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| **Table 2 Baseline Data: Anthropometric measurements and biochemical values** |
| **Patient** | **Age** | **Duration of diabetes (years)** | **Weight (kg)** | **Waist Circumference (cm)** | **BMI** | **Fasting (mmol/l)** | **Prelunch (mmol/l)** | **Predinner (mmol/l)** | **Mean BG (mmol/l)** |  |
| 1 | 64 | 17.00 | 94.60 | 117.00 | 36.00 | 11.70 | 19.80 | 15.50 | 14.20 |
| 2 | 51 | 20.00 | 86.00 | 106.00 | 31.50 | 10.00 | 12.20 | 7.20 | 10.20 |
| 3 | 65 | 15.00 | 95.90 | 116.00 | 36.00 | 12.60 | 14.90 | 13.20 | 14.00 |
| 4 | 44 | 10.00 | 113.00 | 125.00 | 44.70 | 12.10 | 10.10 | 11.00 | 10.00 |
| 5 | 44 | 0.58 | 98.00 | 108.00 | 35.60 | 11.30 | 5.90 | 11.60 | 9.60 |
| 6 | 58 | 13.00 | 121.00 | 130.00 | 36.40 | 9.20 | 8.10 | 7.20 | 8.10 |
| 7 | 54 | 5.50 | 139.50 | 133.00 | 42.00 | 10.60 | 7.70 | 8.40 | 9.00 |
| 8 | 44 | 4.00 | 93.00 | 102.00 | 32.00 | 10.10 | 8.70 | 8.40 | 8.70 |
| 9 | 51 | 9.00 | 93.50 | 107.50 | 35.10 | 9.70 | 9.30 | 9.20 | 9.20 |
| 10 | 68 | 5.00 | 87.80 | 116.00 | 33.00 | 7.30 | 8.10 | 9.20 | 8.40 |
| 11 | 43 | 0.50 | 74.50 | 98.00 | 32.20 | 7.80 | 7.30 | 7.50 | 7.80 |
| Average: | 53.2727 | 9.90 | 99.71 | 114.41 | 35.86 | 10.22 | 10.19 | 9.85 | 9.93 |
| **Post Intervention Data: Anthropometric measurements and biochemical values**  |
| **Patient** | **Age** | **Duration of diabetes (years)** | **Weight (kg)** | **Waist Circumference (cm)** | **BMI** | **Fasting (mmol/l)** | **Prelunch (mmol/l)** | **Predinner (mmol/l)** | **Mean BG (mmol/l)** | **Duration on programme (weeks)** |
| 1 | 64 | 17.00 | 91.50 | 115.50 | 34.80 | 7.60 | 8.60 | 5.80 | 7.40 | 2.00 |
| 2 | 51 | 20.00 | 83.00 | 107.00 | 30.40 | 8.00 | 7.30 | 10.00 | 9.00 | 5.00 |
| 3 | 65 | 15.00 | 91.00 | 108.00 | 34.20 | 8.80 | 5.00 | 11.60 | 8.80 | 6.00 |
| 4 | 44 | 10.00 | 111.50 | 118.00 | 44.10 | 7.40 | 6.60 | 6.00 | 6.60 | 2.00 |
| 5 | 44 | 0.58 | 96.00 | 108.00 | 34.80 | 5.20 | 6.80 | 7.30 | 7.00 | 2.00 |
| 6 | 58 | 13.00 | 109.00 | 125.00 | 33.60 | 7.30 | 6.70 | 6.10 | 6.60 | 5.00 |
| 7 | 54 | 5.50 | 133.00 | 130.00 | 40.10 | 7.30 | 6.40 | 5.80 | 6.50 | 3.00 |
| 8 | 44 | 4.00 | 85.50 | 95.00 | 29.50 | 8.70 | 7.60 | 6.30 | 7.90 | 5.00 |
| 9 | 51 | 9.00 | 90.90 | 106.50 | 34.10 | 7.10 | 6.80 | 6.40 | 6.70 | 1.00 |
