

Name of Journal: *World Journal of Diabetes*

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Manuscript Type: REVIEW

Assessing the evidence for weight loss strategies in people with and without type 2 diabetes

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#### Abstract

This review will examine topical issues in weight loss and weight maintenance in people with and without diabetes. A high protein, low glycemic index diet would appear to be best for 12-month weight maintenance in people without type 2 diabetes. This dietary pattern is currently being explored in a large prevention of diabetes intervention. Intermittent energy restriction is useful but no better than

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### Dietary treatment and long-term weight loss and maintenance in type ...

<https://www.ncbi.nlm.nih.gov/pubmed/11707564> - 翻译此页

作者: DD Hensrud - 2001 - 被引用次数: 95 - 相关文章

Various **weight-loss strategies** with follow-up for at least 1 year have been evaluated in **people with diabetes** with mixed results. Diet is ... Very-low-calorie diets lead to better initial **weight loss** and glycemic control but yield **no** better **long-term** ... **Diabetes Mellitus/diet therapy; Diabetes Mellitus, Type 2/diet therapy\*; Diet, Diet, ...**

### Long-term weight loss maintenance for obesity: a multidisciplinary ...

<https://www.ncbi.nlm.nih.gov> > NCBI > Literature > PubMed Central (PMC) - 翻译此页

作者: L Montesi - 2016 - 被引用次数: 15 - 相关文章

2016年2月26日 - The **long-term weight management** of obesity remains a very difficult task, ... **long-term weight loss**; 4) to **review** the evidence-based **strategies** to promote ... aimed at providing patients with a **comprehensive long-term** management ... risk of developing **type 2 diabetes** in susceptible **people**,<sup>9</sup> and eliminates ...

### Long-term weight loss maintenance

<ajcn.nutrition.org/content/82/1/222S.long> ▾ 翻译此页

作者: RR Wing - 2005 - 被引用次数: 1280 - 相关文章

Moreover, **weight loss** maintenance may get easier over time; after ... The perception of the general public is that **no** one ever succeeds at **long-term weight loss**. ... The purpose of this paper is to **review** the data on the prevalence of successful **weight loss** .... Very Low-Calorie Diet May Trigger **Type 2 Diabetes** Remission.

### Weight management through lifestyle modification for the prevention ...

<ajcn.nutrition.org/content/80/2/257.full> ▾ 翻译此页

作者: S Klein - 2004 - 被引用次数: 198 - 相关文章

Overweight and obesity are important risk factors for **type 2 diabetes**. ... **Comprehensive review**



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### Long-term weight loss maintenance for obesity: a multidisciplinary ...

<https://www.ncbi.nlm.nih.gov> › NCBI › Literature › PubMed Central (PMC) - 翻译此页

作者: L Montesi - 2016 - 被引用次数: 35 - 相关文章

2016年2月26日 - **Weight loss** maintenance is hindered by a complex interaction of ... long-term **weight loss**; 4) to review the **evidence**-based **strategies** to ... developing **type 2 diabetes** in susceptible **people**,<sup>9</sup> and eliminates ... Only a few studies have tracked successful weight losers over long-term follow-up or **assessed** the ...

### Summary of Evidence-Based Recommendations - Clinical Guidelines ...

<https://www.ncbi.nlm.nih.gov/books/NBK2009/> - 翻译此页

The panel reviewed RCT **evidence** to determine the effect of **weight loss** on blood ... through lifestyle therapy in overweight persons both with and **without type 2 diabetes**. ... Practitioners should use the BMI to **assess** overweight and obesity. ... The panel reviewed relevant treatment **strategies** designed for **weight loss** that ...

### Strategies for preventing type 2 diabetes: an update for clinicians

<https://www.ncbi.nlm.nih.gov> › NCBI › Literature › PubMed Central (PMC) - 翻译此页

作者: K Khavandi - 2013 - 被引用次数: 25 - 相关文章

**Type 2 diabetes** confers significant morbidity and mortality, most notably with target ... use of rosiglitazone in the intensive arm but **no evidence** to suggest this was .... following by a more detailed **assessment** for certain at-risk individuals (e.g. ... **strategies** aimed at preventing T2DM have focused primarily on **weight loss**, ...

### Obesity: identification, assessment and management | Guidance and ...

<https://www.nice.org.uk/guidance/cg189/chapter/1-recommendations> ▾ 翻译此页

**Evidence**-based recommendations on the identification, **assessment** and ... 1.11 Bariatric surgery for **people** with recent-onset **type 2 diabetes**; 1.12 Follow-up care ..... realistic targets for **weight loss**;

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### Long-term weight loss maintenance for obesity: a multidisciplinary ...

<https://www.ncbi.nlm.nih.gov> > NCBI > Literature > PubMed Central (PMC) - 翻译此页

作者: L Montesi - 2016 - 被引用次数: 35 - 相关文章

2016年2月26日 - **Weight loss** maintenance is hindered by a complex interaction of ... long-term **weight loss**; 4) to review the **evidence**-based **strategies** to ... developing **type 2 diabetes** in susceptible **people**, 9 and eliminates ... Only a few studies have tracked successful weight losers over long-term follow-up or **assessed** the ...

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### The importance of weight management in type 2 diabetes mellitus

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4238418/> - 翻译此页

作者: JPH Wilding - 2014 - 被引用次数: 51 - 相关文章

2014年2月18日 - To review **evidence** about effects of **weight loss** in pre-diabetes and established T2DM.