

Sevenoaks Medical Centre

Consultant List

Saluation	First name	Last name	Title
Dr	Khaled	Alfakih	Consultant Cardiologist
Mr	Jonathan	Bird	Consultant Orthopaedic Surgeon
Dr	Jeremy	Broadhead	Consultant Psychiatrist
Mr	Mike	Brown	Consultant Physiotherapist
Mrs	Ritchie	Chalmers	Consultant Breast Oncoplastic Surgeon
Mr	Bhupal	Chitnavis	Consultant Spinal Neurosurgeon
Dr	Richard	Cooke	Consultant Cardiologist
Miss	Karina	Cox	Consultant Breast & Oncoplastic Surgeon
Mr	Omer	Devaja	Consultant Gynaecologist
Dr	Sandy	Flann	Consultant Dermatologist
Mr	Mark	George	Consultant Colorectal & General Surgeon
Mr	Paul	Gill	Consultant Orthopaedic Surgeon
Mr	James	Gossage	Consultant General Surgeon
Dr	Robert	Hadden	Consultant Neurologist
Dr	Anthony	Hammond	Consultant Physician & Rheumatologist
Dr	Jon	Houghton	Consultant in Rheumatology & Sports & Exercise Medicine
Dr	Sasha	Houghton	Consultant Radiologist
Dr	Steven	Hurel	Consultant Physician & Endocrinologist
Mr	Tony	Jacob	Consultant Otorhinolaryngologist
Mr	Paul	Jairaj	Consultant Orthopaedic Surgeon
Professor	Dan	Jiang	Consultant ENT & Skull Base Surgeon
Dr	Martin	Jones	General Practitioner & Medical Acupuncturist
Dr	Naheed	Khan	Consultant Neurologist
Professor	Tony	Kochhar	Consultant Orthopaedic Surgeon
Mr	Gordon	Kooiman	Consultant Urologist
Dr	Gautam	Kulkarni	Consultant Paediatrician
Dr	Jesse	Kumar	Consultant Endocrinologist
Dr	Ed	Langford	Consultant Cardiologist
Mr	Steven	Millington	Consultant Trauma & Orthopaedic Surgeon
Mr	Gordon	Muir	Consultant Urological Surgeon
Dr	Fariborz	Neirami	Consultant in Pain Medicine & Spinal Intervention
Dr	Camilla	Olsen	Consultant Psychologist
Mr	Simon	Owen-Johnstone	Consultant Orthopaedic Surgeon
Mr	Andreas	Papadopoulos	Consultant Gynaecologist
Dr	Timothy	Poate	Consultant in Oral Medicine & Facial Pain
Mr	Rick	Popert	Consultant Urological Surgeon
Miss	Shanti	Raju-Kankipati	Consultant Gynaecologist
Dr	Jack	Singer	Consultant Paediatrician
Mr	Adel	Tavakkolizadeh	Consultant Upper Limb & Orthopaedic Surgeon
Dr	Maarten	Van Kets	Occupational Health Physician
Dr	Adrian	Winbow	Consultant Psychiatrist
Mr	Hany	Zayed	Consultant Vascular Surgeon

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Diagnostic and Treatment Centre

Sevenoaks Medical Centre
Beadle House

Sevenoaks Medical Centre

INSIGHT

Summer 2015 • Issue 1



BREAST CLINIC



DIETETICS SERVICE



ENT CLINIC



IMAGING SERVICE

Also inside this issue:

Chest Pain Clinic • Spotlight on... • Dermatology Service • Rheumatology Service



A letter from the Centre Manager

Welcome to the first edition of the Sevenoaks Medical Centre Insight magazine. It gives me great pleasure to talk about the Centre and all of the exciting things that are happening here.

2014 was a year of change at the Centre; we have successfully implemented a full diagnostic and imaging service which means we can offer your patients rapid access to these facilities without the need to travel into central London. We offer a wide range of new services including cardiology, dietetics and women's health including a One-Stop Breast Clinic.

