

Living360

PRIVATE HEALTHCARE & SPECIALIST CLINICS

From migraines caused by seasonal changes to vitamin D deficiencies due to a lack of sunlight, winter can bring with it a whole host of issues, so it's imperative that we take better care of our health. Whether you're looking for a wellbeing clinic or a knee specialist, this guide has everything you need to keep you feeling your best.

COMPREHENSIVE SPINAL CARE

BalancedSpine provides high-quality, evidence-based care for a wide range of spinal conditions. Lower back pain (LBP), sciatica and related spinal conditions are common causes of discomfort and disability, often significantly affecting quality of life and limiting work and social opportunities. These conditions can be triggered by issues such as disc prolapse or spinal stenosis and require a carefully considered approach to ensure effective management and long-term relief.

Mr Prokopis Annis, a fellowship-trained spinal surgeon and the adult deformity lead at The Walton Centre, Liverpool, brings extensive experience and specialised training from Europe and the US to his practice. At BalancedSpine, he treats a wide variety of spinal conditions, ranging from routine cases of disc prolapse and spinal stenosis to more complex deformities like adult scoliosis.

Treatment is tailored to the individual needs of each patient, starting with a thorough assessment to determine whether non-operative measures — such as physical therapy or injections — are appropriate, or if surgical intervention is required. Minimally invasive techniques, including robotic surgery, are available for those needing surgery. These methods often allow patients to return home within 24 hours, reducing recovery time and minimising disruption to daily activities.

BalancedSpine is dedicated to providing personalised, high-quality care that helps patients regain their health and improve their quality of life. Through a patient-centred approach, Mr Annis ensures that each individual receives the most appropriate treatment for their condition.

● **For more information, visit balancedspine.co.uk**
Locations: Spire Liverpool and Wirral Hospitals
Secretary T: 07724 319342



A CLINIC THAT TAKES A 360-DEGREE VIEW OF YOUR WELLBEING

The Galen Clinic offers a comprehensive approach to longevity, health and beauty

The Galen Clinic is a cutting-edge boutique hospital in central London, which offers a broad range of treatments designed to improve both inner health and external appearance. Its specialists believe that personalised, high-quality care is key to living a longer, healthier and more fulfilling life. The clinic's expert divisions cover longevity medicine, nutrition, orthopaedics and cosmetic surgery.

Its approach is holistic, blending the latest advances in medical technology with an emphasis on individualised care. Whether you're seeking to treat a chronic condition, improve mobility or enhance your appearance, the Galen Clinic has a solution that's right for you.

Functional and longevity medicine: personalised health from the inside out

The Galen Clinic doesn't just treat symptoms — it addresses the root causes of illness and health concerns. Its functional medicine division focuses on the complex interactions between your genetics, environment and lifestyle to create a health plan that's tailored specifically to your needs. By combining advanced diagnostic tools, such as genetic testing and hormone analysis — the clinic aims to not only treat existing health issues but also prevent future ones.

The clinic's functional medicine doctor also specialises in longevity medicine, an area focused on extending your health span by promoting vitality as you age. From nutritional guidance to hormone replacement therapy, the team offers a comprehensive strategy to help maintain youthful energy, and physical function throughout life.

Orthopaedic therapies: recover your mobility and comfort

For individuals with chronic joint pain, athletic sports injuries or mobility issues, the clinic's orthopaedic therapies provide non-surgical treatments that could offer effective relief. It specialises in cutting-edge regenerative therapies such as knee pain injections, which stimulate the body's natural healing processes to repair damaged tissue and reduce inflammation.



WHAT IS FUNCTIONAL MEDICINE?

Discover another world. What is functional medicine and how does it work?

Functional medicine primarily addresses chronic conditions, not emergencies or surgical needs. It's an integrated, patient-centred approach that offers a personalised way to understand, treat and prevent health issues.

Unlike conventional medicine, which looks at symptoms, functional medicine seeks to identify and address the root causes of diseases. It views the body as an interconnected system, rather than isolating conditions to a single organ or system. This approach allows for a personalised strategy that empowers patients to take an active role in their health, using evidence-based principles that promote overall wellness. Functional medicine often requires a comprehensive medical history, including examining biochemical disruptions, hormonal imbalances, stress, toxicity, genetic factors, psychological issues and lifestyle habits. This method helps the doctor to modulate the body's response to physical, physiological and psychological challenges. This approach complements conventional medicine and medication will be prescribed if appropriate.

