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## Type 2 Diabetes: Is Medication the Cure?

When I work out on the elliptical trainer in the fitness center, I wear ear plugs so I can think without the loud music but I can see the television monitors. A commercial came on that showed people having a wonderful time. Out for a walk. In the pool. Grooving at work. Pictures with family. It took a while to figure out that it was a commercial for a type 2 diabetes medication. I can understand why people might find the medication appealing. Everyone was having a ball!



The best that type 2 diabetes medication can do is to keep the symptoms under control such as high blood sugar and HbA1c and to postpone the more life-altering complications such as blindness and amputation. The type of medication is irrelevant; it can't cure type 2 diabetes. The people in the commercial were still overweight, some significantly so, and other than the activities depicted, there was no demonstration of exercise either. The implication was that all you have to do is take this medication and life will be great.

No, it won't. In this case, the medication is necessary to control symptoms but will not cure the disease. It's not my intention to be negative but let's face reality: without a significant change in lifestyle, once a type 2 diabetic, always a type 2 diabetic. Believe me, there's no dancing and smiling in what's coming in the next years and decades.

One of the biggest obstacles people face in dealing with type 2 diabetes is losing weight. We'll take a look at a purported surgical cure on Thursday.

What are you prepared to do today?

**Dr. Chet**

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