The redevelopment works and structural changes at the Centre mean 2015 will be an exciting year. We will be expanding our current orthopaedic and sports medicine services, offering great facilities and a new gym. This service will be available not only to our orthopaedic patients, but to a wide range of other specialty areas to aid with recovery and wellbeing.

I am very much looking to the future here, as we become a part of the local community in Sevenoaks.

I would like to take the opportunity to say a huge thank you for your continued support.

With kind regards,
Mikaela Saunders
Centre Manager

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What's new?

At Sevenoaks Medical Centre, we bring world-class facilities and Consultants to the heart of your community. Patient tests can be conducted on the same day, with results and diagnosis usually received in a matter of hours. We are expanding our Dietetics Department at the Centre, which will facilitate multidisciplinary teamwork, as the team will be able to work much more closely with orthopaedic Consultants and other departments such as urology, cardiology and imaging. We also have a new One-Stop Breast Clinic, with Clinical Breast Nurse Specialists who can offer support and guidance to our patients.

Cardiology Service

Sevenoaks Medical Centre is proud to be able to offer appointments with specialist Cardiac Consultants and provide a range of cardiac services for the diagnosis and treatment of patients experiencing the following:

- **Palpitations**
- **Atrial fibrillation 'funny turns'**
- **Faints**
- **Chest pain and breathlessness**
- **General cardiology and echocardiography**

We also provide a number of diagnostic tests including blood tests, 24 hour, 7 day ECG monitoring and CT calcium scoring.



Dr Richard Cooke,
BA (Law) MD FRCP



Dr Khaled Alfakih,
MBBS MD MRCP



Dr Ed Langford,
MA MD FRCP

Consultant Cardiologists:

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Sevenoaks Medical Centre

One-Stop Breast Clinic

Our Specialist One-Stop Breast Clinic service draws on the expertise of the country's leading Consultant Breast and Oncoplastic surgeons.

Our team of surgeons, oncologists and radiologists at Sevenoaks Medical Centre have a national reputation for advances in the management of breast cancer. This dedicated team of professionals work in breast care and deliver a personal and highly specialist service.

The clinic provides rapid access, advice, diagnosis and treatment. Appointments are available twice a week with Consultant

Breast Oncoplastic Surgeons, Mrs Ritchie Chalmers and Miss Karina Cox.

A series of diagnostic tests can be performed by our Consultants at the same time to avoid the inconvenience of a second appointment.

More complex investigations, such as an MRI scan or mammographic (stereo) biopsy, can be arranged without delay. Also, access to specialist genetic advice is available.

Mammography

During this procedure two images are taken of each breast by compressing the tissue between two plates. The Consultant Radiologist will then check the images and may recommend some additional views or complementary ultrasound to ensure the optimal assessment is achieved.

Ultrasound Scanning

This is an imaging technique using sound waves. The Consultant Radiologist applies gel to the breast and moves a probe over the breast to examine the breast tissue. The Consultant may then decide to take a sample of tissue using the ultrasound to locate the exact area. Samples can be taken by fine needle aspiration or a core biopsy.

Fine Needle Aspiration

Using a fine needle and syringe, cells are collected from the breast tissue. The procedure can be uncomfortable but only lasts a few minutes. This specimen is often looked at immediately by the Consultant Cytologist on site and the results are usually available within the hour.

Core Biopsy

This procedure takes a tiny piece of tissue from the breast, under local anaesthetic. More than one sample may be required to ensure an adequate amount of tissue is taken.

The procedure takes a minimum of 15-20 minutes and patients will receive preliminary results on the day. Complete results and lab analyses will be available within 24-48 hours.

If your patient needs any of these tests, they will be accompanied at all times by a member of our nursing team.

On completion of the investigations, the Consultant will discuss these results with your patient and outline any further steps that may be needed.

Specialist Breast Care Nurse

A specialist Breast Care Nurse is available during the clinics to help explain the procedures and to provide any additional information.

Our One-Stop Breast Clinic also provides the following benefits:

- Clinical Nurse Specialists
- Counselling rooms
- Dietitian
- Genetic counselling cancer service
- Micro bubble treatment
- Physiotherapy
- Psychosexual counselling
- Psychology support with a Consultant Psychologist
- Survival wellness support programme
- Wellbeing package

If you have any questions or need further information, please do not hesitate to contact us.



