Mounjaro for weight loss;

We would like to update all patients following recent media coverage about the weight loss medication Mounjaro (also know as Tirzepatide) and it's availability through GPs.

At Sandford Surgery, we will not be prescribing this medication for weight loss or obesity at the surgery. This is because a safe and appropriate service for providing the treatment has not yet been established in primary care.

Locally, our NHS commissioner; NHS Dorset (ICB) are working to set up the necessary services to support this treatment. We do not currently have any further information or date as to when this community service will be launched and access will be limited to a very small number of people who meet specific national criteria.

The current eligibility criteria set by NHS is that a patient MUST have;

- A BMI of 40 or above

PUS FOUR or more of the following diagnosed conditions;

- Type 2 Diabetes
- High Blood Pressure (Hypertension)
- Cardiovascular disease
- Obstructive sleep apnoea
- Dyslipidaemia (abnormal levels of fat in the blood)

Once this service is in place, we will be advertising how and where the service will be provided from.

In the meantime, a small number of patients who meet the eligibility criteria may be referred to the specialist Tier 3 Weight Management Service. This service is delivered by a team with expertise to safely support patients in managing their weight, including considering whether medications such as Mounjaro may be appropriate as part of a comprehensive plan and weight journey,

It is important to understand that medication alone is not a 'quick fix'. Successful and sustained weight loss requires a holistic approach, including lifestyle, nutritional and psychological support alongside any treatment.

If you would like a health check so that we can ensure your details are correct ahead of this service, and\or refer you to the weight management service (where eligible) please contact reception on 01305 251545 to book an appointment for an NHS Health check.

See also; Tirzepatide (Mounjaro) – NHS Dorset