

Living360 HEALTHCARE INNOVATIONS

Feeling all worn out? Now is the time to take better care of your health and get ready for a carefree summer. Whether you're looking for an eye checkup, a facelift, or a procedure as complicated as a heart surgery, these expert doctors and practices can help keep you in tip-top shape.

FRONTIERS IN SPINAL SURGERY

Recent evidence-based advances in spinal surgery have improved safety and sped up recovery and patient satisfaction. Over the past decade, technological advances in spinal surgery led to significant changes in practice at the Spine Surgery Clinic. Innovations helped enhance recovery, replicate normal function, increase precision and, most importantly, improve safety. The following are some of the frontiers that transformed patient care at the clinic.

Where precision and safety are concerned, one major leap is the use of intra-operative navigation, which revolutionised implant insertion by improving accuracy to near perfection through enhanced simulated spine visualisation. This empowered advanced surgical techniques not previously possible. Another is the ultrasonic bone scalpel, which helps deliver precise cuts to remove pressure off nerves without harm on nerve contact and minimise bleeding.

The concepts around the 'gold standard' fusion is changing as evidence supporting motion-preserving new implant designs emerge, particularly with cervical (neck) disc replacement surgery. While the clinic offers both options of treatment, the trend is to favour new disc replacements that enhance patient satisfaction and reduce the likelihood of symptomatic adjacent disc degeneration.

Microscope use and minimally invasive surgery are key components of the clinic practice, and while not new, the techniques and technology have advanced substantially reducing post-operative pain and expediting recovery. Return to activity is now swifter than ever before.

This was a glimpse into the advances in the spinal surgical field currently available to people in the UK, including some of the private hospitals, and has made the art of spinal surgery in the right hands safe, effective and predictable.

● **Mr Khalid Salem — consultant spinal surgeon**
spinesurgeryclinic.co.uk
E: info@spinesurgeryclinic.co.uk
Appointment bookings:
Nottingham Spire Hospital T: 0115 937 7800
Nottingham Woodthorpe Hospital T: 0115 9209 209



BENEFIT RAPID RECOVERY FROM KEYHOLE BUNION AND FOOT SURGERY

Foot and ankle pain is a common clinical problem that affects all ages and genders. This part of the body is comprised of several bones and joints, making it one of the complex mechanical parts of the body, with various types of pathologies. Some non-operative treatment remedies relieve some pain, but don't always work. Many of us lead busy lifestyles and aren't able to take time off for prolonged recovery periods.

Mr Vail Karupiah is excited to be able to offer a minimally invasive surgery for foot and ankle pathologies. After the treatment, patients are able to walk immediately and get back to their everyday activities much quicker than traditional surgery. The scarring post-procedure and risk of infection is also minimal.

through very small incisions, a few millimetres long, with the potential for early recovery and minimal complications. This is in contrast to traditional surgery performed through large cuts on the foot.

What conditions can be treated this way?
 This technique is particularly useful in bunion surgery, where very small scars and better joint movement can be achieved. Big toe arthritis and toe deformities can also be successfully treated using these techniques. The wide variety of foot conditions which can be treated include:

- Bunions
- Hammer toes
- Metatarsalgia
- Big toe arthritis
- Plantar fasciitis
- Ankle arthritis
- Flat feet

Hospital locations:
 Mr Karupiah provides his services at Park Hospital, BMI (Nottingham), Woodthorpe Hospital, Ramsay Health Care (Nottingham), Thornbury Hospital, BMI (Sheffield) and Kinvara (Ireland).

● **Book online or contact T: 07704 920132**
E: enquiries@nottsortho.info
topdoctors.co.uk/doctor/vail-karupiah



What is keyhole surgery?
 This is a surgical technique where the operation is performed



SPECIALISTS IN MITRAL PROCEDURES

The London Mitral Clinic offers cutting edge keyhole and transcatheter mitral and tricuspid therapies



years, he's one of the world's most experienced surgeons in minimally invasive and endoscopic cardiac surgery including mitral, tricuspid, aortic valves and coronary bypass surgery. He's pioneered and is leading the programme of minimally invasive (keyhole) and endoscopic cardiac surgery at Royal Brompton and Harefield Hospitals. His main specialist interest is mitral and tricuspid valve disease.