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Sevenoaks Medical Centre

Dietetics Service

At Sevenoaks Medical Centre, we recognise the important role diet can play in a person's life; helping to reduce the risk of some diseases, managing existing illnesses and ensuring people are feeling and performing at their best.

The Dietetics Service at Sevenoaks Medical Centre is run by an established team of HCPC Registered Dietitians based at London Bridge Hospital. The team offer outpatient clinics, specialising in a variety of different clinical areas. Reliable, evidenced-based dietary advice is available within gastroenterology (including IBS, coeliac disease and IBD), women's health (such as PCOS), sports nutrition, oncology, diabetes, weight reduction, paediatrics and cardiovascular disease.

The department offers tailored dietary plans to optimise nutritional status, symptom control and wellbeing. Ongoing support and guidance is provided at follow-up appointments, empowering patients to reach their goals and to make long-lasting, beneficial dietary and lifestyle changes. The multidisciplinary team ethic aims to assist the patient's recovery and ensure the very best outcome.

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The Dietetic Survivorship Programme is a new service specifically aimed at individuals who have completed their cancer treatment, supporting them to make healthy diet and lifestyle changes to reduce the risk of recurrent disease and other comorbidities.

The Hydrogen Breath Testing Service complements other gastroenterology services and involves non-invasive tests, conducted to help identify possible factors contributing to bowel symptoms, such as small intestinal bacterial overgrowth, or sugar intolerances. This service provides the option of completing some testing in the comfort of the patient's home. The outcome of sugar intolerance tests are used to tailor the diet therapy to meet individual requirements, evidence of small intestinal bacterial overgrowth may require medical treatment from a doctor.

The team offers flexible one-to-one consultations, lasting for up to one hour to suit the needs of patients, between the hours of 9.00am and 5.00pm, Monday to Friday. Health insurance companies will frequently authorise cover for dietetic consultations if patients are referred by a Consultant or by an NHS GP with consulting rights. We also offer discounts for our self-pay patients.

To find out more about this service, please contact the **Dietetics Department** on **020 7234 2282/2359**.

GP Liaison – Introducing the Team

The GP Liaison Assistant Team is dedicated to receiving referrals by fax, phone or email, from the GPs and members of staff at the practice or directly from the patient in order to make appointments with some of London's leading Consultants, based at Sevenoaks Medical Centre. The team is able to offer a fast and efficient appointments service in addition to dealing with queries about our services.

The GP Liaison Officers on the other hand, are primarily responsible for organising educational seminars for GPs, Practice Managers and their staff. The Officers are allocated specific areas and are there as a personal contact to Sevenoaks Medical Centre for you, keeping you updated with any new developments at the Centre.



Patrick Ferreira
Business
Development
Officer

Patrick Ferreira gathered a wealth of experience at London Bridge Hospital whilst working as a GP Liaison Officer for three years, in South East London, Kent, Surrey and Sussex. Patrick's current remit is to ensure Sevenoaks Medical Centre remains closely in touch with the local community, and to act as a facilitator between local community organisations, GP practices, Centre staff and Sevenoaks Consultants, making the centre the preferred choice of practitioners for their patients. In addition, he will be liaising with local community groups and London Bridge Hospital Consultants.

In 2013, Patrick was appointed Business Development Officer. He continues to be a link for all surgeries within the vicinity of Sevenoaks Medical Centre as well as medical practices in Bromley, providing educational seminars and training. In addition, Patrick's responsibilities have been extended to include liaising with local schools, insurance and corporate companies, the press, Physiotherapists, golf clubs and other sporting clubs.

Patrick can be contacted on:
Tel: **020 7234 2470/01732 775 800**
Email: patrick.ferreira@hcahealthcare.co.uk



Kamal Dayal
GP Liaison Officer

Kamal graduated in 2009, with a BSc in Physiology and Pharmacology. Following his degree, he has worked within the healthcare sector for over five years.

