

Living360 HEALTHCARE INNOVATIONS

These medical experts and innovative procedures can help you make the best of your health. Schedule hip or knee surgery, deal with prostate issues or take care of stomach and bowel problems. This is the time to feel and look your finest.

HOW TO SHOW UP AS YOUR BEST SELF

As adults, our limiting subconscious beliefs can keep us from connecting deeply with ourselves
So, how can you authentically connect with your children and loved ones, if you struggle to identify your own needs? Wellness Soul guide and author, Divya Chandegra has a wealth of teachings to help you consciously raise awareness of your needs by improving the subconscious beliefs you have with your self, enhancing your self-growth and, ultimately, your happiness and success.

You can start to develop deep connections with your loved ones by understanding your limiting beliefs, childhood programmes and conditions. This can help prevent you and your children from repeating limiting mindset and generational behaviour patterns, so that you can show up as your best self by releasing the false beliefs that keep you stagnant and constantly searching for something outside of yourself.

Interested in Understanding Your Inner Child? Check out Divya's mini-course, guiding parents and professionals like you in becoming more self-aware by:

- Introducing you to your inner child
- Learning about the three types of inner child
- Developing a better understanding of yourself to create conscious connections with your loved ones

Building a connection with yourself can help you to better understand and connect with your children and loved ones by fulfilling your own needs first and, therefore, help ensure that their emotional, mental, spiritual and physical needs are met.

Showing up for your loved ones the way they need you to starts with identifying your unmet childhood needs, so you can learn how these may have impacted you as an adult.

When you build a connection with your true self, instead of the person you've been programmed to believe you are – by society, culture, upbringing, tradition and gender stereotypes – you're able to let go of the false beliefs imprinted on you from childhood and come into your true power with passion and purpose.

Sign up for FREE below to access:

- 11 tips on setting healthy boundaries with your family and friends
 - Unblock your Self masterclass
 - Understanding your Inner Child mini-course.
 - **Learn more about helping free yourself and your family from limiting subconscious beliefs by fast-tracking your self-mastery with Divya's three-step framework within seven days. Enjoy a 25% discount (limited time only). Register divya-chandegra.com / release-and-reprogram-subscribe**
- Valid until 31 July 2023. Visit: divya-chandegra.com
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STATE-OF-THE-ART FACILITY

Advanced surgical and non-surgical cosmetic procedures by UK experts at Adnova Clinic

Take an individual and bespoke approach to cosmetic surgery with experienced UK-trained surgeons in a state-of-the-art facility. Charles Durrant is co-founder of Adnova Clinic in Fareham, a short drive down the A3 between Portsmouth and Southampton. As well as specialising in all aspects of cosmetic breast surgery, including breast augmentation and reduction, he is one of the only plastic surgeons in the UK performing the Extended Corset Abdominoplasty. Charles is also one of the few plastic surgeons in the country regularly using the most up-to-date devices such as VaserLipo and Remouline to help maximise his results. Charles personally looks after every patient before, during and after surgery.

Charles was trained in London and has worked as an NHS consultant for 12 years. He undertook a cosmetic fellowship in East Grinstead and has visited world-renowned surgeons in



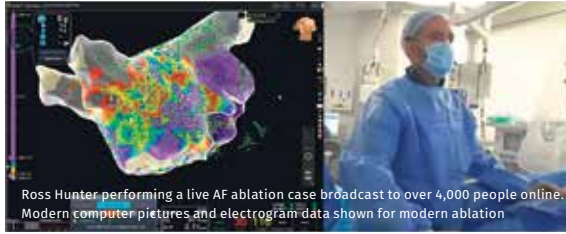
CONSULTANT CARDIOLOGIST

Professor Ross Hunter, atrial fibrillation and arrhythmia specialist is offering new innovations in cardiology

Whether it's fast or irregular rhythms that can cause palpitations and breathlessness, slow heart rhythms that can lead to dizziness or fainting, or rhythm disturbances such as Atrial Fibrillation (AF), which can cause problems such as stroke and heart failure, early diagnosis is vital.

Professor Ross Hunter is a cardiologist specialising in arrhythmia management. There are a range of medications, a massive variety of pacemakers and related devices, and catheter ablation that could treat fast or irregular rhythms. The latter has advanced and is guided by computer systems and imaging. Procedures are performed safely, taking approximately one hour as a day case. Professor Hunter leads research and trials in the treatment and ablation of arrhythmias.

