



PRESS RELEASE – FINAL

Hockley GP praises MoreLife weight management programme as type-2 diabetes patients live healthier and happier lives

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A local GP has praised the relationship between his surgery and lifestyle service provider MoreLife, as his Type 2 diabetes patients see life-changing outcomes following a 12-month weight management programme.

Dr Saqib Mahmud, a GP partner and Diabetes lead at Jones Family Practice & Church View Surgery in Hockley, was approached by MoreLife to work together on tackling obesity and reaching more patients in the South Essex area.

Dr Mahmud said: "I alone wouldn't be able to tackle the obesity problem in my area. It seemed ideal to pair up the medical advice I was offering my patients with the practical weight management expertise of MoreLife. I am able to offer more effective solutions for my patients and as a result, they are seeing more positive outcomes."

"All it took was a little time and effort to reach the right patients. My colleague and Clinical Services Manager Charlotte Ross proactively searched our patient register to identify those who would most benefit from the programme and then together we sent letters and called each patient to make them aware."

In 2019, Dr Mahmud referred 43 patients on to the programme, which was suitable for anyone with Type 2 diabetes and Body Mass Index (BMI) of 35+.

Patients attended three months of weekly face-to-face group sessions at the local fire station opposite the surgery, hosted by MoreLife's expert team of nutritionists, psychologists and sport and exercise specialists.

Following this, patients continued their journey with nine months of guidance and support from a dedicated MoreLife weight management practitioner along with regular monthly check-ups with Dr Mahmud to access medical needs and track outcomes.

As a result, patients on the programme have lost on average 2 stone in weight and have significantly improved their insulin levels and BMI.

Julie Skinner, aged 60 from Hockley was one of the first patients referred by Dr Mahmud. At the time of joining, she had a BMI of 40 and was living with type 2 diabetes.

Following the 12-month programme, Julie has lost 4 stone, has reduced her BMI to 31 and improved insulin levels by over 30%.

She said, "I was apprehensive at first and low on confidence, but Dr Mahmud had such a positive attitude and really pushed me to take part. I now eat a lot better, take part in more physical exercise and as a result I feel healthier and happier. If I can do it, anyone can do it and now that I have lost the weight, I'm never going back."

Alongside proactively engaging patients, Dr Mahmud has championed the MoreLife service by sharing positive outcomes with the European Study of Obesity report and encouraging local GPs to take inspiration from the joined-up approach.

MoreLife currently delivers the weight management programmes to over 360 people across Thurrock, Basildon, Brentwood, Southend, Castlepoint and Rochford and hopes more GPs and community organisations will engage with their services.

Emily Costelloe, Contract Manager of MoreLife in South and West Essex, said; "Dr Mahmud is a shining example of how proactive engagement can lead to happier and healthier patients.

"At MoreLife, we believe that a blend of experts and services is needed to improve patients' lifestyles and outcomes, and we hope this story inspires more GPs and community services across the area to get in touch and see how we can support each other to tackle the growing challenge of obesity in Essex."

To find out more about MoreLife services and get in touch, visit www.more-life.co.uk

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Photo caption: Dr Mahmud with patients at Hockley Surgery



Photo caption: Julie, before and after shots.

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