Kamal is the GP Liaison Officer based at Sevenoaks Medical Centre, looking after surgeries within South-East London and Kent. As the GP Liaison Officer, Kamal liaises with GPs and Practice Managers to highlight the services of the Sevenoaks Medical Centre and London Bridge Hospital. In addition, he identifies areas where the hospital can help the surgeries to improve their service delivery, for example, he frequently arranges practice-based, GP focused educational talks which offer an interactive update on a selected speciality.

Furthermore, Kamal is currently in the process of finalising arrangements for a series of educational talks in Tonbridge and Tunbridge Wells and is looking to replicate this series of talks for GPs within Maidstone. What's more, he offers tours of the Sevenoaks Medical Centre, for those who would like to see the facilities available for patients. If you would like to arrange a tour, or would like further information about our services and upcoming educational programmes, please do not hesitate to contact him.

Kamal can be contacted on:
Tel: **01732 466 630**
Email: kamal.dayal@hcahealthcare.co.uk

Sevenoaks Medical Centre

ENT Clinic

“Hearing loss is common and can affect people of any age. About 16% of adults in the UK have some degree of hearing loss.” entuk.org

Overview:

Sevenoaks Medical Centre has a team of Consultant ENT Surgeons who specialise in a range of comprehensive procedures treating sinus and nasal disorders, thyroids, tinnitus, dizziness, otology and laryngology.

Our internationally-recognised team of specialist ENT Consultants are renowned for their understanding of otolaryngology, working in unison with dedicated Clinical Nursing Specialists and ensuring patients receive expert treatment.

Our Services:

Ear, nose and throat diseases can impair the senses which can subsequently hinder functional aspects of breathing, eating and speech. At Sevenoaks Medical Centre, we are dedicated in providing professional guidance and support to your patients – we offer support during the diagnosis stage through to surgery whilst assisting with any queries or concerns your patient may have during their journey.



Possible symptoms which may require specialist treatment:

Ear-related symptoms:

- Ear blockage
- Ear discharge (otorrhoea)
- Ear injury
- Ear itching
- Ear pain (otalgia)
- Ear noise (tinnitus)
- Ear sensitivity (hyperacusis)
- Hearing loss

Nose-related symptoms:

- Blocked nose (snoring)
- Stuffy nose (nasal congestion)
- Runny nose (rhinorrhoea)
- Crooked nose (nasal deviation)
- Nose bleeds (epistaxis)
- Nose injury
- Sinus infection (sinusitis/rhinosinusitis)
- Loss of smell (anosmia)

Throat-related symptoms:

- Sore throat
- Bad breath (halitosis)
- Loss of taste
- Noisy breathing
- Stridor
- Snoring
- Cough
- Aspiration (laryngeal incompetence)
- Hoarseness
- Speech problems

Thyroid problems:

- Investigative examinations, biopsy and scans
- Surgery

Procedures

At Sevenoaks Medical Centre, we provide a number of ENT procedures, including:

- Hearing Tests
- Laryngoscopy
- Microsuction
- Nasendoscopy
- Tympanogram



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Spotlight on...

Mr Simon Owen-Johnstone, Consultant Orthopaedic Surgeon

Mr Owen-Johnstone has been based at Sevenoaks Medical Centre for two years, and London Bridge Hospital for ten years. He is the Orthopaedic Lead on the Medical Advisory Committee for the hospital and gives regular talks and seminars on upper limb disorders.



What area do you specialise in?

I offer a complete upper limb service, covering everything from the fingers to the collarbone, namely hand, wrist, elbow and shoulder. I treat pains and injuries affecting the skin, bone, tendons, nerves and muscles including fractures and dislocations.

What is the most common injury you see?

It depends on the time of year. Skiing brings one range of injuries, mountain-biking brings a different selection. It's currently exam season, so I'm seeing a few overuse syndromes from revision note-making. As the summer starts, there are

usually tendon problems as people tackle gardening. Sometimes surgery is needed straight away, but there is often a way to manage patients non-surgically over the holiday period and delay operation to a less family-critical time of year.

What do you enjoy most about your work?