Professor Hunter is director of arrhythmia services at the Barts Heart Centre in London, where he leads one of the world's largest teams of 26 arrhythmia specialists. The arrhythmia unit was recently commended in Parliament for



IMPROVED PROSTATE TREATMENT

Only men have a prostate, so many of the people around you could be affected by prostate issues

These include prostate enlargement as well as other prostate conditions. However, despite this being a gloomy area, multiple innovations have made it much easier for men to recover from prostate problems and return to a normal everyday life.

Improved urinary symptoms without such side effects have advanced in recent years. The technology includes high-speed water jets under robotic and visual control (Aquablation), steam injections into the prostate (Rezūm), and implants to pull the prostate open (UroLift). Almost every technology has been tried on the prostate at some time.

Holmium laser enucleation of the prostate – often abbreviated to HoLEP – is usually said to be the best way to improve urinary symptoms. Typically, patients leave within 24 hours without needing more medicines or further procedures. However, it often results in dry orgasms, sometimes described as a car backing. Aquablation, which is still being evaluated by NICE, is probably the closest to getting as good an improvement in urinary symptoms as a HoLEP, with the greatest chance of keeping normal erections and ejaculation intact.

For men whose prostates are significantly affected by a condition, surgical treatment has improved, aided by the newer surgical robots – for example, the da Vinci Xi.

Mr Laniado is a specialist prostate consultant at HCA Princess Grace Hospital, The London Clinic, GenesisCare Windsor, BMI Princess Margaret Hospital and Spire Group, alongside his NHS work.

He is also a trainer for surgeons learning robotic prostatectomy.
● T: 020 7157 7151 E: pa@sageurology.co.uk
Visit sageurology.co.uk or scan the QR code



Europe, America and Australia to hone his skills and transfer these to his patients in the UK. Charles and his colleague, Simon Heppell, have over 40 years of experience between them in plastic surgery.

Adnova Clinic was designed and built to tailor for bespoke cosmetic procedures performed in a safe, clinical environment where every patient is treated as an individual. Adnova Clinic prides itself on patient-centred care both before and after surgery so that patients are well looked after at all stages of their journey. The clinic is fully COC recognised, and all its surgeons are UK-trained, are members of BAAPS and BAPRAS and are on the GMC Specialist Register for Plastic Surgery. At only 90 minutes from London, Adnova Clinic is easily accessible and offers a whole range of cosmetic surgery procedures at affordable prices.

● For more information, please contact:
Adnova Clinic, Eagle Point, 1 Little Park Farm Road Fareham PO15 5TD. T: 01489 663274 adnovavac@adnovavac.co.uk
plasticsurgeryhampshire.co.uk



innovations in arrhythmia care when given several awards by the Arrhythmia Alliance. The unit's waiting lists remain short and it accepts referrals for long-waiting patients from around the country.

Professor Hunter says one problem in private medicine is lots of people working in isolation. He helped establish One Welbeck Heart Health, a London clinic formed and run by 31 eminent cardiologists, the first collaborative group of its kind in the UK. This allows private care in collaboration with other specialists, with oversight from a group and availability of the best imaging and procedural care. He works privately at One Welbeck Heart Health, the London Bridge Hospital and The Bridge Clinic in Berkshire.

● NHS patients: ask GP to refer using Advice and Guidance, or letter from local cardiologist. Private patients: T: 020 7234 2647. topdoctors.co.uk doctor/ross-hunter

SURGICAL EXPERTISE

Simon Heppell OBE, consultant plastic reconstructive and cosmetic surgeon based in Hampshire at Adnova Clinic
Simon Heppell qualified from Leicester University Medical School in 1993. Following early surgical training, he became a Fellow of the Royal College of Surgeons at Edinburgh in 1998. He then went on to specialise in plastic surgery at Haslar, East Grinstead, Stoke Mandeville, Salisbury, Oxford, Toronto and Winnipeg before attaining a FRCSed(Plast) in 2005 and becoming a consultant at the Royal Hospital Haslar in 2007.

A member of both the British Association of Plastic Reconstructive and Aesthetic Surgeons and the British Association of Aesthetic Surgeons, Simon received an OBE in 2019. He is very happily married with two boys and lives near both his clinic and NHS practice.



Simon practices both within the NHS and the private sector. His interest and speciality within the NHS is microsurgical breast reconstruction following major surgery, which he performs as part of the team at Portsmouth University Hospitals Trust. This is both challenging and extremely rewarding. He also practices at Spire Hospital, Havant.