Dr Ali Vazir is a leading cardiac imager and heart failure specialist at The Royal Brompton Hospital. He's one of the most experienced structural heart and TEER imagers in the UK.

Dr Saeed Mirsadraee is a Consultant Radiologist with a specialist interest in cardiovascular imaging and, in particular, imaging of the heart valves, surgical and transcatheter aortic and mitral valve procedure planning, and complex aortic conditions. He's the Radiology Lead for aortic and mitral imaging at the Royal Brompton and Harefield Hospitals.

Mrs Lauren Connolly, Clinical Nurse Specialist, has worked within the structural heart team as nurse specialist and co-ordinator for the transcatheter team, focusing on mitral and tricuspid valve disease for seven years. Lauren has experience as second operator of over 300 TEER procedures.

What does the London Mitral Clinic do?
 It offers the full range of valve intervention and assessment. It will recommend which treatment, if any, is best for the patient and provide a comprehensive and thorough follow up. Examples of investigations offered by LMC:

- Transcatheter (TTE) and transoesophageal echo (TOE)
- Cardiac CT
- Right heart catheterisation
- Coronary angiography
- Thorough clinical assessment and blood profile

Examples of treatments offered by LMC:

- Minimally invasive and totally endoscopic mitral and tricuspid valve repair
- Conventional valve surgery through sternotomy
- Mitral TEER (MitraClip/Pascal)
- Tricuspid TEER (MitraClip/Pascal)
- Transcatheter valve replacement (eg Edwards Sapien valve 'in valve' or 'in ring')
- Percutaneous transcatheter mitral commissurotomy (mitral balloon valvuloplasty/PTMC)

Who are the London Mitral Clinic?
 The LMC is made up of a multidisciplinary team who are able to deal with almost every aspect of valve disease. The team is led by Dr Robert Smith, Consultant Interventional Cardiologist, and Mr Toufan Bahrami, Consultant Cardiac Surgeon. Dr Smith's specialist interest is mitral and tricuspid valve disease and interventions. He leads one of the largest structural heart disease programmes in Europe at the world-renowned Royal Brompton & Harefield Hospitals. Dr Smith is one of the most experienced mitral and tricuspid interventionists in the UK, with experience of more than 500 transcatheter edge-to-edge repair (TEER) procedures. He's the highest volume implanter in the UK and delivers training to other consultants internationally. As well as TEER, he's experienced at multiple other percutaneous valve procedures including mitral balloon valvuloplasty, transcatheter valve replacement and para-valvar leak closure.

Mr Bahrami is a senior consultant in cardiac surgery, working at the Royal Brompton and Harefield Hospitals. He also works at the Harley Street Clinic in central London. Having performed more than 4,000 cardiac operations, of which 1,500 were minimally invasive, over the past 21



● **The London Mitral Clinic offers a full range of therapies for mitral and tricuspid valve disease. Contact the team to ensure the best personalised treatment for you. T: 020 7965 7777 or 07961 197104**
Dr Robert Smith E: r.smith@londonmitral.nhs.uk
Mr Toufan Bahrami E: m.palmer@bhh.nhs.uk
Or E: info@londonmitralclinic.com
londonmitralclinic.com

CONSIDERING COSMETIC SURGERY

Paul Tulley is a consultant plastic and reconstructive surgeon based in London and the South East
 Paul Tulley has seen significantly more demand for all types of cosmetic surgery over the past few years with the increased use of social media and people seeing themselves on video with the advent of working from home. This is particularly true of facial cosmetic surgery, but it also applies to cosmetic breast and body surgery.

For facial surgery in younger patients he commonly performs rhinoplasty, and short scar facelift and blepharoplasty eyelid surgery - these are very popular for early facial rejuvenation patients such as for those in their forties. For those in their fifties and older, a face-neck-lift is often used to correct face and neck laxity, which provides powerful rejuvenating results when the tissues have started to move more significantly.

