

Dr. Dylan Mackay



TREATMENT | CLINICAL RESEARCH

Project: Can type 2 diabetes remission be achieved with the help of a diabetes medication that works for weight loss

Thank you. Through donor support, Dr. Dylan Mackay, Assistant Professor, Department of Food and Human Nutritional Sciences with the Faculty of Agricultural and Food Sciences at the University of Manitoba, is bringing us one step closer to helping people achieve type 2 diabetes remission.

Diabetes is often thought of as a condition you will have forever. However, studies show that for some people, type 2 diabetes can be put into remission, most commonly through significant weight loss. Significant weight loss through lifestyle programs alone is challenging, and Dr. Mackay is testing whether supplementing a weight loss lifestyle program with a weight loss medication helps people achieve diabetes remission. Dr. Mackay will test whether a weight loss program alongside using a weight loss drug called tirzepatide can help people achieve type 2 diabetes remission. Tirzepatide is a gastric inhibitory polypeptide (GIP) and a GLP-1 agonist used to help support weight loss and to manage blood sugar levels in diabetes. This could lead to better lifestyle-based care for people with diabetes, inform whether this program should be offered more broadly across Canada, and improve health outcomes for people living with diabetes.

Thank you for your generosity. Diabetes Canada is grateful to our donors for supporting critical research that will improve the lives of people with diabetes.