In 2022, Simon opened Adnova Clinic alongside co-director Charles Durrant. Adnova is a day-case surgical clinic in Hampshire, and is where he performs cosmetic breast surgery and body contouring. The Adnova philosophy is excellence and patient focus, and all procedures are supported by compression garments and post-operative lymphatic drainage. As well as breast implants, lifts and reduction, Adnova also offers VASER Lipo, which is a form of liposuction. Adnova is the only clinic in the region to offer this treatment, and is regarded as being ideally suited to the day-case environment.
● Simon Heppell is available for consultations through his secretary. T: 01489 663273 or E: heppellsec@adnovavac.co.uk



EXPERIENCED GYNAECOLOGIST

Mr Akobundu Nnochiri is an esteemed consultant gynaecologist based in London and Brentwood

With over 25 years of experience, he's an expert in several aspects of gynaecology, including the treatment and management of urinary incontinence, pelvic floor prolapse, large uterine fibroids, and endometriosis using advanced laparoscopic (keyhole) surgery. He was until recently the lead for ambulatory gynaecology at Barking, Havering and Redbridge University hospital trust, where he developed a world-renowned outpatient operative hysteroscopy service, and providing training to other consultants in the use of hysteroscopic morcellation to remove intra-uterine pathologies, such as fibroids, polyps and persistent retained products of conception.

Mr Nnochiri originally qualified in Nigeria in 1995 before relocating to the UK. He completed his postgraduate training in obstetrics and gynaecology in Scotland, the West Midlands and London, where he went on to specialise in urogynaecology and laparoscopic surgery at Homerton University Hospital. Mr Nnochiri has practised at leading hospitals since, and in 2005, he became a member of the Royal College of Obstetricians and Gynaecologists.

In addition to his clinical work, Mr Nnochiri continues to publish in peer-reviewed journals and is, at present, the Gynaecology MAC representative at Spire Roding Hospital. Highly regarded for his gentle bedside manner, Mr Nnochiri works in partnership with his patients to ensure their comfort and confidence in their dedicated treatment plan.

Alongside his NHS work at Barking, Havering and Redbridge Hospitals, Mr Nnochiri currently sees patients at The London



Independent Hospital, Spire Hartwood Hospital and Spire London East Hospital.

Professional experience

- Over 25 years of experience
- Consultant obstetrician and gynaecologist, The London Independent Hospital
- Consultant obstetrician and Gynaecologist, Spire London East Hospital
- Consultant obstetrician and Gynaecologist, Spire Hartwood Hospital
- Gynaecology MAC representative, Spire Roding Hospital
- topdoctors.co.uk/doctor/akobundu-nnochiri
- Secretary@womensgynaecology.co.uk



DO YOU NEED TO REBALANCE YOUR HORMONES?

Dr Masud Haq is a leading consultant in diabetes, endocrinology and general medicine who works in London, Kent and Belfast
He's seen a greater awareness among the public of the impact hormone imbalance can have on someone's health. A good example is hypothyroidism, a term used to describe an underactive thyroid. This can manifest in a variety of symptoms such as fatigue, weight gain and low mood. The condition can potentially be quite debilitating and can adversely affect an individual's livelihood, personal and family life – but with appropriate treatment, these symptoms can be eradicated.

The menopause and the transitional period before this, better known as the "perimenopause", has been a hot topic in the past few years. Celebrities such as Michelle Obama, Oprah Winfrey and Davina McCall have all shared their experience of living with menopausal symptoms and how they've coped. Social media interest sky rocketed after two million people watched the Channel 4 documentary *Davina McCall: Sex, Myths and the Menopause*. The tide is clearly turning, with women becoming more aware of their bodies and the impact menopause can have on their lives and workplace.

Although hot flushes and night sweats are the commonest symptoms, the menopause can cause fatigue, weight gain, sleep disturbance, headaches, joint pains, reduced sex drive and urinary problems. Through a better understanding of these symptoms, women can be assessed and be offered timely treatment with the potential of helping them feel "normal" again. The andropause, or the male version of the menopause, remains a subject that hasn't quite hit the heights of the menopause media interest. Nevertheless, patients affected by testosterone deficiency describe several

debilitating symptoms such as fatigue, low mood, weight gain, erectile dysfunction and a loss of sex drive. Through appropriate assessment, patients can be offered life-changing treatments.

The obesity pandemic has created a tsunami of health problems such as diabetes, heart disease and increased risk of cancer. The latest figures confirm 26% of adults in England are obese, with 38% overweight – and it's only going to get worse. A huge shift in public health is required to turn the tide.

With further developments on the horizon, a new paradigm of diabetes care can be expected in the future. With advances in medicines and technology just around the corner, the opportunity to treat patients and rebalance their hormones could positively impact a new generation.

