

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.

HIP, KNEE & SPORTS INJURY SURGEON

Each individual's problems are unique and need a bespoke approach whether surgical or non surgical

Mr Atif Malik's focus and interest lies in hip arthritis, knee arthritis (in particular joint preservation surgery in the young), sports injuries and rehabilitation to allow early return to function. He has extensive experience in joint preservation techniques and has published extensively in the field of tissue engineering (including stem cells) and their application.

He's currently one of only six orthopaedic surgeons in the UK who have obtained fellowships granted by both the Royal College of Surgeons of England and the American College of Surgeons.

Mr Malik has helped numerous elite athletes and weekend warriors in returning to their preferred activity/sport and believes in early and accurate recognition with a tailored management plan.

He also often sees patients with knee pain in his practice, which is due to different forms of arthritis. The most common form of arthritis is often termed "wear and tear" or degenerative arthritis/osteoarthritis, though treatment for inflammatory arthritis such as rheumatoid arthritis is also commonly treated. For arthritis, early specialist input may help in preventing or slowing further damage thus preventing early progression to knee replacement.

While Mr Malik's own philosophy is that "the best knee in your body is your own" and he often tries all available measures that modern healthcare technology offers, when irreversible damage has occurred and conservative measures have failed, joint replacement surgery may be the only viable option.

Despite all the latest technologies and advancement in medicine, orthopaedics is a craft of more than just knowledge, as Mr Malik proves.

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PERSONALISED ORTHOPAEDIC CARE

Mr Jose Blanco is a consultant surgeon with specialist expertise in children's and adult orthopaedic surgery

As a UK-trained expert in hip and knee surgery, Mr Blanco regularly performs hip replacement, knee replacement and knee arthroscopy, including ACL reconstruction, among other procedures. He has further sub-specialist interest in complex primary hip arthroplasty and neuromuscular orthopaedic surgery. He's trained in robotic-assisted surgery, personalised implants and the anterior approach to the hip.

Mr Blanco provides clinic appointments, personalised care plans and orthopaedic surgery in Peterborough, Hinchbrook and Kettering. He sees NHS, insured and private patients. More information can be found at mrblan.co, or by contacting Elizabeth on 07818 304 865.

Dual speciality training means he always considers alignment, joint mechanics and joint preservation surgery in advance of joint replacement. This means treatments are individualised and all patients are treated holistically.

Mr Blanco is up to date with the latest techniques and is registered with specialist associations. He works collaboratively with the support of great anaesthetists, radiographers, physios and nursing staff. He publishes his work in peer-reviewed journals and is dedicated to the education of future orthopaedic specialists as a clinical and educational supervisor, and is an assessor and tutor at the Royal College of Surgeons of England.

● Personalised knee and hip kinematics with the option of robot-enhanced accuracy. T: 07818 304 865
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www.MrBlanco.co.uk
Consultant Orthopaedic Surgeon

TREATMENT FOR FACIAL PALSY

Facial palsy affects approximately 25,000 individuals in the UK every year

Typically, it presents as facial muscle paralysis affecting half the face that comes on suddenly (over hours to days). While stroke is one cause of facial palsy, the main aetiology is Bell's palsy, usually due to a viral infection. Most cases recover some facial function within six months, but one-third have long-standing sequelae.

It's imperative to get oral steroids and, sometimes, antiviral medication within 48 hours of Bell's palsy onset and to then seek specialist help beyond that, if necessary. Common long-term complaints after facial palsy include tightness around the eye, cheek stiffness, eye-watering, neck tightness and synkinesis (a symptom wherein, for example, when you smile, one eye winks uncontrollably). These symptoms could get worse with time and have a detrimental impact on both physical and mental health.

Recent advances have shown that customised facial therapy can alleviate many of the symptoms effectively. In those with significant facial and neck tightness, a state-of-the-art surgery developed in the US, called selective neurolysis, is used to reduce synkinetic movements and recalibrate the face. This is now available in the UK — both on the NHS and privately.

