyhole route, **Ileal interposition surgery**, where a hormone secreting part of intestine is shuffled, results in increased insulin secretion, increase in number of insulin secreting cells and overall control of sugar levels within 2 – 8 weeks of surgery. Patients do not require additional medication for sugar control and are able to eat food of their choice and at desired timings. Initially operated patients in India have shown complete resolution in all of them and more patients are coming forward to be a part of this research.

Most of the patients find it tedious to maintain the imposed lifestyle restrictions that they are willing to try out this treatment methodology with optimism and excitement. The prospect of avoiding damage to kidneys, vision, heart attacks and strokes / paralysis is significant enough to motivate people to consider a one-time surgical option.

The pace of medical science advancement has not only changed the treatment approach, but has forced us to look at a disease from a new perspective. Role of hormones secreted from the intestine, is considered vital in development of diabetes and related diseases now. For thousands of years, wise men had counselled healthy eating for longer life. A surgical approach has forced us to remember their significance.

Dr Raman Goel works at Bombay Hospital, Mumbai. He can be contacted at gdramen@hotmail.com