I actually enjoy all of it. I like meeting patients and hearing their stories. I like the detective part of refining the diagnosis, using clinical skills and sophisticated imaging methods. I enjoy the technical

surgical skill. Many of my operations are keyhole, for which I need accurate hand-eye co-ordination. Other operations are performed using magnifying surgical glasses, because I'm working on things smaller than a millimetre. Overall, the best bit is making people better so they can get on with their lives.

What are the latest developments in upper limb surgery?

A lot of the developments in upper limb surgery are technical advances. I'm attending the British Elbow and Shoulder Society meeting soon, and the British Society for Surgery of the Hand in the autumn – these meetings are designed for surgeons to share and learn about advances.

There is a new shoulder device that may be useful in patients whose tendons are beyond repair. For these people there has often been little choice other than a major shoulder replacement. It looks very promising, but I want to see real scientific data before I start advising it. In the hand, the new thing is an Xiapex injection that dissolves the collagen cords of Dupuytren's Contracture. It is clever, expensive, certainly fashionable amongst hand surgeons, and reports show patients tolerate it well. What we don't know yet is whether it is really any better than previous treatments.

What are the practical steps to identify common upper limb disorders?

I start with a history; the patient's description of what they feel, how it started and so on. Reports from physios, GPs, osteopaths and other specialists are all useful information, as is the response to previous treatments. Most of the diagnosis is made at this stage.

A physical examination is then used to test my first thoughts. Hopefully they are confirmed, but if the exam doesn't match my expectations, I have to consider other diagnostic possibilities. Imaging provides further evidence, from X-ray, CT, ultrasound or MRI. These are all available at Sevenoaks Medical Centre. Blood tests are sometimes needed too. Putting everything together, I reach a conclusion, then we can start discussing treatment options.

From a patient's perspective, the important practical step is to ask a professional. Symptoms have many different causes, and self-diagnosis is unsafe and unwise. Sevenoaks has great GPs, physios and osteopaths, so ask their advice.

What are your thoughts on the refurbishment?

We'll get a new physio gym which will be great. All the X-rays and scans are now connected to London Bridge Hospital computers which means no matter where I see patients, I have all the information available.

Why did you want to become an orthopaedic surgeon?

There wasn't a plan, I discovered it along the way. As a teenager, I wanted to be an actor, but ultimately I decided against this. I decided to become a doctor in order to find something complex and interesting, that was a blend of art and science. During medical school I realised I was good at surgery, and during surgical training, I really enjoyed orthopaedics. I work in the upper limb because it is so complicated. There is so much that can go wrong with all the different tissues, there are endless challenges.

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Sevenoaks Medical Centre
Imaging Service

Our expert radiologists cover a range of specialties, and we are proud to be able to offer same-day imaging. Once an examination has taken place, it will be reported upon within 24-48 hours. Rapid access to imaging and results can be particularly useful for Consultants working within the One-Stop Breast Clinic and Orthopaedic Service, with results often also available on the day. At Sevenoaks Medical Centre, we have a wide range of state-of-the-art imaging services available, which include:

MRI Scanning

We use an advanced 3T MRI Scanner which allows for more detailed imaging due to its clarity. This particular scanner allows us to provide prostate spectroscopy as part of a prostate assessment service, as well as allowing excellent imaging for diagnosing orthopaedic disorders, including articular surface mapping.

It also enables us to obtain significantly improved brain images.

Computed Tomography (CT)

We offer a full comprehensive range of CT scanning options. CT can be used to assess

the effectiveness of treatment and to guide or plan clinical intervention. The majority of CT scans are currently performed to obtain anatomical information on a wide range of organs and tissues, but there is an increasing number of functional and interventional applications. Here at Sevenoaks Medical Centre, we provide the following:

- **Neurology** – intracranial examinations, examination of sinus and ear canals, spinal investigations.
- **Oncology** – diagnosis, staging follow-up and radiotherapy treatment planning.
- **Cardiology** – including coronary angiography and calcium scoring.

- **Angiography** – whole body including venous, brain, carotid, thorax and peripheral run-off.
- **Thoracic** – evaluation of acute chest pain or dyspnoea, pulmonary angiogram (CTPA) and diffuse lung disease.
- **Virtual Colonography**
- **Orthopaedics** – including surgical planning.

