

Table 4: Average Changes in Blood Pressure and Heart Rate

Study	Diabetes Duration (years)	Diet Duration (weeks)	Heart Rate (Beats per minute)		Systolic Blood Pressure (mmMg)		Systolic Blood Pressure (mmMg)		Change in diabetes treatment
			Baseline	After Diet	Baseline	After Diet	Baseline	After Diet	
Steven & Taylor, 2015 (4)	2.3	8	n.r.	n.r.	144	125	91	82	n.r.
	12.7		n.r.	n.r.	160	133	90	80	n.r.
Jonker <i>et al</i> , 2014 (3)	9.4	16	85	69	155	136	89	80	All diabetes medication & insulin stopped
Sleddering <i>et al</i> , 2014 (5)	n.r.	16	n.r.	n.r.	160	140	87	78	All diabetes medication & insulin stopped
Sleddering <i>et al</i> , 2014 (+exercise) (5)	n.r.	16	n.r.	n.r.	145	132	81	75	
Jazet <i>et al</i> , 2007 (6)	7.5	4.3	n.r.	n.r.	169	142	96	82	All diabetes medication was stopped
Paisey <i>et al</i> , 1998 (7)	n.r.	16†	n.r.	n.r.	140	134	77	74	All diabetes medication & diuretics were stopped
Capstick <i>et al</i> , 1997 (8)	10	12	n.r.	n.r.	138	130	78	74	Reduced diabetes medication & insulin
Wing <i>et al</i> , 1994 (9)	n.r.	12+12‡	n.r.	n.r.	139	130	87	81	All diabetes medication was stopped

* These studies compared bariatric surgery to very low calorie diets, and they did this by matching the weight reduction of surgery patients with that of the diet only patients, so the diet duration is just the average time it took volunteers to experience the required weight reduction with some needing more time than others less.

† This study had allowed volunteers to choose a weight reduction target. Volunteers were then encouraged to stay on the diet as long as required to reach their target; in all but one case this was achieved within four months.

‡ This study used 2 very low calorie periods separated by a low calorie period, and measures were reported from the start and six months into the study.

Abbreviations: n.r. – not reported, meaning the this information was not available in the published article.

It's important to keep in mind that these are average changes, so some people will have experienced smaller changes and some larger ones. Some of the fasting blood glucose values are higher because medications were sometimes stopped before the baseline (before diet) measurements were done. Also, look at the duration of the studies, some of these studies were not done to try to reverse type diabetes, but for other reasons and so only gave people a very low calorie diet for a few days. Lastly, some results may not seem as impressive until you look at the reduction or removal of insulin therapy and/or other treatment.