

## Type 2 diabetes remission

Achieving remission of Type 2 Diabetes means your blood sugar levels are no longer in the range for diabetes and you don't need to take any diabetes medications! Some people call this reversing but we prefer the term remission because your Type 2 diabetes can come back.

Research tells us that you are more likely to achieve remission if you:

- Have been recently diagnosed
- Take fewer or no diabetes medications
- Lose more weight and keep it off

Whilst remission isn't possible for everyone there are many other health benefits associated with losing weight and adopting an active and healthy lifestyle.



## What next?



The NHS has funded 500 places on the NHS Low Calorie Diet Programme across Birmingham and Solihull (including West Birmingham). If you're interested in finding out more about the programme, you can visit [momentanewcastle.com/introduction](https://momentanewcastle.com/introduction)



If you decide that this is the right programme for you at this time, you'll need to be referred by your GP practice. This will include getting advice about medications you might be taking, potential side-effects and ongoing monitoring.

**Ask your GP or nurse for more details.**

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# The NHS Low Calorie Diet Programme

## for people living with Type 2 diabetes

A **FREE** new one year programme to support you to:

- ✓ Lose weight
- ✓ Reduce your diabetes medications
- ✓ Feel fitter, healthier and happier
- ✓ Potentially put your diabetes into remission.

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## Am I eligible?

### You need to be:

- ✓ Registered with a GP practice in Birmingham and Solihull (including West Birmingham)
- ✓ Aged 18-65
- ✓ Diagnosed with Type 2 diabetes within the last 6 years
- ✓ Above a healthy weight
- ✓ Able to commit to a 12-month programme
- ✓ Willing to attend virtual group sessions (Zoom)
- ✓ Comfortable with just soups and shakes for the first 12 weeks.

You also need to meet various other eligibility criteria, including not: Being an insulin user, being pregnant / planning pregnancy in the next 12 months, or have had / be waiting for bariatric surgery. If you're eligible and interested ask your GP or nurse for more details.



## What is the programme?

The NHS Low Calorie Diet is a three-phase programme over one year – all at no cost to you:

1. You'll follow a low calorie diet for 12 weeks – your choice of soups, shakes and bars totalling 8-900 calories per day
2. You'll gradually replace these products with real meals over six weeks
3. You'll receive ongoing support for the last 8 months to help you maintain your weight loss.

In an enjoyable and friendly virtual group setting our trained Coaches will support you to get all the knowledge and easy-to-use tools and techniques you need to lose weight and keep it off. Each of the 20 sessions focuses on a new topic about nutrition, physical activity or behaviour change.

You'll be given the total diet replacement products and a range of high-quality resources including Workbooks, a Lifestyle logbook, recipes, a pedometer and a year's access to the EXi physical activity app premium version for **FREE**.



## How will it help me?

Participants on the programme so far have told us how they've lost weight, reduced their diabetes and blood pressure medications. Some have even put their Type 2 diabetes into remission.

Many have become fitter, healthier and happier, seeing improvements in their mental and physical health and a range of other conditions.

// Overall, my quality of life has improved so much // Waqas, 36

// I'm caring more for myself and feel more energetic. It's changed my life // Joanna, 60

// If I was feeling low or demotivated, I came out of the meetings feeling positive // Michelle, 49

// At last, I've been offered something to help me // Justin, 46



Visit [momentanewcastle.com/case-studies](https://momentanewcastle.com/case-studies) for participant videos and for more detailed stories.