

## Your Surgeon

Mr David Roberts FRCS (ORL) is a Consultant Ear Nose and Throat surgeon appointed to Guy's and St Thomas' Hospitals NHS Trust. He is accredited by the Specialist Advisory Committee in Otorhinolaryngology - Head and Neck Surgery and has been awarded his Certificate of Specialist Training by the authority of the Medical Royal Colleges. He is a Fellow of the Royal College of Surgeons of England and a member of the British Association of Otorhinolaryngology and the European Rhinology Society. He is the London Representative to the British Rhinological Society.

His main area of expertise is rhinology and facial plastic surgery, which includes the medical and surgical management of sinus disease and nasal plastic surgery. He lectures nationally and internationally on all aspects of nasal surgery and holds the Diploma of the American Academy of Facial and Reconstructive Surgery.

## How to get in touch

The City Sinus Clinic is held on a Tuesday evening at 31 Old Broad Street from 5pm to 8pm and appointments can be made by telephoning:

GP Liaison on **020 7234 2120/2009**, between 0900 and 1730 hrs, Monday to Friday.

Or by emailing: [dnr@btconnect.com](mailto:dnr@btconnect.com)

The City Sinus Clinic at London Bridge Hospital is recognised by all major insurance companies although we advise you to check the level, scope and referral requirements of your cover with your insurance company before your consultation.

### London Bridge Hospital

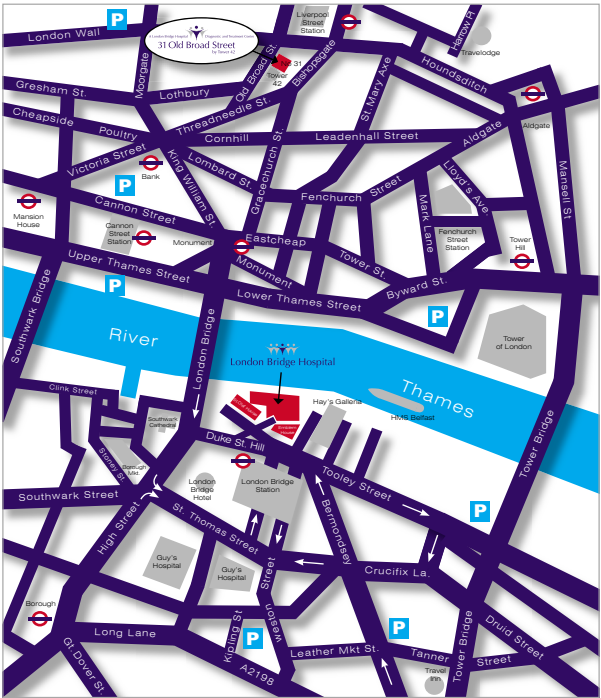
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### How to find us:

London Bridge Hospital is situated on the South Bank of the Thames. We are next to London Bridge mainline and underground stations with easy access to the city. Please note: no right hand turn from Borough High street into Duke Street Hill.

31 Old Broad Street is situated on Old Broad in the heart of the city and next to Tower 42 (formerly the Natwest Tower).

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# CITY SINUS CLINIC



Sinus problems are very common. Some studies suggest 16% of Londoners may have sinusitis. Sinusitis is often underrated as a medical condition. It seriously effects quality of life but fortunately it can be treated very successfully.

Sinusitis is an inflammation of the sinuses and sufferers can experience a wide variety of symptoms but it often feels like having a permanent cold. Most patients respond well to medical treatment using a combination of antibiotics, nasal steroid sprays, irrigations and allergy treatments. Some of these treatments only provide temporary relief. These patients often benefit from further investigations and may need surgery in order to address the underlying cause of their sinusitis.

## The link between Sinusitis and...

**Allergies** – the inflammation and congestion that accompanies many allergic reactions may also contribute to sinusitis. Long standing allergic reactions may not respond to standard allergy remedies and may require more tailored therapy.

**Asthma** – sinus problems increase the sensitivity of the lungs which in turn can aggravate asthma. By treating sinusitis, asthma control can be improved.

**Deviated septum** – the nasal septum is a partition of cartilage and bone which divides the nasal cavity into two compartments. A deviation in the septum can obstruct the nasal passage causing nasal blockage and may be a factor in the development of sinusitis. The septum can be straightened very effectively with surgery.

## Sinusitis – Causes and Symptoms

Catching the occasional cold is normal and the symptoms of this viral illness should pass within a week. If these symptoms persist this may be an indication of an underlying sinusitis. Both viral and bacterial infections as well as pollution, cigarette smoke, nasal obstruction or hayfever can trigger sinusitis.

### Common symptoms sinusitis patients experience include:

- Headache
- Nasal obstruction
- Facial pressure
- Excessive catarrh
- Chronic cough
- Toothache
- Sore throat
- Sleep disturbance
- Snoring

### Aims:

The City Sinus Clinic is headed by a London teaching hospital consultant surgeon who specialises in sinus surgery. The aim of the clinic is to provide the best treatment option for each individual patient based on patient's medical history and nasal examination. The clinic has the facility for endoscopic nasal examination, allergy testing and has a close association with respiratory physicians to provide patients with a comprehensive level of care.

## Assessment and Treatment

All patients will be assessed by the consultant and this will include a full medical history and ENT examination. The treatment options will be discussed and further investigations carried out if necessary.

## CT Scanning

A CT scan may be recommended in order to obtain a detailed picture of the internal sinus structure. This scan can usually be undertaken at the time of your initial appointment. The clinic has the latest scanning facilities that can produce 3-D reconstruction of the sinus anatomy providing further detailed information should surgery be necessary.

## Sinus Surgery

Traditional sinus surgery is widely thought to be painful and ineffective. There is now a much greater understanding of how the sinuses work and together with new equipment and surgical techniques sinus surgery is now very well tolerated, effective and safe.

One of the more advanced procedures carried out at the City Sinus Clinic is Functional Endoscopic Sinus Surgery (FESS). This is minimally invasive surgery that allows the surgeon to restore the normal pathways of mucus clearance from the sinuses in a very precise and safe manner. FESS is effective, less traumatic and promotes quicker healing in patients allowing them to return to work often within a week.

## Balloon Sinuplasty

This is a new technique a minimally invasive technique that may be suitable for some patients. The City Sinus Clinic is the only centre in London offering this service.