Sevenoaks Medical Centre has one of the most technologically advanced CT scanners available today – our 4D, high definition scanner allows us to produce highly precise, rapid scanning capabilities. The radiation exposure time is greatly reduced and patient dose is kept to a minimum.

Our team of leading radiologists and radiographers specialise in CT imaging, ensuring that all examinations are expertly conducted and interpreted in compliance with the highest standards. We provide

a rapid report turnaround, with all scans reported in 24-48 hours.

Ultrasound

Ultrasound imaging is a common diagnostic medical procedure that uses high-frequency sound waves to produce images of organs, tissues or blood flow inside the body. Ultrasound can be carried out on almost any part of the body and can be used for a variety of purposes including:

- Imaging of the breast to guide biopsy during assessment for breast cancer.
- Diagnosis of cardiac conditions, as well as assessment of damage resulting from a heart attack or other similar illnesses.
- Guidance for procedures such as needle biopsies.

Other imaging services include:

- Mammography
- X-Ray

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Dermatology

at Sevenoaks Medical Centre

Dermatology is concerned with the diagnosis and treatment of diseases of the skin, hair, nails and adjacent mucous membranes. As well as medical conditions, such as acne, warts and psoriasis, and problems such as scars and age-related skin deterioration.

Our Consultants use the latest evidence-based treatment techniques, for example, the controlled use of drugs and the latest innovations in intense light therapy for the treatment of acne. They also have the skills, experience and equipment to perform a wide range of treatments, including:

- Cryosurgery
- Excision
- Injections
- Pharmacovigilance



These treatments can help manage and treat persistent skin problems such as acne and eczema, they can also be used to effectively treat more serious conditions such as skin cancer. Whilst both melanoma and non-melanoma skin cancer can often be treated and even cured, it is important

to stay aware of any changes in your skin or moles as catching the condition early is key to ensuring the best possible prognosis.

Our specialist Consultant, Dr Sandy Flann, has recently obtained a postgraduate MSc in Allergy at Imperial College so she can bring the most up-to-date innovations and knowledge in this rapidly developing area to her patients.

"I see adult and paediatric patients with inflammatory skin disease (eczema, psoriasis), skin lesions, skin cancers, mole checks, vulval skin disease, allergic skin disease, hair and nail disease. I also operate on skin lesions (benign and malignant), treat warts and inject scars on an outpatient basis at Sevenoaks Medical Centre."

Dr Flann holds clinics at the Sevenoaks Medical Centre every Tuesday morning and afternoon.

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Rheumatology

at Sevenoaks Medical Centre

The field of rheumatology covers all conditions which affect joints, bones, muscles and tendons. These can range from shoulder stiffness or knee discomfort following unusual exercise, through to more chronic conditions such as lower back pain, joint swelling or generalised stiffness.

Whatever the condition, it has become clear that early diagnosis and treatment can greatly improve the outcome.

The past 20 years have seen a revolution in the treatment of rheumatic disorders, with advances in the fields of orthopaedics, physiotherapy and rheumatology. Advances in rheumatology have not just been made possible through the discovery of new drugs, but also through improved radiology and scanning techniques.

With continued progress in orthopaedics and sports medicine, this means that many general rheumatic conditions, including rheumatoid arthritis, osteoporosis and lupus can now be brought completely under control if diagnosed and treated early. And chronic conditions once considered 'difficult', such as lower back pain, shoulder problems and knee arthritis can now be successfully treated.

Our Consultant Rheumatologists have experience in the diagnosis and management of work-related musculoskeletal disorders.

Dr Jon Houghton
Consultant Rheumatologist



Dr Jon Houghton holds clinics at Sevenoaks Medical Centre every Wednesday morning and Friday (AM/PM). He gained his completion of specialist training in Rheumatology from the prestigious London training scheme in 2006. He sees a wide range of rheumatological complaints, including osteoarthritis, inflammatory arthritis, gout, soft tissue rheumatism and back pain. He has extensive experience of rheumatology, rehabilitation and sports injury across the NHS, military and elite sport environment.

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