# Mother loses seven stone using NHS-approved drug Mounjaro after pre-diabetes diagnosis



Natalie Strange, a 36-year-old mother, has captured attention with her remarkable transformation after shedding an impressive seven stone—a journey marked not just by physical change, but by a significant mental shift as well. Once spending £250 a month on takeaways, she arrived at a pivotal moment during a doctor's appointment when she learned that she was pre-diabetic and battling dangerously high blood pressure. This revelation became the catalyst for her life-altering decision to adopt Mounjaro, a drug approved by the NHS and scientifically known as tirzepatide, primarily intended for diabetes management but increasingly recognised for its benefits in weight loss.

Previously, Natalie struggled with her weight, feeling "disgusting" and often avoiding travel with her husband due to feelings of embarrassment over her appearance. Despite her efforts with various diets—ranging from Weight Watchers to Slimming World—nothing seemed to offer a sustainable solution. Her diet consisted mainly of high-calorie foods, including pastries, hefty takeout meals, and large portions that left her feeling guilty and bloated. This unhealthy cycle and her peak weight of 19 stone left her feeling exhausted and unwilling to engage in physical activity.

Natalie’s switch to Mounjaro marked a significant turning point. Within the first week, she reported losing 10lbs, and soon after, two stone within a month. The drug, which works by increasing feelings of fullness and reducing appetite, has allowed her to take control of her cravings for junk food, stating, “Now I feel like a new person.” The change not only led to physical weight loss, rendering her from a UK dress size 22 to a size 10, but also to an increased confidence that has allowed her to explore new hobbies, such as yoga and running.

Mounjaro has been investigated thoroughly in clinical trials, demonstrating an average weight reduction of nearly 23% for individuals using the drug in combination with a balanced diet and exercise. This aligns with findings that many individuals find it exceedingly challenging to maintain weight loss through diet and exercise alone. The UK’s Medicines and Healthcare products Regulatory Agency (MHRA) has approved the drug for adults with a Body Mass Index (BMI) of 30 or more, or those with a BMI of 27-30 who are contending with weight-related health issues.

However, while Natalie’s story is inspirational, it is not without complexity. The treatment can come with side effects such as nausea, diarrhoea, and vomiting, leading some potential users to weigh the benefits against the discomfort. Yet, for Natalie, these side effects pale in comparison to the lifestyle change and health benefits she’s experienced. “My desperate need to overindulge was a health problem, not a willpower issue,” she noted, reflecting a broader dialogue about the role of medication in weight management.

As public health initiatives evolve, including recommendations from the National Institute for Health and Care Excellence (NICE) for expanded access to tirzepatide, there is hope for the over 3.4 million individuals in England who may find themselves eligible. While the initial stages of this rollout will prioritise the most clinically needy, the potential for medication-assisted weight loss is shifting perceptions on how best to address obesity.

Natalie's advice, rooted in her personal journey, is simple: "Just do it. It’s changed my life – and only for the better." In embracing Mounjaro, she transformed not just her physical appearance but her outlook on life, evolving into a version of herself that she is proud to present to the world.