What diseases can be improved by functional medicine?

It can improve symptoms of chronic conditions like metabolic syndrome, type 2 diabetes, IBS, women's health issues, PCOS, PMS, hormonal imbalances, thyroid dysfunction, adrenal issues and burnout. It may also help with long-term infections and can support healthy ageing. Treatment starts with nutrition advice, supplements, bio-identical hormones when appropriate and a focus on mind-body balance.

Your first appointment

Expect to fill out questionnaires, including a food log, to help your doctor identify potential nutrition issues. Nutrition is a big part of addressing the health issues as it is the main information we provide to the body. Your doctor may order advanced laboratory tests to guide your personalised treatment plan. The greatest wealth is health. ● **For more information, visit medicallartpractice.com** or contact pa.drmartineau@bioreg-med.info



Cosmetic surgery and non-surgical treatments: enhance your natural beauty

Looking and feeling your best go hand-in-hand, and the Galen Clinic's cosmetic surgery division is there to help you achieve your personal beauty goals. It offers a wide range of treatment options, including breast augmentation, body contouring and facial revitalisation.

The clinic's bespoke non-surgical treatments, including injectables, dermal fillers and skin therapies, aim to improve facial harmony and skin quality. Its experts use advanced techniques to deliver natural-looking results that align with your aesthetic vision to ensure you leave feeling refreshed and confident.

Nutritional advice and hormonal balance: replenish, revitalise and recharge

The Galen Clinic's functional medicine team offers hormone replacement therapies that help to restore balance, particularly for those experiencing symptoms of menopause, thyroid issues or other hormonal imbalances. The clinic's tailored treatments ensure that your body's unique needs are addressed and optimised for peak performance.

Your health is your most important asset — don't wait until tomorrow to invest in it. Whether you're dealing with a chronic condition, looking to enhance your appearance, or simply want to take a proactive approach to your wellbeing, the Galen Clinic is here to help. Get in touch today to discover how its approach to healthcare can transform your life.

● **thegalenclinic.com T: 020 3839 5050**



LEADING KNEE SURGERY CLINIC

Suffering from a chronic knee problem or injured your knee? Glasgow Knee Surgery Clinic can help

Led by consultant orthopaedic knee surgeon, Professor Graeme Hopper, the clinic provides expertise in both surgical and non-surgical management of all knee conditions.

Professor Hopper is a keen researcher and he uses an evidence-based approach to provide the most modern and cutting-edge treatments to achieve the very best outcomes, tailored to the needs of his patients. The journey from initial consultation to post-operative care is seamless, with patient wellbeing a priority every step of the way.

Areas of expertise include the treatment of knee arthritis as well as the management of sports injuries with patient cohorts ranging from those who enjoy gentle exercise to amateur athletes and international professionals.

Operative procedures offered include knee replacement surgery, which can be partial or total, ligament reconstruction or repair, meniscus/cartilage repair and kneecap (patella) stabilisation surgery. Additionally, Professor Hopper treats patients using non-operative measures including injection therapy, which incorporates steroid, hyaluronic acid, platelet-rich-plasma (PRP) or newer biologics such as ArthroSamid.

By choosing Glasgow Knee Surgery Clinic for your knee problem, you're choosing excellence, expertise and exceptional care. State-of-the-art treatments aim to optimise outcomes, enhance recovery and restore quality of life.

SMALL CHANGES, BIG IMPACT

Genetic predispositions are highly individual, so health care should be personalised, too



Don't regret, reverse and protect. Individuals can't direct the wind but they can adjust the sails. Holistic Health Plus's number one priority is helping people reduce inflammation, sugar balance and the best timing for a health MOT.

Dr Pinelopi Chrysikou of Holistic Health Plus believes that health is wealth and people need to keep on track. Be consistent, patient and resilient, plan accordingly and be ready for your health MOT.

By identifying deficiencies and imbalances through thorough analyses, Holistic Health Plus seeks to help individuals reduce inflammation and improve their gut health.

Dr Chrysikou is a highly regarded lifestyle medicine specialist with a focus on integrating holistic, science-based approaches to optimise health and well-being. Her main areas of expertise include sleep disorders, anxiety management, lifestyle medicine, functional medicine and nutrition, as well as homeopathy.

