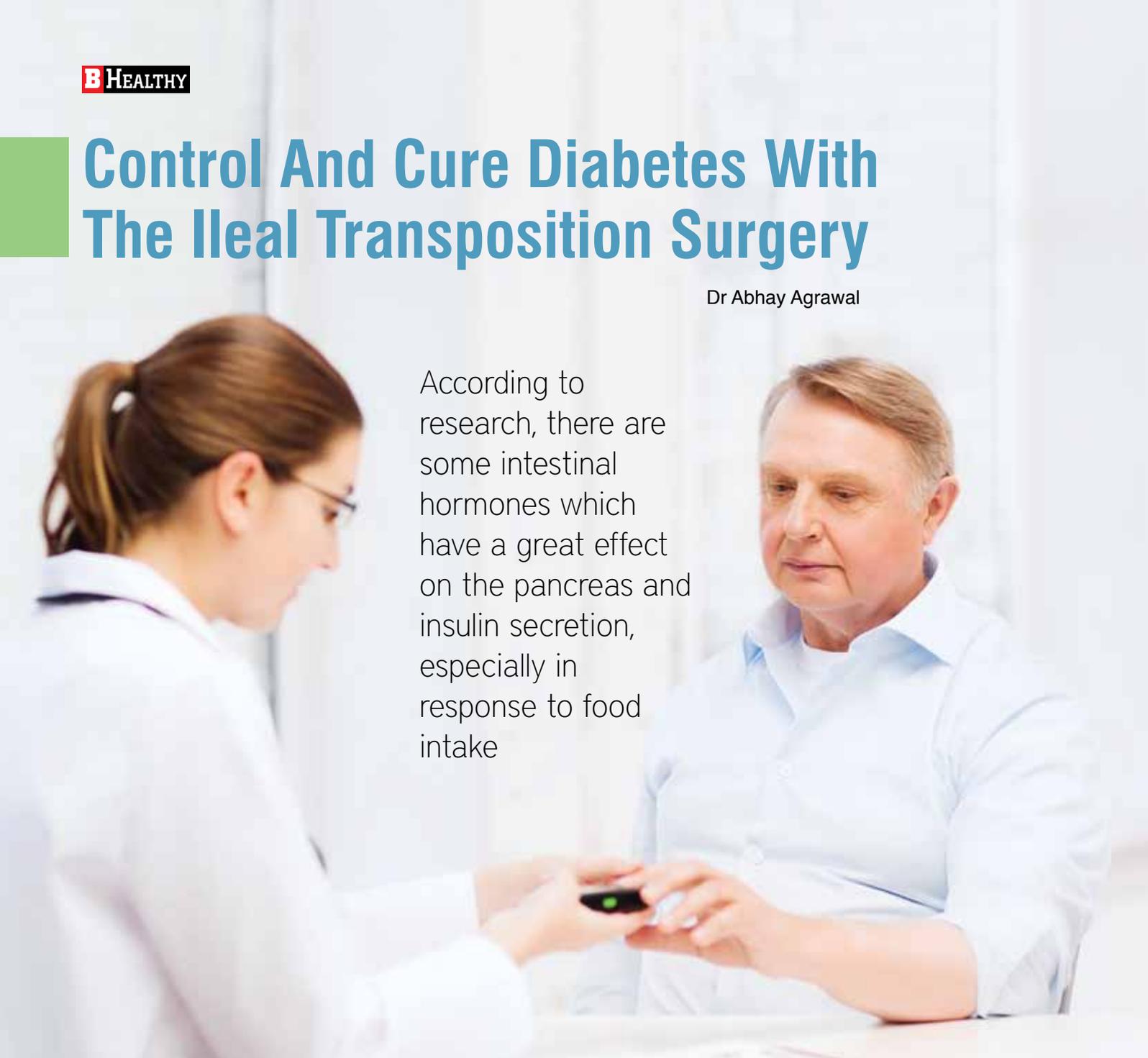


Control And Cure Diabetes With The Ileal Transposition Surgery

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D iabetes Mellitus (DM 2) is a worldwide epidemic which is on the rise and associated with a number of short and long-term complications resulting in several health disorders and reduced life expectancy.

