

## Case study: Phil, 65



### Context

Momenta Newcastle is delivering the NHS Low Calorie Diet (LCD) Programme across Somerset. The programme is delivered to groups of up to 15 people in-person in local accessible venues.

### Phil's background

Phil is 65 and previously worked in local government, before taking early retirement to focus on treatment for some challenging health conditions. After he stopped working, Phil noticed his weight kept increasing – until he reached his heaviest at **127kg (20 stone)**.

### Life before the programme

While going through various treatments, Phil was also diagnosed with Type 2 diabetes. After buying his own home-testing kit he managed to keep this on a level, supported by a mix of tablets. But nothing he did reduced his Hb1Ac (average blood glucose), which had climbed to **60**.

After coming home one day, Phil found a letter from his GP practice in Taunton inviting him to learn more about the new NHS LCD programme, which was now available in the local area.

*'As soon as I got the letter, I called **the practice** as this could have been **the support I needed to put my diabetes in remission.**'*

### Phil's journey

After learning more about the programme, Phil decided to give it a go:

*'I've always been a big picture guy and **my glass is always half full**, so once I knew what this was about, I knew what I had to do **so grabbed the opportunity with both hands** – I was desperate to do it.'*

Phil's wife had also had a recent health scare, and they'd recently welcomed a new grandchild. He had everything to live for and wanted to do this not just for him, but for all of them.



## Starting the programme

From his first session, the group were full of support and it was so nice to be surrounded by people in a similar position. And the first time he opened one of the Exante products and tasted it, Phil couldn't quite believe how good it tasted:

*'I was **so surprised** with **how much I liked the first shake** that I even got my wife to try it too!'*

Fully committed to the programme and with the ultimate goal of putting his diabetes into remission, Phil even took his products and a set of scales on a holiday with friends so he knew he wasn't going to go off track.

Very quickly he realised weight was coming off – even in a short space of time the programme was already working. The more sessions Phil went to, the more weight he lost. He was feeling better than he had for years.

When Phase 2 started, he was worried about reintroducing food after such fantastic success during the Total Diet Replacement (TDR) phase.

*'When I started eating again, I was frightened I was going to undo **all my achievements** over the previous 3 months. But when I **put into practice** a lot of what we discussed in the sessions it **became a lot easier.**'*

*'What's been **very helpful** throughout the programme is **the support** I get **from the group, our coach** and the **fantastic resources** that I always look over when I'm unsure.'*

## How has life improved?

During the programme Phil realised how lucky he was to have such a fantastic support network of family and friends around him:

*'This was **the biggest thing for me, you need to have support** to be able to do this and **achieve diabetes remission.**'*

*'It may not happen **straight away** but keep going and **don't give up** – you have to **persevere.**'*

After completing the first 2 phases of the programme, Phil's lost **11%** of his starting weight and is feeling more energetic than before. He already needs to buy a new wardrobe:

*'I had a pair of jeans that I was using for a **special occasion**. I tried them on and **they were too big** – I have now **lost 4 jeans sizes** in a matter of **months.**'*

A recent routine blood test at his GP practice showed that his Hb1Ac (average blood glucose) is now down to **45**.

*'To be told that if you **keep working** at this then you'll **be in remission** is the best thing I could hear – I had to share the news on social media **I was that happy!**'*



## What's next?

Phil is currently in Phase 3 and still working hard to continue his journey to diabetes remission:

*'This is **simply life-changing** and I cannot wait to see the person looking back at me in the mirror in June 2023 after I finish the programme. I also **can't wait to see the progress** everyone else makes too.'*



**NOTE:** The Momenta LCD programme has 20 group sessions and one individual phone-call in three phases over 12 months, including an initial 12 weeks of Total Diet Replacement (TDR) products including shakes, soups, bars and pot meals. Referred participants must meet NHSE eligibility criteria and comply with medication adjustment advice given by their GP at referral.