With extensive training and experience in both conventional medicine and lifestyle medicine, she takes a comprehensive approach to healthcare, emphasising prevention, disease management, and overall wellness through lifestyle interventions.

● **Get involved with your health via your body, mind and spirit.**
T: 07541 379310
E: drchrysikou@gmail.com
Visit holistichealth.gr



EXPERT UROLOGICAL CARE

Mr Hamid Abboudi provides comprehensive care for all your urological health concerns

Are you struggling with urinary problems caused by an enlarged prostate? Mr Abboudi, an experienced consultant urological surgeon, specialises in the diagnosis and treatment of men with benign prostatic hyperplasia (BPH), a common condition that can significantly impact quality of life.

Mr Abboudi offers the latest and most effective treatments for prostate enlargement, including minimally invasive procedures that reduce recovery time and limit any risk to sexual function and continence. His expertise includes advanced robotic guided aquablation of the prostate and laser prostate surgery (HoLEP), both highly effective options for men with large prostates, as well as innovative treatments like Rezum (water vapour therapy) and UroLift, both designed to relieve urinary symptoms without the need for major surgery.

He also has expertise in treating kidney stone disease, recurrent urinary tract infections in men and women, and general urology issues such as blood in the urine, elevated PSA levels and testicular and pelvic pain disorders.

His NHS practice is based at the internationally renowned Imperial College Healthcare NHS Trust in London. He has private consulting rooms at state-of-the-art hospitals across London and Surrey, utilising the latest medical technology to ensure the best possible outcomes for his patients. Mr Abboudi also offers remote video consultations.

In addition to his clinical work, Mr Abboudi is involved in ongoing research and frequently presents at national and international conferences, ensuring his patients benefit from the most up-to-date advances in urological care. His personalised approach ensures that each treatment plan is tailored to meet the specific needs and concerns of every patient.

● **Take the first step towards relief from urinary symptoms.**

Book a consultation with Mr Abboudi to explore your treatment options.

Practice manager: Simone Castle
E: pa@abboudi.com
T: 07359 173183 / 020 3576 2531
londonandsurreyurology.com



A SPECIALIST IN HEALTHY AGEING

Dr Sen's specialist clinic offers a potential gateway to a healthier, more fulfilling future

The medical landscape is becoming increasingly complex, and this is partly due to the UK's ageing population growing bigger. Conditions such as strokes, one of the leading causes of disability and death, are increasing in prevalence. However, rather alarmingly, recent trends indicate an increase in stroke incidence among young adults, raising the stakes for prevention and early intervention.

At the forefront of this evolving challenge is Dr Arup Sen, a highly esteemed consultant physician based in London, who specialises in healthy ageing and stroke medicine. With over a decade of experience, Dr Sen is renowned for his holistic and patient-centred approach. He's dedicated to empowering his patients, involving them in every step of their treatment journey.

In addition to being a leading expert in stroke and transient ischaemic attack (TIA) management, Dr Sen specialises in a broad range of conditions including dementia, delirium, hypertension, perioperative medicine, syncope and sleep health.

Dr Sen is a substantive consultant at University College Hospital and the prestigious National Hospital for Neurology and Neurosurgery — both renowned institutions at the forefront of cutting-edge medical care. Alongside his NHS commitments, Dr Sen offers private consultations across various high-profile locations, including Queen Square, UPPS Clinic at Battersea Power Station and The Sloane Hospital in Bromley. Additionally, he offers video consultations, making expert medical advice accessible to patients nationwide.

Dr Sen is committed to enabling adults to embrace vitality and longevity through tailored health consultations. Each individual will benefit from a comprehensive consultation, resulting in a bespoke care plan designed to help enhance overall wellbeing and quality of life.

● **To book a consultation:**
T: 020 3912 7286
E: sen.admin@lips.org.uk. To find out more, visit topdoctors.co.uk/ doctor/arup-sen or lips.org.uk/ our-specialists/arup-sen



Get answers for any ailment – no matter how small

From blood tests to joint injuries, fevers to coughs, our 24/7 GPs are here to help.



Call **020 8051 3089** or scan the QR code



PRIVATE MATERNITY CARE

Why choose private obstetric care? The reasons for choosing private obstetric care are personal and varied

Fundamentally, private obstetric care allows you to be reviewed by and get to know your obstetrician from the earliest stage of pregnancy, and ensures continuity of care. Being under the care of a consultant obstetrician gives you the opportunity to be cared for by the most qualified person at every one of your appointments. Furthermore, private maternity care affords you direct access to an experienced consultant obstetrician who can answer your questions personally and promptly. Importantly, they will be available for any emergencies. Patients booking under the care of Dr Matthew Cauldwell know that between him and his PA, they are contactable via telephone or email seven days a week. At a time of great personal change, it's important to feel reassured and confident in your pregnancy.

