

Publications about Reversing Type 2 Diabetes

(Most important in bold)

1. **Taylor R. Pathogenesis of Type 2 Diabetes: Tracing the reverse path from cure to cause. *Diabetologia* 2008; 51:1781-1789. PMID: 18726585**
2. **Lim EL, Hollingsworth KG, Aribisala BS, Chen MJ, Mathers JC, Taylor R. Reversal of type 2 diabetes: Normalisation of beta cell function in association with decreased pancreas and liver triacylglycerol. *Diabetologia* 2011; 54: 2506-2514. PMID 21656330**
3. **Taylor R. Reversing the Twin Cycles of Type 2 Diabetes: The Banting Lecture 2012. *Diabetic Medicine* 2013; 267-275. PMID: 23075228 (IF 3.115)**
4. **Taylor R. Type 2 Diabetes: Etiology and Reversibility. *Diabetes Care*, April 2013; 36(4):1047-105; doi: 10.2337/dc12-1805. PMID: 23520370 (IF 11.9)**
5. Steven S, Lim EL, Taylor R. Population response to information on reversibility of type 2 diabetes. *Diabet Med* 2013 Apr; 30(4):e135-8 doi: 10.1111/dme.12116. PMID: 23320491 (IF 3.115)
6. **Taylor R, Holman R. Normal weight individuals who develop type 2 diabetes: the personal fat threshold. *Clinical Science* 2015 Apr;128(7):405-410. doi: 10.1042/CS20140553 PMID: 25515001 (IF 5.598)**
7. Steven S, Carey PE, Small PK, Taylor R. Reversal of Type 2 diabetes after bariatric surgery is determined by the degree of achieved weight loss in both short- and long-duration diabetes. *Diabet Med* 2015 Jan; 32(1):47-53. doi: 10.1111/dme.12567. Epub 2014 Sep 12. PMID: 25132043 (IF 3.115)
8. **Steven S, Taylor, R. Restoring normoglycaemia by use of a very low calorie diet in long- and short-duration Type 2 diabetes. *Diabet Med* 2015 32(9):1149-55. doi: 10.1111/dme.12722. PMID: 25683066 (IF 3.115)**
9. **Steven S, Hollingsworth KG, Small PK, Woodcock SA, Pucci A, Aribisala B Al-Mrabeh AA, Daly AK, Batterham RL, Taylor R. Weight loss decreases excess pancreatic triacylglycerol specifically in type 2 diabetes. *Diabetes Care* 2016 Jan;39(1):158-65. doi: 10.2337/dc15-0750. Epub 2015 Dec 1. PMID: 26628414 (IF 11.9)**
10. Leslie WS, Ford I, Sattar N, Hollingsworth KG, Adamson A, Sniehotta FF, McCombie L, Brosnahan N, Ross H, Mathers JC, Peters C, Thom G, Barnes A, Kean S, McIlvenna Y, Rodrigues A, Rehackova L, Zhyzhneuskaya S, Taylor R, Lean ME. The Diabetes Remission Clinical Trial (DiRECT): protocol for a cluster randomised trial. *BMC Family Practice* 2016 Feb 16;17:20. doi:10.1186/s12875-016-0406-2. <https://rdcu.be/6jwe> PMID: 26879684 (IF 1.67)
11. Rehackova L, Arnott B, Araujo-Soares V, Adamson AA, Taylor R, Sniehotta FF. Efficacy and Acceptability of Very Low Energy Diets in Overweight and Obese People with Type 2 Diabetes Mellitus: A Systematic Review with Meta-analysis. *Diabetic Medicine* 2016; 33:580-9. doi 10.1111/dme.13005
12. **White MG, Shaw JAM, Taylor R. Type 2 diabetes: The pathologic basis of reversible beta-cell dysfunction. *Diabetes Care* 2016; 39:2080-88. doi 10.2337/dc16-0619**
13. **Steven S, Hollingsworth KG, Al-Mrabeh A, Avery L, Aribisala B, Caslake M, Taylor R. Very low-calorie diet and 6 months of weight stability in type 2 diabetes: Pathophysiologic changes in responders and nonresponders. *Diabetes***

Care 2016 May 39(5):808-15. doi: 10.2337/dc15-1942. Epub ahead of print. PMID: 27002059 (IF 11.9)