Images of consultant plastic surgeon Ruben Kannan's patients show selective neurolysis can be a powerful tool in relieving symptoms by freeing up the face and alleviating the stiffness and, sometimes, pain in the face and neck. With the appropriate facial rehabilitation regimen following surgery, this can even translate into improved smiles and reduced



synkinesis as shown. An important point to note is that Bell's palsy, even in the most severe cases, will show some return of facial movement within six months. If this is not the case, or if the palsy is gradual or only affecting part of the face, contact your GP or get a referral to a facial palsy specialist (via Facial Palsy UK) as soon as possible to rule out other causes.

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BRIDGING THE GAP WITH EXPERIENCE

Draw on the experience of an executive with a background in pathology, pharmaceuticals and diagnostic devices

JB Consulting MDP Limited provides medical consultancy services for the life science sector (pharmaceuticals, diagnostics, devices, laboratories) and marketing (distribution) services for Diagnostics Companies in the UK & Africa. Founded by Dr John Bolodeoku (MBBS, MSc, MBA, DPhil, FRCPath), a highly experienced C Level executive for the life science sector. He's successfully operated in senior positions (Europe vice president, UK medical director, Ireland medical director) at strategic levels in human, health and safety, compliance, corporate governance, medical affairs, pharmaceuticals and diagnostic device clinical development and marketing. Dr Bolodeoku has spent more than 30 years in clinical medicine specialising in chemical pathology and human metabolism and is currently still running a clinical practice in the NHS and supporting private laboratories. He is an accomplished commercial and business-focused medic who has worked with pharmaceutical, medical diagnostic and medical devices companies. He has 25 years' experience in pharmaceutical clinical drug development and managed European and country medical affairs programmes and activities, internally within corporate and externally with regulatory guidelines and approved budgets. He has over 20 years' experience in commercialising medical diagnostic devices in the UK and Africa. Coming from a medical and education family background, he continues to remain close to this background by teaching as a senior lecturer at King's College, London and mentoring medical and pharmaceutical medicine students. He was also recently appointed as an



advisor for the recently rolled T levels for healthcare science panel by the Department of Education. His interests are in self-monitoring of health and disease.

If you're interested in bringing the gap between pharmaceuticals, diagnostics and patients, contact expert pathologist, pharmaceutical physician, educator, clinician and entrepreneur Dr Bolodeoku.

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TAKE CONTROL OF YOUR BREAST HEALTH

Women aged 40 and over can schedule their mammogram at 108 Harley Street — no referral needed!

At 108 Harley Street, the teams are leading the way in early detection and personalised breast care. The Breast Clinic offers a range of services, empowering women aged 40 and above on their breast-health journey.

With breast cancer affecting over 55K patients a year in the UK, 108 Harley Street provides advanced care in a welcoming setting. The skilled team deliver individualised attention, focusing on personal needs. Breast screening is pivotal, fostering better health outcomes.

The clinic goes beyond mammograms, offering a complete approach to breast health. From advice to genetic testing, it caters to unique needs. It also handles non-cancerous cases and second opinions, bringing peace of mind.

Early detection is key in battling breast cancer. Using advanced techniques, the clinic's consultants identify issues early, leading to better outcomes. Early treatment plans lead to higher success rates.

Don't wait — act now for your breast health.

Contact 108 Harley Street for a mammogram appointment. Step into a healthier future with the team's support. Your breast health matters.

● Book your appointment with 108 Harley Street next week. T: 020 7563 1234

E: info@108harleystreet.co.uk
108HarleyStreet.co.uk



108 HARLEY STREET



WOULD YOU LIKE HELP TO IMPROVE YOUR SLEEP?

We spend one third of our lives sleeping. Sleep occurs in all living organisms and is a vital part of our functioning
Our internal body clock controls sleep and occurs at night in cycles; light sleep, deep sleep, then 'dream state' or REM sleep. Each cycle lasts 90 minutes and we have three to four cycles on an average night. Humans need, on average, seven to eight hours' sleep to function well. When sleep is disrupted, we compensate for a short time. The processes for coping will wear out and we'll feel tired during the day. Memory function decreases, resulting in forgetfulness and fatigue. Disturbances in sleep can occur because of heavy snoring and sleep apnoea; a breathing condition that causes temporary closure of the throat muscles. Snoring is one of the most common causes for a partner's sleep disruption and can cause relationship difficulties.