Retinopathy is a major cause of morbidity in patients with diabetes mellitus. The incidence of blindness, for example is 25 times higher in patients with diabetes than in non-diabetic people.

Need Of Intensive Diabetes Management Care

If all complications of DM were combined, individuals with intensive diabetes management would experience 15.3 more years of life without significant microvascular or neurologic complications of DM, compared to individuals who received standard therapy. This translates into an additional 5.1 years of life expectancy

for individuals in the intensive diabetes management group.

Eighty per cent of patients with DM 2 are obese or overweight and weight reduction is one of the most efficient ways to achieve control of this illness. However, it is difficult to achieve smooth normal blood sugar level readings, with just the conventional treatments comprising diet, exercise, oral tablets and insulin.

On the other hand, impressive

improvement in the diabetic status of patients undergoing bariatric and metabolic surgery, has stimulated interest in surgery as a potential cure for type 2 diabetes.

New Development In Diabetic Management

The biggest recent advancement in the medical world, is the control of diabetes (Type 2) by laparoscopic (keyhole) surgical procedure called Ileal Transposition Surgery (small intestinal switch) for control and cure of diabetes.

By the year 2025, India will be home to more than 80 million diabetics and most of these will be Type 2 diabetics. Thus, effective measures and awareness must be created in advance to avoid a disaster of this kind.

The Ileal Transposition

Research has indicated that there are some intestinal hormones which have a great effect on the pancreas and insulin secretion, especially in response to food intake. A long segment of the ileum (ending portion of the small intestine) is shifted to the upper small intestinal area, where food particles will reach immediately after a meal.

This causes an immediate secretion of a 'good' hormone, GLP-1, which acts on the B-cells of the pancreas to secrete insulin, to immediately control blood sugar. If there is no intake of food, this will not happen, so there is no danger of low blood sugar (hypoglycemia).

Who Qualifies For Ileal Transposition?

It is evident that in spite of the best medical practice, anyone with Type 2 diabetes is at risk, as the disease keeps progressing and the patient ends up with some end-organ complications, especially kidney failure, heart attacks, or retinal eye problems. However, once a patient undergoes the Ileal

Transposition Surgery, he/she can get back to a normal life.

The surgery is performed only after taking a detailed history, to make sure that the diabetes is of Type 2 and he/she is suitable to go under the knife. Strong genetic and hereditary factors, number of years with diabetes and the number and kind of medicines being used are all taken into consideration. In addition, selective blood tests which indicates the status of the pancreas is also taken into account.

This operation is ideal for surgical cure of diabetes in non-morbidly obese patients also, as there is no mal-absorptive element leading to the weight loss. Patients can stop all medicines within few months, at times even within two to four weeks, post the surgery. Good improvements are seen in their triglycerides, cholesterol, kidney function and leg pains, thus proving this to be a true metabolic surgery.

Since there is no loss of intestinal length and no diversion of food, there are no long-term side-effects and no nutritional deficiency. The only lifestyle change required is that patients need to consume smaller portions of food at one time, to enjoy a disease-free, longer and healthier life.

Ileal Transposition Versus Bariatric Surgery

Despite the significant link between



obesity and Type 2 diabetes, 20 per cent of patients with Type 2 diabetes are not obese and some of these patients are unable to achieve adequate control of their blood glucose despite dietary and pharmacological treatment.

In these non-obese patients, DM 2 is still an associated cause of several other complications like renal insufficiency, blindness, neuropathies and cardiovascular diseases. While research advocates that bariatric surgery can reverse Type 2 diabetes in obese individuals, there is limited but promising evidence of its efficacy in the non-morbidly obese population.

Health Tip

To save one's life and also vital organs, those afflicted with diabetes should exercise regularly, eat small meals every three hours and most importantly, keep stress under control.