14. Steven S, Hollingsworth KG, Small PK, Woodcock SA, Pucci A, Aribisala B, Al-MrabeH A, Batterham RL, Taylor R. Calorie restriction and not glucagon-like peptide-1 explains the acute improvement in glucose control after gastric bypass in Type 2 diabetes. *Diabet Med* 2016 33:1723-31. doi: 10.1111/dme.13257. Epub ahead of print (IF 3.152)
15. Al-MrabeH A, Hollingsworth KG, Steven S, Taylor R. Morphology of the pancreas in type 2 diabetes: effect of weight loss with or without normalisation of insulin secretory capacity. *Diabetologia* 2016 Aug; 59(8):1753-9. doi: 10.1007/s00125-016-3984-6. Epub 2016 May 14. PMID: 27179658; <https://rdcu.be/3K5G> (IF 6.671)
16. Al-MrabeH A, Hollingsworth KG, Steven S, Tiniakos D and Taylor R. Quantification of intrapancreatic fat in type 2 diabetes by MRI. *PLOS One* 2017 Apr 3;12(4):e0174660. doi: 10.1371/journal.pone.0174660. PMID: 28369092 (IF 3.234)
17. Rehackova L, Araujo-Soares V, Adamson AJ, Steven S, Taylor R, Sniehotta F. F. Acceptability of a very-low-energy diet in Type 2 diabetes: patient experiences and behaviour regulation *Diabetic Med* 2017; 34: 1554–1567
18. **Taylor R, Barnes A. Translating aetiological insight into sustainable management of type 2 diabetes? *Diabetologia* 2017; 61:273-83 doi: 10.1007/s00125-017-4504-z (IF 6.2)**
19. **Taylor R, Leslie WS, Barnes AC, Brosnahan N, Thom G, McCombie L, Peters C, Zhyzhneuskaya S, Al-MrabeH A, Hollingsworth KG, Rodrigues AM, Rehackova L, Adamson² AJ, Sniehotta FF, Mathers JM, Ross HM, McIlvenna Y, Stefanetti R, Trenell M, Welsh P, Kean S, Ford I, McConnachie A, Sattar N, Lean MEJ. Clinical and metabolic features of the randomised controlled Diabetes Remission Clinical Trial (DiRECT) cohort. *Diabetologia* 2017; 61:589-98 <https://doi.org/10.1007/s00125-017-4503-0> (IF 6.2)**
20. **Lean MEJ, Leslie WS, Barnes AC, Brosnahan N, Thom G, McCombie L, Peters C, Zhyzhneuskaya S, Al-MrabeH A, Hollingsworth KG, Rodrigues AM, Rehackova L, Adamson² AJ, Sniehotta FF, Mathers JM, Ross HM, McIlvenna Y, Stefanetti R, Trenell M, Welsh P, Kean S, Ford I, McConnachie A, Sattar N, Taylor R. Primary care weight-management for type 2 diabetes: the cluster-randomised Diabetes Remission Clinical Trial (DiRECT). *Lancet* 2017; 391:541-51 [doi.org/10.1016/S0140-6736\(17\)33102-1](https://doi.org/10.1016/S0140-6736(17)33102-1) (IF 44)**
21. **Taylor R, Barnes A. Can type 2 diabetes be reversed and how can this best be achieved? James Lind Alliance research priority number one. *Diabetic Medicine* 2018; 00:1-8 (2018) doi: 10.1111/dme.13851**
22. **Taylor R, Al-MrabeH A, Zhyzhneuskaya S, Peters C, Barnes A, Aribisala B, Hollingsworth KG, Mathers JC, Sattar N, Lean MEJ. Remission of human type 2 diabetes requires decrease in liver and pancreas fat content but is dependent upon capacity for beta cell recovery. *Cell Metab.* 2018 Oct 2;28(4):547-556.e3. doi: 10.1016/j.cmet.2018.07.003.**
23. Yiqiao X, Davies A, McCombie L, Briggs A, Messow C-M, Grieve E, Leslie WS, Taylor R, Lean MEJ. Within-trial cost and 1-year cost-effectiveness of the DiRECT/Counterweight-Plus weight-management programme to achieve remission of type 2 diabetes. *Lancet* 2018. doi:10.1016/S2213-8587(18)30346-2.

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25. Taylor, R. Calorie restriction for long-term remission of type 2 diabetes. *Clinical Medicine* 2019 Vol 19, No 1:37-42
26. **Taylor R, Al-MrabeH A, Sattar N. Understanding the mechanisms of reversal of type 2 diabetes. *Lancet Diabetes and Endocrinology* 2019; 7:726-736**
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28. Xin Y, Davies A, McCombie L, Briggs A, Messow C-M, Grieve E, Leslie WS, Taylor R, Lean MEJ. Type 2 diabetes remission: economic evaluation of the DiRECT/Counterweight-Plus weight management programme within a primary care randomized controlled trial. *Diabetic Medicine* 2019. doi:10.1111/dme.13981
29. Hopkins MD, Taylor R, Lean MEJ. The DiRECT principles: giving Type 2 diabetes remission programmes the best chance of success. *Diabetic Medicine* 2019. doi:10.1111/dme.14126.
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33. **Al-MrabeH A; Zhyzhneuskaya SV; Peters C; Barnes AC; Melhem S; Jesuthasan A; Aribisala B; Hollingsworth KG; Liet G; Mather JC; Sattar N; Lean MEJ; Taylor R. Hepatic Lipoprotein Export and Remission of Human Type 2 Diabetes after Weight Loss. *Cell Metabolism* 2019; doi:10.1016/j.cmet.2019.11.018**
34. **Zhyzhneuskaya SV, Al-MrabeH A, Peters C, Barnes AC, Melhem S, Jesuthasan A, Aribisala B, Hollingsworth KG, McConnachie A, Sattar N, Lean MEJ, Taylor R. Time course of normalisation of functional beta cell capacity in DiRECT after weight loss in type 2 diabetes. *Diabetes Care* 2020 In press**