Sleep and Health Clinic provides a high-quality, safe, evidence-based approach for all aspects of your sleep. Its services incorporate all aspects of health and environmental effects on the quality and pattern of your sleep.

Sleep and Health Clinic has a large specialist team, all based near its locations with many years' experience. Its services are recognised (sometimes recommended) by top medical insurers and have been used by the NHS to help treat more than 500 patients.

● Visit Sleep and Health Clinic, one of the largest private clinics specialising purely in sleep and the only one active with Care Quality Commission registration.
sleepandhealth.org
T: 07974 731967



ENDOMETRIOSIS — AN ENIGMA

A guide to what to look out for and gold-standard treatment of this complex condition with leading expert, Amer Raza

Mr Raza is the lead consultant for two major endometriosis centres in Chelsea and Westminster Hospital and Cromwell Hospital, both of which are in London. Mr Raza is an robotic surgeon, teacher and passionate about endometriosis research.

What are the challenges of diagnosing endometriosis?

Women have for too long suffered in silence with this under-resourced and under-researched condition. There's currently a huge delay in making a diagnosis of around eight years and there are lots of reasons for this. The classical symptoms are actually fairly common, such as painful periods, pelvic pain or pain during intercourse and, although they're not unique to this condition, they've historically been 'normalised' for women and dismissed without further investigation. Scans such as MRI or standard ultrasound have a role, certainly in picking up endometriosis-associated cysts or some 'nodules', but aren't reliable in detecting all types and stages. Small or superficial lesions, common in the early stages of disease, aren't easily seen and a normal scan can't rule it out. Limited awareness among both doctors and patients also plays its part. While lots of work is being done looking at innovative ways to help, a thorough assessment by an experienced consultant including a detailed history, focused examination and endometriosis-specific ultrasound can make a very accurate clinical diagnosis in order to then discuss the best next steps.

When should I see a specialist?

If you're experiencing severe or persistent symptoms of intense pelvic pain, painful periods, pain during intercourse or at other times, such as during bowel movements or urination, then it's right to seek specialist advice. This is particularly important if these symptoms are having an impact on your life or, due to the links between endometriosis and fertility, if you're trying for pregnancy or have experienced difficulty conceiving.

What's the gold standard, most up-to-date management?

Different options will be suitable to different people and Amer Raza believes having a personalised approach with specific goals and priorities is the most effective. This holistic approach involves certain lifestyle changes, hormonal and non-hormonal medications and other interventions such



as physiotherapy and nutrition. Excisional techniques are the holy grail of surgical management, aiming to remove all endometriosis wherever it's found to best help symptoms and reduce it coming back.

Fertility preserving surgery is particularly important when addressing ovarian endometriosis, especially in young women, and involves new techniques to treat the endometriosis while limiting collateral damage to the surrounding healthy ovary. Amer Raza works closely with a large multidisciplinary team of physiotherapists, psychotherapists, bowel surgeons and nutritionists to provide comprehensive and individualised support to address each aspect of the condition, including offering advanced robotic surgical techniques.

How does robotic surgery change things?

Robotic surgery is now taking over the traditional laparoscopic approach, enabling far greater accuracy and dexterity to perform complex procedures, preserving minute pelvic nerves and removing all disease with far more detail. Amer Raza is a specialist with considerable experience with robotics, which is performed through key-hole surgery, can have quicker recovery time and generally leads to shorter hospital stays. Robotic surgery also allows to remove large fibroids and larger uterus much safely as compared to conventional laparoscopic approach.

Is there a cure for endometriosis?

It's a complex condition and it's a chronic disease for many. Often when Amer Raza sees a patient, they may have had endometriosis for many years and there's a possibility it can recur, even after treatment. Identifying it early and addressing it with state-of-the-art robotic excision can provide the closest thing there is to a cure, with good results in reducing symptoms and optimising for fertility and limiting its ability to return.

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