

Accepted Manuscript

Title: Weight loss for the prevention and treatment of type 2 diabetes

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PII: S0378-5122(17)30943-X
DOI: <https://doi.org/10.1016/j.maturitas.2017.09.010>
Reference: MAT 6890

To appear in: *Maturitas*

Please cite this article as: Paschou Stavroula x391;, Anagnostis Panagiotis, Goulis Dimitrios G. Weight loss for the prevention and treatment of type 2 diabetes. *Maturitas* <https://doi.org/10.1016/j.maturitas.2017.09.010>

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Editorial**Weight loss for the prevention and treatment of type 2 diabetes**

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Word Count: 1,074

The recently published paper “Beating type 2 diabetes into remission” in the “*British Medical Journal*” [1] raises the crucial matter of remission of diabetes with dietary intervention and highlights the importance of weight loss for both prevention and treatment of the disease.

Environmental factors, including excessive energy intake, sedentary lifestyle and chronic stress contribute to the development of central obesity. This leads to low grade inflammation and promotes insulin resistance, mainly through the action of specific bioactive mediators, called

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