How does private obstetric care work?

When you book with a private obstetrician at London Maternity Care, they will coordinate and undertake all your antenatal appointments. The antenatal visits mirror the scheduled NHS appointments, but if you require additional visits, there is no extra fee. By choosing private obstetric care, you will have more flexibility to choose specific appointments in advance. All antenatal appointments and blood tests are conducted at the Kensington Wing. During these appointments you can develop a personal relationship with your consultant, and together you can plan what is best for you, your partner and your baby.

What about my delivery?

Knowing that you have a highly trained and experienced clinician at hand — whether you wish to have a planned caesarean birth or plan for a vaginal birth — can make labour a lot less stressful. Dr Cauldwell is privileged to work with a highly skilled and experienced team, and has the support of consultant anaesthetists 24/7. Your obstetrician will be present during your birth, and if an emergency delivery is required they will be there to deliver your baby.

● **Dr Matthew Cauldwell. MBBS BSC MD MRCP MRCOG**
Consultant Obstetrician and Maternal Medicine Specialist, The Kensington Wing.
Visit londonmaternitycare.co.uk. PA: Sarah Cottenill T: 07852 929233
E: secretary@londonmaternitycare.co.uk Instagram: @drmaternity



PLASTIC SURGERY EXPERTISE

Professor Ertan Erel is a distinguished consultant plastic surgeon currently working privately in London, as well as in Manchester, Glasgow and Brighton

With over 30 years of experience, Professor Erel specialises in a range of areas, including rhinoplasty, blepharoplasty, body contouring (including following massive weight loss), abdominoplasty, liposuction, fat grafting, breast augmentation and breast reconstruction. He uses Renuvion, Smartlipo, BodyTite, FaceTite and Morpheus 8 devices as an adjunct to liposuction and skin revitalisation and tightening procedures.

Rhinoplasty procedures are Professor Erel's special interest. He performed several extremely complicated nose reconstruction operations (using rib grafting) jointly with ENT surgeons in the NHS. Following this experience, and rhinoplasty fellowships in Istanbul, he confidently performs many rhinoplasties and septorhinoplasty procedures. Professor Erel aims for natural-looking noses fitting to his patient's faces with consideration of their wishes and ethnicity. Examples of his work and patient testimonials can be seen on his website, Instagram and YouTube channel under the name Erel Plastic Surgery.

Professor Erel's academic achievements and working in the NHS between 1995 and 2024 serve as a solid foundation for his expertise, ensuring that he remains at the forefront of innovative medical practices. Professor Erel has contributed to numerous publications, showcasing his dedication to advancing plastic surgery knowledge. He is a member of esteemed organisations such as the BAPRAS, ISAPS and Turkish Aesthetic Plastic Surgery Association.

With a comprehensive background in plastic surgery, a wealth of academic accomplishments and a commitment to ongoing research and education, Professor Ertan Erel stands as a leading authority in the field. His patients benefit not only from his extensive experience but also from his dedication to staying abreast of the latest advancements in

EXPERT EYE CARE

The Manchester Corneal Clinic offers expertise in visual correction procedures, including cataract surgery using premium intraocular lenses and laser eye surgery technology

Manchester Corneal Clinic strives towards the best level of vision you can achieve without the dependence of spectacles. It's able to treat a wide range of eye problems, including those conditions that affect the front of the eye, such as cataracts and corneal-related problems.

The clinic aims to provide the right blend of dedicated, exceptional care while allowing its patients the time to discuss their needs and individual expectations, and is proud to offer a unique level of attention to detail and personalised care.

Treatments are provided at Manchester Royal Eye Hospital using state-of-the-art diagnostic and surgical equipment.



SCIENCE BRINGS HOPE FOR HEADACHE SUFFERERS

New treatments mean the future looks bright for headache sufferers, says Dr Mark Weatherall of the London Headache Centre

Headaches are universal. Most of us experience occasional mild tension-type headaches, but these rarely cause any major problems. More severe, recurrent headaches, however, are a different story. One in three people experience migraines at some point in their lives. Migraines cause debilitating head pain, associated with other features such as nausea, vomiting and sensitivity to lights, noise and movement. Many people with migraines also experience aura, a period of neurological impairment usually affecting vision, but which can also impair speech, sensation, co-ordination or cognition.