| 10 | 68 | 5.00 | 86.00 | 108.00 | 32.70 | 4.90 | 5.10 | 5.40 | 5.90 | 3.00 |
| 11 | 43 | 0.50 | 71.10 | 90.00 | 30.70 | 6.30 | 5.10 | 5.70 | 5.70 | 8.00 |
| Average: | 53.2727 | 9.90 | 95.32 | 110.09 | 34.45 | 7.15 | 6.55 | 6.95 | 7.10 | 3.82 |
| Change: |  |  | 4.39 | 4.32 | 1.41 | 3.07 | 3.65 | 2.91 | 2.83 |  |

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| **Table 3: Baseline Data: Medication**  |
| **Patient** | **Metformin (mg)** | **Gliclazide (mg)** | **Janumet (mg)** | **Victoza (mg)** | **Bolus Insulin (units)** | **Basal Insulin (units)** | **Total Insulin dose (units)** |  |
| 1\*\*\* | 1000.00 |  |  |  | 105.00 | 100.00 | 205.00 |
| 2\* | 2000.00 |  |  |  | 60.00 | 140.00 | 200.00 |
| 3\*\* |  | 120.00 |  |  |  | 10.00 | 10.00 |
| 4\*\*\* | 1700.00 |  |  |  | 30.00 | 28.00 | 58.00 |
| 5\*\*\* |  | 120.00 | 50/500 |  |  |  |  |
| 6\*\* |  |  |  |  | 72.00 | 60.00 | 132.00 |
| 7\*\* | 2000.00 | 60.00 |  |  |  |  |  |
| 8\*\* | 2000.00 | 120.00 |  |  |  |  |  |
| 9\*\*\* |  |  |  |  |  |  |  |
| 10\*\*\* | 2000.00 | 60.00 |  |  |  |  |  |
| 11\* | 500.00 |  |  |  |  |  |  |
| Average | 1600.00 | 96.00 | 50/500 |  | 66.75 | 61.00 | 121.00 |
| **Post Intervention Data: Medication**  |
| **Patient** | **Metformin (mg)** | **Gliclazide (mg)** | **Janumet (mg)** | **Victoza (mg)** | **Bolus Insulin (units)** | **Basal Insulin (units)** | **Total Insulin dose (units)** | **Duration on programme (weeks)** |
| 1\*\*\* | 1000.00 |  |  |  | 30.00 | 70.00 | 100.00 | 2.00 |
| 2\* | 2000.00 |  |  |  | 30.00 | 120.00 | 150.00 | 5.00 |
| 3\*\* |  | 120.00 |  |  |  | 10.00 | 10.00 | 6.00 |
| 4\*\*\* | 1700.00 |  |  |  | 24.00 | 20.00 | 44.00 | 2.00 |
| 5\*\*\* |  |  | 50/500 |  |  |  |  | 2.00 |
| 6\*\* | 1700.00 |  |  |  | 20.00 | 21.00 | 41.00 | 5.00 |
| 7\*\* | 2000.00 | 60.00 |  |  |  |  |  | 3.00 |
| 8\*\* | 2000.00 |  |  | 1.80 |  |  |  | 5.00 |
| 9\*\*\* |  |  |  |  |  |  |  | 1.00 |
| 10\*\*\* | 2000.00 | 60.00 |  |  |  |  |  | 3.00 |
| 11\* |  |  |  |  |  |  |  | 8.00 |
| Average | 1771.43 | 80.00 | 50/500 | 1.80 | 26.00 | 48.20 | 69.00 | 3.82 |
| Change | -171.43 | -240 † | 0 | -1.80 | -40.75 | -12.80 | -52.00 |  |
| Current stage of programme: \*\*\* = three shakes, \*\* = two shakes, \*= one shake, † reduction from those who used Gliclazide at basline |