

Consultation on the draft report:

Lower carbohydrate diets for adults with type 2 diabetes

Comments Form

Organisation	Norwood Surgery, Southport, Merseyside
Name of commentator and contact details	Dr Simon Tobin FRCGP GP Norwood Surgery and Practice Lead GP for Diabetes Southport

- Please do not PDF the form.
- Please do not amend the formatting of this form.
- Please do not embed attachments into this form.
- Please list any references in full that you wish the committee to consider.
- Please email this form to: sacndiabetes@phe.gov.uk
- Closing date: 9:30am 30 April 2020

General comments	Comments
	Please insert each new comment in a new row
<i>Example: References</i>	<i>Example: Please check that referencing is consistent across all the chapters.</i>
My experience	<p>I have been Lead GP for Diabetes at my surgery (9,900 patients) for 25 years. I care for 545 people with diabetes</p> <p>For the first 18 of years of my clinical practice I recommended the Eatwell Plate to my patients with diabetes. Very few made significant improvements in their glycaemic control. In fact most show a worsening in control over a period of years.</p> <p>For the last 7 years I have been recommending low carbohydrate diets as an option and have found astonishing success with substantial improvements in all markers of metabolic health.</p> <p>My practice now has a cohort of over 200 people with type 2 diabetes who are using low carbohydrate diets to manage their condition.</p> <p>In my experience, low carbohydrate diets outperform every other intervention in type 2 diabetes by some distance.</p> <p>Together with colleagues I have published my results in the peer reviewed International Journal for Environmental Research and Public Health. See https://www.mdpi.com/1660-4601/16/15/2680</p> <p>In summary, my results show that carbohydrate restriction in type 2 diabetes delivers:</p> <p>HbA1c: An average drop of about 15 mmol/mol BP: an average drop of 11/6mmHg Mean weight reduction of 9.5Kg Total cholesterol: an average drop of 0.8mmol 8% increase in HDL 32% decrease in triglycerides</p> <p>We were also able to discontinue many medications for both diabetes and hypertension. As a consequence, my practice makes annual drug budget savings of about £43,000 (please note this is an annual and therefore recurring saving)</p>

	I have also become aware that low carb diets are sustainable over long periods . Many of my patients have benefits continuing after 2 years.
My conclusions	Low carb diets have revolutionised my management of people with type 2 diabetes. The impact on all important metabolic markers of health is considerable The diet is sustainable for long periods There is the potential to make big savings to drug budgets
Personal View	I have no doubt whatsoever that low carbohydrate diets are the future of managing type 2 diabetes – they work!

Please add extra rows as needed

Comments by paragraph	Comments
	Please insert each new comment in a new row
<i>Example: 1.2</i>	<i>Example: Missing reference and statement unclear</i>

Please add extra rows as needed