

## FACT SHEET – DIABETES AND METABOLIC SURGERY

### OVERVIEW

- [Randomized controlled clinical trials, clinical studies, guidelines, and worldwide experience](#) has shown the superiority of metabolic/bariatric surgery over medical management of diabetes in people with obesity – more achieve remission or glycemic improvement and improve cardiovascular risk factors.
- 38.4 Americans, or 11.6% of the population had diabetes in 2021 and 1.2. are diagnosed with the disease every year ([American Diabetes Association](#)). Obesity and diabetes are often referred to as twin epidemics.

### Breakthrough in Plain Sight -- Metabolic Surgery is Diabetes Surgery

- Metabolic and bariatric surgery led to superior glycemic control compared with medical/lifestyle intervention (between-group difference in hemoglobin A<sub>1c</sub> of 1.4% at 7 years and 1.1% at 12 years), with less diabetes medication usage and higher rates of diabetes remission. ([JAMA 2024](#))
- American Diabetes Association's (ADA) [2023 Standards of Care in Diabetes](#) recommends metabolic surgery as an option to treat type 2 diabetes in screened surgical candidates with BMI ≥40 (BMI ≥37.5 in Asian American individuals) and in adults with BMI 35.0–39.9 (32.5–37.4 in Asian American individuals) who do not achieve durable weight loss and improvement in comorbidities with nonsurgical methods.
  - Substantial evidence show metabolic surgery achieves superior glycemic control and reduction of cardiovascular risk in people with type 2 diabetes and obesity compared to nonsurgical intervention.
  - Also reduces incidence of microvascular disease, improves quality of life, decreases cancer risk, and improves cardiovascular disease risk factors and long-term cardiovascular events. Studies strongly suggest that metabolic surgery reduces all-cause mortality.
- [STAMPEDE Trial \(NEJM, 2017\)](#): Landmark 5-year study found over 88% of surgical patients maintained healthy blood glucose levels without the use of insulin; 29% of gastric bypass patients and 23% of gastric sleeve patients achieved and maintained normal blood glucose levels compared to just 5% of those on intensive medical therapy alone.
- [Metabolic Surgery in the Treatment Algorithm for Type 2 Diabetes: A Joint Statement by International Diabetes Organizations](#) published in *Diabetes Care* (2016) endorsed by 45 international professional organizations recommends metabolic surgery for certain categories of people with diabetes, including those with mild obesity who fail to respond to conventional treatment.

### Recent Studies and Developments

- Metabolic and bariatric surgery provides better long-term control of blood glucose levels in patients with obesity and Type 2 diabetes, compared with drugs to help lower blood sugar levels and promote weight loss, [research by the Cleveland Clinic](#) and three other U.S. medical centers suggests. (2024)
  - 50.8% of surgical patients achieved remission of diabetes at one year, compared with 0.5% of participants in the medical group.
  - 40% of patients in the surgery group and only 4% of patients in the medical group were off diabetes medications at seven years.