

How to find us:

The London Lupus Centre at 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.

The London Lupus Centre

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The London Lupus Centre London Bridge Hospital

Europe's first private dedicated Lupus Centre



The London Lupus Centre

The London Lupus Centre is a dedicated unit, designed to provide a comprehensive state-of-the-art diagnostic facility for patients with lupus and related conditions. This outpatient facility provides expert medical assessment, with regular follow-ups and monitoring of this complex disease.

We offer a full clinical service with a complete protocol of investigations and treatment advice. For those requiring a short admission to hospital, the centre is backed up by the medical facilities of London Bridge Hospital.

What is Lupus?

Over the past 30 years, there has been something of an explosion in our knowledge of lupus.

Once considered a rare (and often fatal) disease, lupus is now becoming recognised worldwide as a common and very treatable condition.

It is a disease in which the body's immune system becomes 'over-active' and causes inflammation in any part of the body. It affects more females than males (9:1), especially women in their childbearing years (15-45).

Common features are fatigue, rashes (anywhere on the body), aches and pains and hair loss. More severe problems include pleurisy, kidney disease, blood clots (see Hughes Syndrome) and brain disease, presenting with a range of features from depression, to memory problems, to seizures.



Facilities Provided:

- Medical assessment and diagnosis
- Full lupus blood test screening
- Treatment advice
- Regular monitoring
- Patient advice and literature

Special Interests:

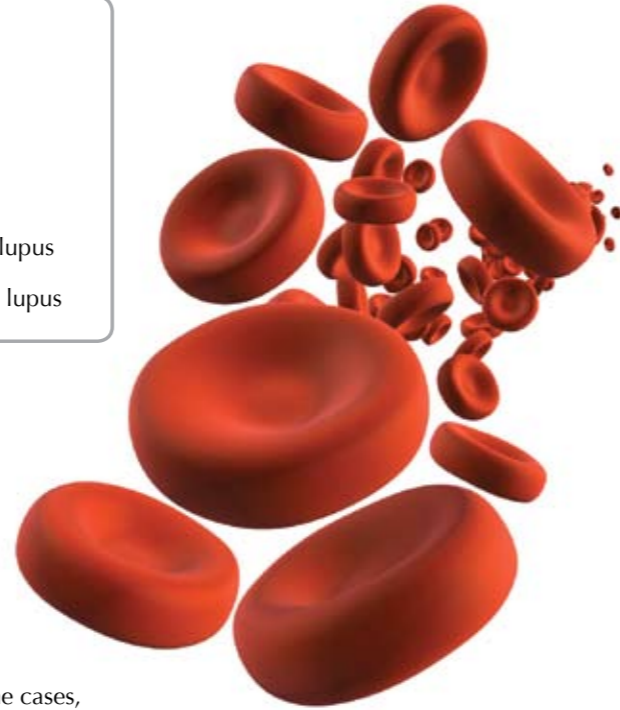
- Hughes Syndrome
- Lupus in pregnancy
- Vasculitis
- Neurological aspects of lupus
- Environmental factors in lupus

What is Hughes Syndrome?

Hughes Syndrome is a condition in which the blood has an increased tendency to clot. It can affect any vein or artery in the body, leading, for example, to Deep Vein Thrombosis (DVT), heart attack and even stroke. In pregnancy, clotting in the placenta can lead to recurrent miscarriage.

Fortunately, the diagnosis can be made with simple blood tests and, in most cases, successfully treated with anti-clotting medicine. In some cases, a simple 'baby' aspirin protects against serious complications.

Hughes Syndrome is now being recognised as a common, important, yet potentially treatable condition.



The Team:

Led by Professor Graham Hughes, the leading lupus consultant in the UK, the team consists of eight consultant physicians, all of whom trained under Professor Hughes at the famous St Thomas' Hospital, London.



Professor Graham Hughes

Literature:

At the London Lupus Centre, we provide pamphlets on lupus and related diseases. We also provide a number of books and educational material for sale, the proceeds of which go to our charities:

The London Lupus Centre Guide for Patients

The Big Three

Hughes Syndrome: A Patient's Guide

For doctors and researchers, the journal '**LUPUS**', edited by Professor Graham Hughes, is dedicated to the publication of international research into this disease.

Charities:

The team at the London Lupus Centre supports two charities – the *St Thomas' Lupus Trust* and the *Hughes Syndrome Foundation*.

The *St Thomas' Lupus Trust* was set up in 1992 with the twin aims of furthering education on lupus and supporting the research programme at St Thomas' Hospital.

For more information on lupus, go to:

www.lupus.org.uk

The Hughes Syndrome Foundation funds research into all aspects of thrombosis and recurrent miscarriage. It also supports national and international teaching initiatives and educational material aimed at improving awareness.

For more information on Hughes Syndrome, go to:

www.hughes-syndrome.org

Research

Our active research programme is focussed on two main areas – the value of new therapeutic agents in lupus and the prevalence of various clinical features of Hughes Syndrome.

We have recently published our research on the prevalence of Hughes Syndrome in the population and on its links to migraine, stroke, heart attack and recurrent miscarriage.

We have also instituted collaborative studies with the Balance Unit, The Portland Hospital and with our cardiology team at London Bridge Hospital, to assess the significance of the syndrome in younger patients with cardiac problems.

International Patients

A large number of patients treated for lupus at the London Lupus Centre are based overseas. London Bridge Hospital has a great deal of experience in meeting the cultural needs of patients from many countries. The hospital's International Department is committed to providing high quality services for overseas patients and a member of the Department is available to provide assistance with translations, special dietary needs, and accommodation and transport arrangements for patients and their families.

The International Department is open Monday to Friday from 8.30am until 7.30pm and a 24-hour emergency service is available outside these hours and at weekends.

If you require assistance, please contact the International Department on **020 7234 2459**.



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