The Programme requires approval by a medical doctor and regular visits with a dietitian for an initial consultation and then follow-ups at 2 weeks, 4 weeks, 8 weeks and 6 months. During this period, not only will you learn how to lose weight, but also how to keep the weight off. The published data shows an average weight loss of 1 – 2.5 kg per week up to a total of 22 % of baseline weight. Please note that the additional 4 dietitian consultations are not included in the CDE Diabetes Management Programme and require payment from the patient or from the patient’s medical savings. Additional blood work may also be required as clinically indicated – the CDE Diabetes Management Programme may not cover these tests.

Can we put type 2 diabetes into remission?

Data shows that 87 % of people who have had diabetes for less than 4 years can achieve diabetes remission after 8 weeks of the CDE OPTIFAST ® Programme (Only 50 % of those with diabetes for more than 8 years achieved remission). Although not everyone achieves remission of diabetes, not all is lost! Studies show that patients still lost weight and that their blood glucose levels improved.

To find out more, please contact a CDE-Trained OPTIFAST ® Dietitian (follow the link near the bottom-right of the Home page of the CDE Website (www.cdediabetes.co.za).