

For immediate release

**Island Health Services Welcomes
Dr. Seun J. Bakare and Dr. Iniekem Ufford**

Hamilton, Bermuda – 28 April 2025 – Island Health Services is pleased to welcome Dr. Seun J. Bakare, a highly experienced General Practitioner, and Dr. Iniekem Ufford, a dedicated Family Physician, to our growing team of healthcare professionals.

Welcoming Dr. Seun J. Bakare to Family Practice Group, a member of Island Health Services

With over 16 years of clinical practice in the UK, Dr. Bakare brings a wealth of knowledge and a patient-centered approach to care. A graduate of Imperial College School of Medicine, he holds dual Memberships of the Royal College of General Practitioners (MRCGP) and the Royal College of Physicians (MRCP UK), reflecting his broad expertise across both primary and secondary care. Dr. Bakare has significant experience in urgent care and has worked across a range of NHS settings, managing a wide spectrum of acute and chronic conditions.

Known for his attentive and thorough approach, Dr. Bakare is committed to ensuring every patient feels heard, supported, and empowered with clear, evidence-based medical guidance. He will offer a range of primary care health services including ear microsuction and shockwave therapy.

We are thrilled to have Dr. Bakare on board as we continue to deepen our commitment to bringing high-quality, patient-focused healthcare to our community. Dr. Bakare is now accepting new patients, and appointments can be booked at ihs.bm/request-an-appointment.

Welcoming Dr. Iniekem Ufford to Island Health Services on Dundonald Street

With extensive experience in both medicine and surgery, Dr. Ufford provides high-quality, patient-centered care. After earning his medical degree from the University of the West Indies, he has worked across various healthcare settings, focusing on preventive care, chronic disease management, and holistic well-being.

Dr. Ufford believes in a collaborative approach to medicine, ensuring patients feel empowered to make informed healthcare decisions. He prioritises education and preventive care, helping individuals achieve long-term physical, mental, and spiritual wellbeing. Known for his compassionate and solution-focused approach, he is committed to delivering personalised, evidence-based care that meets each patient's unique needs.

He will offer a range of primary care services including minor procedures like post-surgical wound care, sutures, incisions and drainage. Dr. Ufford accepts walk-ins anytime at our Dundonald Street office location.

We are excited to welcome Dr. Ufford to our team as we continue in our mission to provide exceptional healthcare to the people of Bermuda. Dr. Ufford is now accepting new patients, and appointments can be booked at ihs.bm/request-an-appointment.

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About Island Health Services

Island Health Services is part of the BF&M group of companies. At Island Health Services, we believe in providing personalised, accessible care that meets the needs of every patient. With a team of 20 doctors, specialists, on-site and mobile lab services, and convenient online booking, getting the care you need has never been easier. Plus, Argus Health Insurance customers enjoy no copay for a variety of services at Island Health Services, including annual physicals and specialist visits. Island Health Services — better health starts here.

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