### Reference Map

1. [[1]](https://www.express.co.uk/news/uk/2054163/woman-who-felt-disgusting-sheds-7st)
2. [[2]](https://www.gov.uk/government/news/mhra-authorises-diabetes-drug-mounjaro-tirzepatide-for-weight-management-and-weight-loss)
3. [[3]](https://www.reuters.com/business/healthcare-pharmaceuticals/britain-drug-cost-watchdog-says-it-will-recommend-lilly-obesity-drug-2024-12-05/)
4. [[4]](https://www.reuters.com/business/healthcare-pharmaceuticals/lillys-tirzepatide-shows-additional-211-weight-loss-after-12-weeks-intensive-lifestyle-intervention-2023-10-15/)
5. [[5]](https://www.womenshealthmag.com/weight-loss/a60847092/weight-loss-success-story-mounjaro/)
6. [[6]](https://www.womenshealthmag.com/weight-loss/a46106274/tirzepatide-weight-loss-review-before-and-after/)
7. [[7]](https://www.mombeach.com/losing-weight-with-zepbound-mounjaro/)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.express.co.uk/news/uk/2054163/woman-who-felt-disgusting-sheds-7st> - Please view link - unable to able to access data
2. <https://www.gov.uk/government/news/mhra-authorises-diabetes-drug-mounjaro-tirzepatide-for-weight-management-and-weight-loss> - The UK's Medicines and Healthcare products Regulatory Agency (MHRA) has authorized Mounjaro (tirzepatide) for weight management and weight loss in adults aged 18 and over. The drug is approved for individuals with a BMI of 30 or more (obesity) and those with a BMI between 27-30 who have weight-related health problems such as prediabetes, high blood pressure, high cholesterol, or heart issues. Mounjaro is to be used alongside a reduced-calorie diet and increased physical activity. The medication works by regulating appetite, making users feel fuller and less hungry. It is administered as a weekly injection with varying dosages. Common side effects include nausea, diarrhea, vomiting, and constipation. The MHRA will continue to monitor the safety and effectiveness of Mounjaro.
3. <https://www.reuters.com/business/healthcare-pharmaceuticals/britain-drug-cost-watchdog-says-it-will-recommend-lilly-obesity-drug-2024-12-05/> - The UK's National Institute for Health and Care Excellence (NICE) has announced its intention to recommend Eli Lilly's obesity drug Mounjaro for approximately 220,000 people over the next three years through the state health system. Mounjaro, launched in the UK in February, was previously available only for out-of-pocket payments. The drug is recommended for individuals with a BMI over 35 and at least one weight-related condition such as heart disease or type 2 diabetes. This guideline mirrors NICE's March 2023 recommendations for Novo Nordisk’s Wegovy. Around 3.4 million individuals in England might be eligible under these criteria. Initially, those with the highest clinical need will be prioritized. NICE is expected to finalize its guidance by December 23, with the first NHS patients receiving the medication 90 to 180 days later. Mounjaro is a GLP-1 analogue, a class of drugs originally developed for type 2 diabetes but also found effective for weight loss. The drug showed an average weight reduction of nearly 23% in clinical trials. The phased rollout aims to ensure that healthcare providers can manage the overall health needs of all patients.
4. <https://www.reuters.com/business/healthcare-pharmaceuticals/lillys-tirzepatide-shows-additional-211-weight-loss-after-12-weeks-intensive-lifestyle-intervention-2023-10-15/> - Eli Lilly's tirzepatide has demonstrated an additional 21.1% weight loss after 12 weeks of intensive lifestyle intervention, leading to a total mean weight loss of 26.6% over 84 weeks. The SURMOUNT-3 clinical trial evaluated tirzepatide in adults with obesity or overweight conditions and weight-related comorbidities, excluding type 2 diabetes. Participants who added tirzepatide to diet and exercise saw greater, longer-lasting weight reduction than those taking a placebo. The study underscores the difficulty some people face maintaining weight loss with diet and exercise alone.
5. <https://www.womenshealthmag.com/weight-loss/a60847092/weight-loss-success-story-mounjaro/> - A personal account of a woman who began taking Mounjaro in November 2022. Starting with a 2.5-milligram weekly dose, she gradually increased to 7.5 milligrams over six months. The medication led to a significant reduction in cravings and portion sizes. She experienced minimal side effects, primarily nausea and body aches, which subsided over time. Despite a consistent exercise regimen, the weight loss achieved with Mounjaro was unprecedented. After six months, she reached her goal weight of 140 pounds and successfully weaned off the medication. The journey highlighted the importance of a balanced approach, combining medication with exercise and mindful eating.
6. <https://www.womenshealthmag.com/weight-loss/a46106274/tirzepatide-weight-loss-review-before-and-after/> - A 24-year-old woman shares her experience with tirzepatide, aiming to lose 60 pounds. Starting with a 2.5-milligram weekly dose, she gradually increased to 5 milligrams. The medication led to a significant decrease in appetite, with side effects including nausea and body aches, which subsided over time. She adopted a diet of whole foods, avoiding greasy and sugary foods that caused discomfort. After six months, she had lost approximately 15 pounds. Facing insurance changes, she accessed a generic version of tirzepatide, continuing her weight loss journey. The account emphasizes the challenges and considerations of using weight loss medications, including cost and side effects.
7. <https://www.mombeach.com/losing-weight-with-zepbound-mounjaro/> - A personal account of a 41-year-old mother who lost 60 pounds over seven months using Zepbound and Mounjaro (tirzepatide). Balancing family responsibilities and work, she found traditional weight loss methods challenging. The medication provided a solution, leading to significant weight loss and improved health. The journey highlights the potential of tirzepatide in weight management, especially for individuals with busy lifestyles.