For rhinoplasty surgery, Paul usually uses an open rhinoplasty approach to provide precise adjustment of the nasal anatomy, which produces accurate, consistent results. Breast augmentation, breast uplift, liposuction and abdominoplasty surgery are very popular. A Brazilian tummy tuck combining liposuction with abdominoplasty provides a comprehensive change in abdominal contour, removing spare fat and skin and tightening the abdominal muscles.

● **T: 020 7183 1559 E: enquiries@paultulley.com**
paultulley.com



YOUR EYES, OUR CARE

Kersley Eye Clinic, established in the 1980's is currently one of the leading eye care clinics on Harley Street, London
 It offers a wide range of specialist eye treatments, from routine eye examinations to complex surgeries. The team are dedicated to providing patients with the highest-quality care possible.

They understand your eyes are precious and take great care providing you with the best possible treatment. Using the latest technology and techniques, they're committed to providing you with a comfortable and stress-free experience.



The clinic offers a wide range of services, including:

- Eye examinations
- Contact lens fitting (including Ortho-K)
- Cataract surgery
- Glaucoma treatment
- Treatment for retinal condition
- Uveitis
- Dry eye treatment
- Eyelid surgeries
- Emergency eye care
- Contact lenses

It's located on Harley Street, in the heart of London, easily accessible by public transport. If you're looking for a trusted and experienced clinic, then Kersley Eye Clinic is the perfect choice for you.

Benefits of choosing Kersley Eye Clinic:

- Leading eye care clinic in Harley Street, London
- Wide range of specialist eye treatments
- Experienced ophthalmologists dedicated to providing the highest quality care possible
- Latest technology and techniques
- Commitment to providing you with a comfortable and stress-free experience
- Range of appointment times to suit your needs
- Easily accessible by public transport
- **For available appointments T: 020 3855 5553**
E: reception@kersleyeyeclinic.com
42 Harley Street, London W1G 9PR

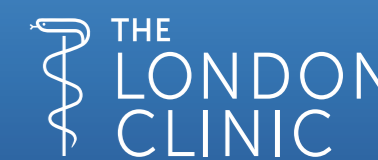
The consultants are: Professor K Sheng Lim
 Ms Siobhan Wren, Ms Vickie Lee and Mr Daren Hanumuthudu



FAST ACCESS TO HIP AND KNEE TREATMENTS

Getting you back to the life you love, faster.

FIND OUT MORE | 020 8108 9600 | thelondonclinic.co.uk/fastaccess



SCIENCE BRINGS HOPE FOR HEADACHE SUFFERERS

New treatments mean that the future looks bright for headache sufferers, says Dr Mark Weatherall of the London Headache Centre. Headaches are common. One in three people experience migraines at some point in their lives. Migraines can cause debilitating head pain and other symptoms such as nausea, vomiting and sensitivity to lights, noises and any form of movement. Many people who suffer from migraines also experience aura, a period of neurological impairment usually affecting 'vision', but which can also impact speech, sensation, coordination or cognition.

To make things worse, many headache sufferers are dismissed by doctors and told that there's nothing that can be done.

As Dr Mark Weatherall, consultant neurologist and headache specialist at the London Headache Centre, points out, this is almost never true. "We've had good options for treating headaches since the 1920s. In the last few years, we've seen new treatments emerge based on modern migraine science. These can have an enormously positive impact upon the lives of people who take them."

Despite these scientific advances, there remains no substitute for time spent with a healthcare professional who can listen attentively, and then suggest proactive lifestyle modifications and a range of effective treatment options.

