I have hepatitis C and type 2 diabetes. If my hep C is cured, will the diabetes go away too?

November 27, 2018 By Lucinda K. Porter RN

Maybe, depending on what is causing your type 2 diabetes. A 2017 study conducted at the Veterans Affairs Healthcare system found that on average, people with type 2 diabetes and hepatitis C had improved blood sugar levels and were able to reduce their insulin after their hep C was cured. Over the years, other studies have found similar results, including some showing that curing hepatitis C reduces the risk of acquiring type 2 diabetes.

However, bear in mind that type 2 diabetes is common in the Unites States. In 2015, more than 84 million Americans age 18 and older had prediabetes. The rate of diabetes in those over age 65 is more than 25 percent. Prediabetes and type 2 diabetes are associated with lifestyle factors such as poor diet, inactivity and being overweight. Therefore, if you have any of these factors, being cured of hep C may not help your blood sugar levels.

November is American Diabetes Month. Click here to learn more about type 2 diabetes; click here for tips on healthy living with hepatitis C.

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