Migraine has a huge impact on sufferers' family and social lives. It accounts for three million lost working days every year in the UK, costing the economy £4bn.

To make things worse, many migraine sufferers are dismissed by doctors; it's all too common for them to be told that they just have to learn to live with their headaches.

As Dr Mark Weatherall, consultant neurologist and headache specialist at the London Headache Centre, points out, this is almost never true. "In the past few years, we've seen new treatments emerge based on modern migraine science. These are having an enormously positive impact upon the lives of people who take them."

Many of these new treatments are based on the discovery that one of the crucial events in most migraine attacks is the release of a brain chemical called CGRP (calcitonin gene-related peptide).

"Ever since the early 1990s, most migraine science, and pretty much all the pharmaceutical interest in migraine, has focused on CGRP," says Dr Weatherall. "It's an exciting one," he adds. "Our options for treating headaches have expanded significantly, and this will continue to be the case well into the next decade."

ADVANCES IN EYE SURGERY LEAD TO NEW TREATMENTS FOR BLINDNESS

Robert MacLaren is Professor of Ophthalmology at the University of Oxford and a consultant ophthalmologist specialising in retinal surgery

He has led groundbreaking clinical trials to develop new treatments for blindness. These include the world's first gene therapy treatment for the dry form of age-related macular degeneration, a common cause of blindness in the elderly, and gene therapy treatments for retinitis pigmentosa, a common cause of genetic blindness in young people.

Currently he is developing these treatments in a number of international clinical trials. Prof MacLaren is also well known for having performed the world's first operation inside the eye using a remotely controlled robot in 2016. He has also pioneered the use of electronic retinal implants — devices similar to the digital camera in a mobile phone, which are inserted at the back of the eye and powered from a small computer buried under the skin behind the ear.

He led a landmark clinical trial implanting the electronic devices, in a complex operation that took up to 10 hours and which resulted in restoration of vision in several patients who had been completely blind from genetic eye disease. Prof MacLaren runs his NHS clinics at the Oxford Eye Hospital, where he treats patients referred in for cataract surgery and a variety of retinal problems, including retinal detachments and eye trauma.

● **Robert MacLaren is contactable at the University of Oxford and Oxford Eye Hospital, part of the Oxford University Hospitals NHS Foundation Trust. E: enquiries@eye.ox.ac.uk**



plastic surgery, making him a trusted and reliable choice for those seeking expert care. His patient reviews can be found at Doctify, Top Doctors, Trust Pilot, Google and his website.

● **A free 10-minute consultation is available via erelplasticsurgery.co.uk/book-consultation T: 07361 210282**

All assessments are undertaken by a consultant eye surgeon with additional training in managing these conditions. Pre- and post-treatment care will also be provided by the same consultant eye surgeon, Mr Andrew Walkden, allowing the opportunity to have a consistent and personalised treatment pathway. After completing his general eye surgical training, Mr Andrew Walkden has undertaken subspecialist training in this field, including higher level qualifications from the Royal College of Ophthalmologists.

Manchester Corneal Clinics' visual correction procedures suit a variety of individuals and it can tailor your needs to the best available intervention. During your assessment, the different options will be presented to you clearly, with additional supplementary material provided after your consultation.

The clinic offers different options for visual correction, including cataract surgery, refractive lens exchange, laser visual correction and implantable contact lenses.

Although no surgical intervention can ever be deemed risk-free, all treatments have excellent safety profiles. Your suitability, as well as the pros and cons of each option, will be discussed in detail with an open and honest discussion. The clinic will involve you with the decision-making process from start to finish, providing you with the time and expertise to allow you to make a considered and informed decision.

For more information, contact the team via telephone or the website and an appointment can be arranged at your convenience.