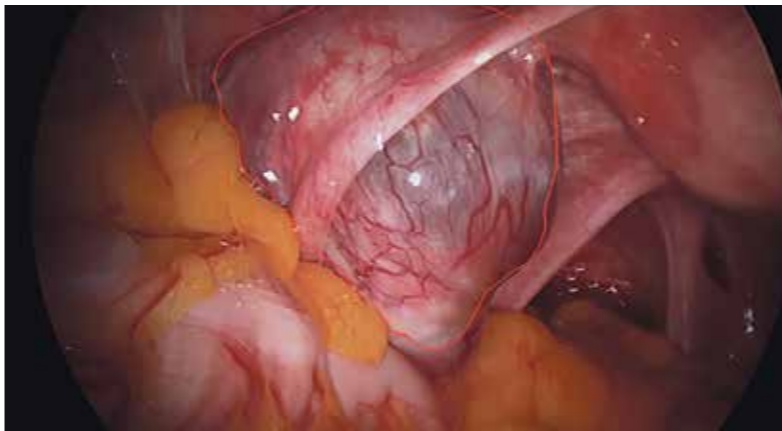
"Even if the new treatments aren't right for you, it's always helpful to talk about headaches with someone who understands the science and can make a diagnosis and come up with a treatment plan," adds Dr Weatherall. "The old myth that nothing can be done for people who suffer from headaches has never been less true."

● **Dr Weatherall sees patients at the London Headache Centre at locations in Kensington and Buckinghamshire. For details of consultation times and costs, visit londonheadachecentre.co.uk**



ENDOMETRIOSIS — TIME TO CHANGE

There are highly specialised cells that line the womb cavity where the pregnancy grows. These cells shouldn't exist anywhere else



It happens that some of these cells leave the womb, deposit themselves elsewhere in the body and continue to behave as if they're inside the womb. They respond to the monthly hormone cycle changes where they start to swell at ovulation and bleed during periods. The swelling and bleeding triggers the nearby nerves and the deposits inflict damage to the organs that they land on. This is endometriosis.

It's one of the most interesting human diseases; in some girls and women, these cells travel almost everywhere, and once they settle, they order (like cancer cells) nearby blood vessels to grow to feed them. It causes period-related pain, pain during or after intercourse, pain during bowel movements and infertility.

LOOK TO THE FUTURE WITH CONFIDENCE

Sana is a Centre of Surgical Excellence, offering everything required to look after your eyes
 Sana opened this February and was inspired by the need to deliver surgical excellence across all aspects of ophthalmology. Sana serves all those who live in South and West Wales, offering all available diagnostic and surgical treatments for any eye condition.

Sana was created by Mr Luke Anderson and Mr Mario Saldanha, both ophthalmic consultants with exceptional experience. Mr Luke Anderson is a cataract and glaucoma specialist and has been at the forefront of developing surgical techniques and lens technology advances. Mr Mario Saldanha helped pioneer the technique of Corneal Transplantation, Lamellar Keratoplasty (DMEK) through keyhole access. At Sana, they're committed to being at the forefront of modern, private eye care.



IS COSMETIC SURGERY RIGHT FOR YOU?

Cosmetic surgery, like reconstructive plastic surgery, can have incredibly positive life-changing effects on both physical and psychological wellbeing
 Mr Richard Karoo FRCS(Plast) explains: "All the patients I meet and treat have a story behind why they're seeking surgery, these are real people, of all genders from every imaginable background."

"There are sometimes functional elements to seeking help and advice such as the heavy breast patient experiencing back and shoulder pain. Or the patient who has lost weight and irrespective of how hard they exercise, remains left with an apron of abdominal skin causing discomfort in clothing and fold maceration."

"However, personally, the biggest changes I clearly see are the psychological ones with that immense boost in confidence."

"Suddenly that man with excess breast tissue (gynaecomastia) is now happy to remove his T-shirt and go swimming with his children. The woman with low volume breast tissue, or breast changes after pregnancy, dreading the 'chicken file' bra insert falling out regaining that sense of balance, freedom and confidence following breast augmentation surgery."

"In a firm believer in natural results if someone's undertaking a significant amount of breast surgery as well as facial surgery to the eyes, nose and face. For my facelift patients, a deep plane facelift technique creates that refreshed tension-free appearance. This technique releases a layer of tissue below the skin (the SMAS layer) with its associated deep attachments allowing to re-distribute volume and create lift."

