

降血糖的藥物或減重手術如何達到緩解

## **Intervention with Therapeutic Agents, Understanding the Path to Remission in Type 2 Diabetes**

楊宜瑱

中山附設醫院 內科部 內分泌新陳代謝科

Type 2 diabetes (T2D) has become a health crisis impacting millions of people in the world. It is a leading cause of death, blindness, amputation, and cardiovascular disease. T2D is characterized by progressive and irreversible loss of  $\beta$ -cell function. The current treatment of T2D consists of diet and lifestyle changes with progressive addition of more complex antidiabetic regimens (including metformin, sulfonylureas, sodium-glucose cotransporter-2 inhibitors, thiazolidinediones, and so forth) and eventually insulin therapy. Therefore, there is interest in the development of therapies to induce long-term diabetes remission in T2D mellitus to improve quality of life and potentially lower complications of diabetes. Diabetes remission is defined by the American Diabetes Association as the ability to achieve and maintain a glycosylated hemoglobin (HbA1c) concentration less than 6.5% for at least 3 months after cessation of glucose-lowering therapy. In this session, we will discuss studies aiming to achieve remission with pharmacotherapy therapy.