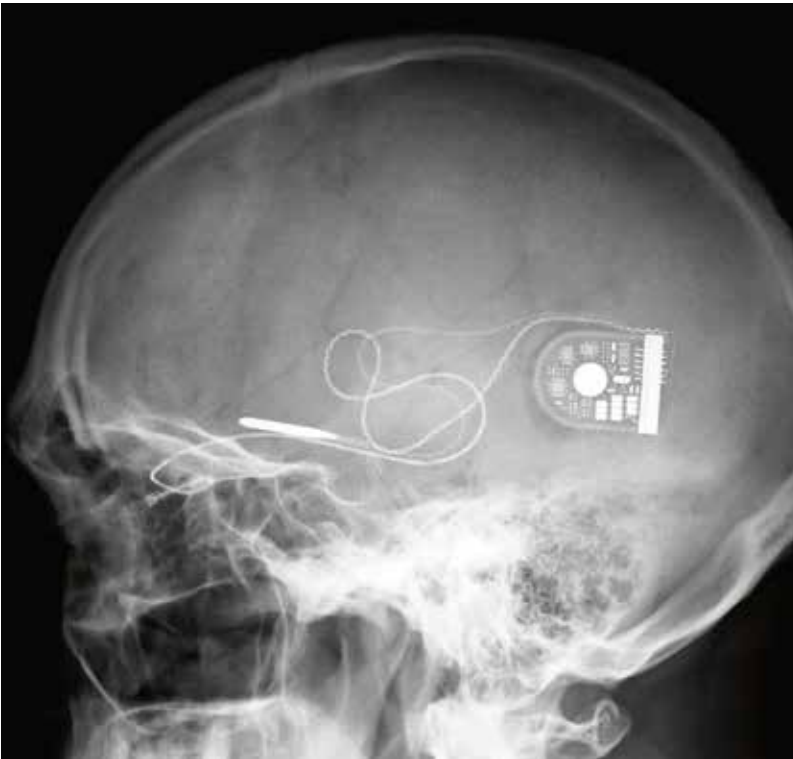
● **Find further information on the treatments provided and your surgeon at: manchestercornealclinic.co.uk**
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Feel free to browse independent reviews at the link below: doctify.com/uk/specialist-andrew-walkden#endorsements



Yet despite these scientific advances, there remains no substitute for time spent with a healthcare professional who can listen attentively, make a diagnosis, suggest proactive lifestyle modifications and present you with a range of effective treatment options.

"Even if the new treatments aren't right for you, it's always helpful to talk about your headaches with someone who understands the science, can make a diagnosis and come up with a treatment plan," concludes Dr Weatherall. "The old myth that nothing can be done for people who suffer from headaches has never been less true."

● **Dr Weatherall sees patients at the London Headache Centre, and at locations in Kensington and Buckinghamshire. For details of consultation times and costs, visit: londonheadachecentre.co.uk**



YOUR TRUSTED EYE DOCTOR

Vision loss often causes significant disability to the independent functioning of one's life. Preserve and protect your eyes and live a happier life

Cataracts and age-related macular degeneration (AMD) are two conditions that affect the elderly and are main causes of visual impairment in the world. Previously, a huge proportion of patients affected by these disease would suffer from irreversible vision loss. However, advancements in technology in cataract surgery and options of premium lenses such as multifocal lenses now allow one not only to regain vision, but also to see clearly at all distances without spectacles. Cataract surgery has evolved and is now a day procedure with minimal down time. Developments in the understanding of AMD with new and improving treatments has revolutionised this previously blinding condition.

Therefore, if you're above the age of 60, it's important to screen your eyes and retina regularly to prevent the onset of worsening of eye conditions and to start treatment or preventative strategies where appropriate.

Ms Sharon Heng is a multitasking consultant ophthalmic surgeon with an NHS practice at the world-renowned Moorfields Eye Hospital. She's a specialist in retina diseases and is currently the clinical lead of the medical retina digital clinics at Moorfields Eye Hospital.

Ms Heng's PhD on preventative therapy in age-related macular degeneration formed pivotal laboratory studies and the first clinical study on the 2RT nanosecond laser in preventing AMD.

Ms Heng has a deep interest in retina lasers, ageing eye diseases (such as preventative therapy and treatment in AMD) and is also a leading expert in the screening and treatment of retinal vascular diseases including diabetic retinopathy and retinal vein occlusion. She's also an experienced minimally invasive cataract surgeon and specialises in complex cases with multiple pathologies. Ms Heng believes in personalised treatment and takes pride in advising her patients on treatments according to their disease, their needs and lifestyle.

● **Ms Heng consults privately at The London Clinic, 119 Harley Street, London W1G6AU and Moorfields Private, 50 New Cavendish Street, London W1G 8TL**
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