They've built a state-of-the-art hospital, conveniently located in Swansea, South Wales, and provide the very highest-quality treatment and care for patients with acute eye problems and long-term eye conditions.

There are many different treatments for the various conditions that can affect your eyes. Some of the conditions for which eye surgery may be recommended include, cataract, glaucoma, diabetic retinopathy and lens replacement for severe near/far sightedness. Sana also offers corneal surgery including transplants, retinal surgery and ocular plastics.

Sana is the only private hospital able to offer a comprehensive range of different eye surgeries to treat a variety of eye conditions and diseases. Each surgery is tailored to your individual needs and will form part of your bespoke treatment plan.

Cataracts
 A cataract is something that forms inside the lens of your eye. The lens is the clear disc that sits behind your pupil and is responsible for focusing the light rays entering your eye. The lens contains proteins which as you get older these proteins clump together, causing cloudy patches that prevent light from penetrating through them and affecting your vision. These cloudy patches are known as cataracts.

As cataracts are progressive, the only way to restore your vision is to undergo cataract surgery — a highly effective procedure that is currently the only method of successful treatment. You can have cataract surgery at any stage of the condition. The surgery itself involves the use of state of the art equipment that will break down the clouded lens so that it can be removed and your new artificial lens inserted. As a private provider of healthcare, you can choose lenses that leave you independent of glasses.

Glaucoma
 Glaucoma is one of the leading causes of blindness in people over the age of 60, although anyone can be affected. The term refers to a group of conditions that cause irreparable damage to the optic nerve — the information pathway connecting the

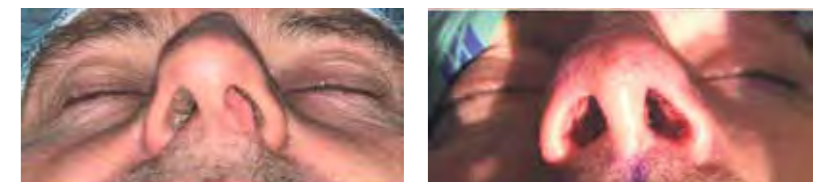


BREATHE WELL, SLEEP WELL, LOOK WELL

Nasal breathing is important for optimal oxygen delivery via the lungs to the brain, heart and other body tissues
 Compromised nasal breathing could lead to several issues including snoring and tiredness. At London Facial Clinic's Nose and Snoring Clinic, a dedicated team of specialists and professionals provide treatment for nasal, snoring and sleep disorders.

Inadequate nasal breathing could have a profound impact on health. The nose and its internal structures are ultimately responsible for the adequate supply of oxygen to the lungs and the blood that carries oxygen to body tissues. When a nose is blocked, the ill effects are readily felt. One of the common effects is snoring. Snoring is characterised by an audible noise that results in sleep disturbance for both the sufferer and the partner. It's not a disease but a symptom that's not only socially disruptive, but can also cause cessation of breathing for a few seconds. This is called apnoea, which results in reduced oxygenation to body tissues and non-restorative sleep. This could lead to other ill effects on health, which include but are not limited to extreme tiredness, reduced exercise tolerance, weight gain, high blood pressure, heart conditions, stroke and many other related conditions. Other effects include low productivity, increased risk of road traffic accidents, reduced focus and memory loss.

Early diagnosis and treatment are therefore of vital importance. Unfortunately, many sufferers don't seek help, often because of embarrassment, and frequently, snoring isn't taken seriously or investigated and treated diligently enough.



Photograph demonstrates deviated nasal septum (left nostril) causing nasal blockage, before and after surgery.

