HEALTH, FITNESS & WELLBEING

As summer comes to an end and the colder months roll round, you’ll want to be sure you’re taking the best possible care of yourself. From specialists who can help you get a better night’s sleep to personalised orthopaedic care and private breast health clinics, these options will help you feel like your best self this autumn.

**TREATMENT FOR FACIAL PALSY**

Facial paralysis affects approximately 12,000 individuals in the UK each year. In the UK, approximately 12,000 people suffer each year with acquired facial paralysis, with some cases being due to facial nerve injury. The condition can have a significant impact on an individual’s quality of life, affecting their appearance and impairing their ability to move.

Dr. Malik’s comprehensive approach to facial paralysis is designed to identify the underlying cause and provide the best possible treatment. This may involve non-surgical measures such as physiotherapy, electrical stimulation, and botulinum toxin injections, as well as surgical interventions such as nerve repair, grafting, or facial nerve transfers.

**PERSONALISED ORTHOPAEDIC CARE**

Mr. Bokode is a consultant surgeon with special expertise in children and adult orthopaedic surgery. As a highly trained expert in knee and hip surgery, Mr. Bokode offers patients a range of services, empowering women aged 40 and over to schedule their mammogram at one of the prestigious Breast Clinics at 108 Harley Street.

**BRIDGING THE GAP IN EXPERIENCE**

The Breast Clinic provides a high-quality, safe, and caring environment for women who have been diagnosed with breast cancer or who are at risk of developing breast cancer. The Breast Clinic offers a range of services, empowering women aged 40 and over to schedule their mammogram at one of the prestigious Breast Clinics at 108 Harley Street.

**ENDOMETRIOSIS — AN ENIGMA**

Endometriosis is a complex condition that affects millions of women worldwide. It is a chronic disease that can cause severe pain and discomfort, as well as infertility and other medical issues. Endometriosis is a condition that affects women of all ages, from teenagers to older women. It is characterised by the presence of endometrial tissue outside the uterus, in areas such as the ovaries, fallopian tubes, and pelvic organs.

A guide to what to look out for and what’s the latest in treatments and management is provided by Mr. Bokode. His expertise in treating endometriosis and providing a comprehensive treatment plan makes him a leader in his field.

**WOULD YOU LIKE HELP TO IMPROVE YOUR SLEEP?**

Sleep and Health Clinic provides high-quality, safe, and effective treatments for sleep disorders. The clinic offers a range of services, empowering patients to improve their sleep and overall quality of life.

A guide to what to look out for and what’s the latest in treatments and management is provided by Mr. Bokode. His expertise in treating endometriosis and providing a comprehensive treatment plan makes him a leader in his field.

**HOW DO REVOLVING SURGERY CHANGE THINGS?**

Surgical techniques are continuously evolving, with new technologies and devices being developed to improve patient outcomes. The latest advancements in surgical techniques are making it possible to perform more precise and less invasive procedures, leading to faster recovery times and reduced hospital stays.

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**THE TELEGRAPH**