



# TYPE 2 DIABETES: Is Remission Possible?

REMIT-IDegLira Study  
The Ottawa Hospital  
Riverside Campus  
1967 Riverside Dr. Room 4-27  
Ottawa, ON, K1H 7W9

## REMIT-IDegLira

### Information Pamphlet

#### Are you 30-80 years old and:

- Have had type 2 diabetes for 5 years or less?
- Are treated with diet or 1-2 diabetes medications?
- Are interested in learning more about management of diabetes and losing weight?

#### For more information, call:

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## What is the goal of this study?

The goal of the REMIT-IDegLira study is to determine if treating diabetes with several medications and lifestyle changes early in the course of the disease (i.e. within 5 years of diagnosis) will reverse glucose levels back to normal to a point where diabetes may be described as being in "remission".

## Who can take part in the study?

You may take part in this study if you are 30-80 years old and you:

- Have had type 2 diabetes for 5 years or less
- Are treated with diet or 1-2 diabetes medications
- Have never had a very low blood glucose requiring the assistance of another person to treat
- Have never had a heart attack or stroke
- Are willing to monitor glucose using a meter

## What will happen if you decide to join the study?

If you agree to participate in this study, you will be invited for a screening visit during which: a) you will be asked about your health and medications; b) have a brief physical examination and an electrocardiogram; and c) have a blood test and a urine test (women only).

If you are eligible for this study, you will be assigned to one of two courses of treatment: (1) at least 16 weeks of therapy; or (2) standard diabetes care.

You will receive healthy lifestyle advice and will be given free study medications (group 1), free blood sugar testing supplies and a pedometer.

If you achieve good glucose control at 16 weeks, you will be asked to stop your diabetes medications. You will be seen by the research team regularly for a total of 68 weeks (1.3 years) after the study starts. Your glucose levels will be assessed throughout the study to determine if the new treatment approach is successful in reversing glucose levels back to normal. All clinic visits will be provided free of charge.

*At your initial visit, we will explain the study in detail to you.*

## Your contribution to research on managing diabetes

It is through the participation of individuals like you in carefully conducted research studies that much has been learnt about the causes, prevention and treatment of diabetes. By participating in this study, you will be helping us learn more about early diabetes and whether it can possibly be reversed or put in 'remission'. Knowledge gained from this study may lead to other studies which will test this novel treatment approach and potentially help millions of people worldwide.

If you wish to find out more information, please call the number on the front of

this brochure or complete and mail this card to the address provided on the back of this page.

To keep the information confidential, please cut or tear the brochure at the dotted line, fold, and tape closed. After you mail the card, our study coordinator will contact you.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
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Phone (day) \_\_\_\_\_

Phone (evening) \_\_\_\_\_

E-mail \_\_\_\_\_



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