The first step in management is through obtaining a detailed history using a questionnaire followed by a full examination of the nose, back of the nose, throat and mouth, including tonsillar and tongue base areas, by an experienced ENT surgeon. Use of an endoscope forms an essential part of this examination. Common nasal conditions diagnosed include septal and external deviation of the nose, allergies and polyps or even extreme cosmetic turges that impair the nasal airway and contribute to partial or complete collapse of the upper respiratory tract leading to apnoeic episodes. Large tonsils, a bulky tongue base and palate are also noted. Further investigations include oximetry and occasionally a sleep study (polysomnography).

A treatment plan is then created, which usually begins with advice on the modification of lifestyle habits as well as optimisation of the nasal airway (which may include surgery and the use of a prosthesis in the mouth during sleep). In some cases, surgical procedures involving the palate, tonsils and tongue may be warranted. In severe cases of obstructive sleep apnoea, use of a CPAP device may be recommended.

At the Nose and Snoring Clinic, this approach is streamlined with advice from experts in the field who provide treatment with ongoing care.



Sleep apnoea symptoms: Insomnia, snoring, dry mouth and throat, morning headache, memory loss, attention deficit, depression and feeling moody, fatigue, non-bloody HbA1c.

● **For more information:**
londonfacialsurgery.org, T: 07453 881588,
E: secretary@londonfacialsurgery.org



The endometriosis multidisciplinary team of specialists in Swansea led by Professor Bunkheila, take this condition seriously and ensure during laparoscopy that every trace of any visible or suspicious endometriosis deposit is cut or shaved away. Specialist pelvic pain physiotherapy is offered when appropriate. Rarely, the disease is treated with hormones, for logistical reasons such as waiting surgery, but when feasible, it's cut away. Cutting away the deposits produces the best results, with restored/preserved fertility and a significant reduction or complete resolution of the pain. Endometriosis is a disease that tends to spread and dig deep into tissues — cutting it away protects the organs from further damage, but doesn't stop the disease from coming back somewhere else. It can't be cured yet, but it can be controlled.

● **Professor Adnan Bunkheila, Endometriosis Lead, Swansea.**
E: AdnanBunkheila@hmsstanatamaria.org, T: 01792 479 040



eyes and brain. When this damage occurs, it affects the way that messages are passed between the two, causing vision loss.

As it's a progressive condition, without treatment, glaucoma will lead to permanent sight loss and potentially affect your daily life including driving.

There are several different types of glaucoma, each with a slightly different cause and requiring a specific treatment plan. Regardless of the type of glaucoma you have, prompt treatment is essential to prevent avoidable vision loss.

There have been recent advances in the treatment of glaucoma including NICE-approved selective laser trabeculoplasty (SLT), minimally invasive glaucoma surgery (MIGS) and filtering shunts. All of these treatments are available at Sana.

The vision at Sana is to enhance the lives of patients. It does this by ensuring it offers an environment where their patients feel they can place complete trust in the team and services — empowering patients to make the best decisions to enhance their lives.

Whether you need help deciding what is right for you, you're ready to get started, or you are looking for support, the Sana team are here.

● **sana-health.co.uk T: 03339 960 999** **EHello@sana-health.co.uk**
Axis Court, Mallard Way, Riverside Business Park, Swansea Vale, Wales SA7 0AJ



GET EXPERT PROSTATE TREATMENTS TODAY

If you're living with prostate issues and looking for a solution, Sage Urology offers private treatments in its clinics in London and Windsor
 Sage Urology provides treatments for prostate problems or enlarged prostates, which can be preserved for a better quality of life.

Utilising advanced techniques to help partial ablation of any early-stage issues or ablation to reduce symptoms set to enlarged prostate, provides solutions designed specifically with men's wellbeing in mind. For men with prostate problems that are unsuitable for the aforementioned techniques, the clinic offers options to help ensure bladder control returns more quickly and completely, as well as on-bio HIFU if there are urination problems due to issues with the big prostate.

● **Book an appointment at sageurology.co.uk or call T: 020 7157 9751**

Mr Richard Karoo is a consultant plastic Surgeon. Richard brings extensive experience from the UK and abroad to his private cosmetic Surgery Clinic in Cardiff.

● **For more information and to book an appointment, visit richardkaroo.com**

