



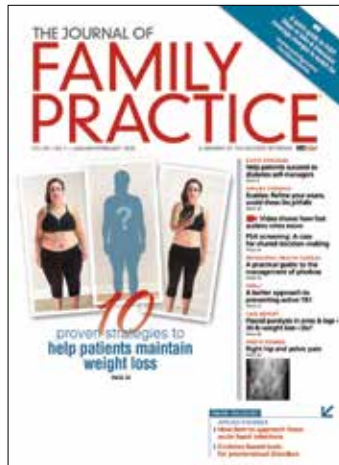
## There's one less weight-loss drug on the market

I would like to provide an update to my article, “10 proven strategies to help patients maintain weight loss” (*J Fam Pract.* 2020;69:20-25), which mentioned lorcaserin as one of several medications approved by the US Food and Drug Administration (FDA) for long-term use in weight maintenance. On February 13, 2020, the FDA requested that the manufacturer of Belviq and Belviq XR (lorcaserin), Eisai Inc., voluntarily withdraw the weight-loss drug from the US market because a safety clinical trial demonstrated an increased occurrence of cancer. Eisai Inc. has submitted a request to voluntarily withdraw the drug. The FDA has advised patients to stop taking lorcaserin and talk to their health care provider about alternative weight-loss medicines and weight management programs.

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## Can diabetes be cured?

In his Guest Editorial “How to help patients become successful diabetes self-managers”



(*J Fam Pract.* 2020;69:8-9), Dr. Unger makes several very good points. I especially liked his recommendation to ask patients why they are concerned about having diabetes; this question alone can kick-start the behavior modification process leading to improved diabetes control.

However, I disagree with Dr. Unger's assertion that “diabetes cannot be cured.” Based on multiple case studies, clinical trials, results from lifestyle intervention programs, and my own experience as a family physician, it is clear that diabetes can be reversed with lifestyle changes designed to counteract the modifiable factors (eg, diet, lack of exercise) that usually cause this condition.

Rather than merely considering the diabetes measure of success to be blood glucose controlled by prescribed medication, it is important to offer a more collaborative approach to patients willing to make lifestyle changes. We can show many—if not most—that they can achieve the goal of blood glucose control without medication.

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