Dr Haq completed his medical training at the United Medical and Dental Schools of Guy's and St Thomas' Hospitals, which included periods at the John Hopkins Institute, Baltimore and St Vincent's Hospital, Melbourne. His postgraduate training included the Royal Brompton and Atkinson Morley's Hospitals. He also completed research at the Royal Marsden Hospital.

Dr Masud Haq is a consultant in diabetes, endocrinology and general medicine. He practices at 10 Harley Street, London, Spire Tunbridge Wells, Kent and The Kingsbridge Private Hospital, Belfast, where he's the founder and director of the Medical Obesity Clinic and the Well Man and Women's Hormone Clinic at Cosmetech Maypole.

● topdoctors.co.uk/doctor/syed-masud-haq
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ESTABLISHED ENDOCRINE & GENERAL SURGEON

Mr Khan is an internationally recognised surgeon specialising in thyroid, parathyroid, adrenal and hernia surgery

Mr Khan is the clinical lead for the Oxford Endocrine Surgery unit and also practices in The Manor/Foscote hospitals in Oxfordshire and on Harley Street in London.

He's one of the highest volume endocrine and hernia surgeons in the UK and achieves excellent outcomes. He teaches nationally on aspects of safety in neck surgery and operates on hernias internationally via charity organisations.



He teaches and trains nationally on new techniques in endocrine surgery including retroperitoneoscopic (through the back) keyhole adrenal surgery and minimally invasive neck surgery.

Patient reviews:

"Mr Khan is highly competent, knowledgeable and extremely skilled. I flew from India for my parathyroid surgery and it was worth it. I feel brand new," said SP from India.
"His skill as a surgeon is evident in the very small scar I now have from my thyroid surgery. I'd highly recommend Dr Khan," said L from Oxford.

"A top doctor. Dr Khan is a consummate professional who's dedicated to his art. He sets the bar for the entirety of the medical profession. Unmatched. Highly, highly recommend without reservation," said FS from London.

"ellar experience from start to finish. I knew I was in the hands of an excellent and experienced surgeon. Everything was explained in a clear manner. Great outcome," said AP from Essex.

"Mr Khan is an excellent surgeon and a very kind and caring person. He follows-up with me regularly. The incision is very neat and healing well," said JJ from Belgium.

"Excellent in every way from the first phone contact through to hospital treatment, surgery and follow-up. I needed specialist expertise of the highest standard. Thanks to Mr Khan, everything went smoothly," said MP from Scotland.

More reviews are available via the TopDoctors website.

● **Mr Khan offers face-to-face and video consultations and accepts insured and self-pay patients.** E: shadhkhan.secretary@gmail.com or T: 01865 307447 to discuss



SPECIALIST HIP AND KNEE SURGEON

Mr Skyrme is a highly experienced and well respected consultant hip and knee surgeon based in England's South East

Mr Skyrme specialises particularly in complex, minimally invasive hip surgery and knee surgery, including replacement and arthroscopy. His practice is predominantly based at the Horder Centre, Crowborough and Nuffield Health Hospital, Brighton.

After qualifying from Guy's Hospital in 1993, Mr Skyrme underwent specialist training at the Royal College of Surgeons in England and also at the world-famous Mater Hospital in Sydney, Australia under the mentorship of Dr Bill Walter, one of the most famous hip surgeons worldwide.

Following this, Mr Skyrme established himself as one of the busiest joint replacement surgeons in the UK, regularly carrying out over 500 per year*.

Mr Skyrme specialises in the latest techniques in complex hip surgery and in particular the use of minimally invasive hip surgery (MIS), day case hip surgery and enhanced recovery hip surgery.

This has been shown in multiple studies to improve patient recovery and outcomes following hip replacement surgery. He is nationally recognised as one of the leading experts in hip surgery and has published extensively in this field.

● **PA: Denise Martin T: 01892 362674**
● **E: denise.artin@horder.co.uk**
topdoctors.co.uk/doctor/andrew-skyrme

*surgeonprofile.njpcentre.org.uk / SurgeonProfile?prccode=6404782

PROBLEM KNEES? THERE SHOULD BE A SOLUTION

Knee problems are incredibly common but with a proper diagnosis and modern treatment most conditions of the knee can be improved or cured

The knee is a complicated joint that's essential for normal function and it moves in a complex three-dimensional way. Even with simple activity, much weight passes through it. Possibly because of these stresses, damage or injury is common, leading to pain, instability or other mechanical symptoms. Thankfully, understanding of the cause of most of these symptoms is ever-improving, as are modern treatments and technologies.

Paul Sutton is a consultant orthopaedic surgeon specialising exclusively in knee conditions. He has almost 25 years' experience working in private practice as well

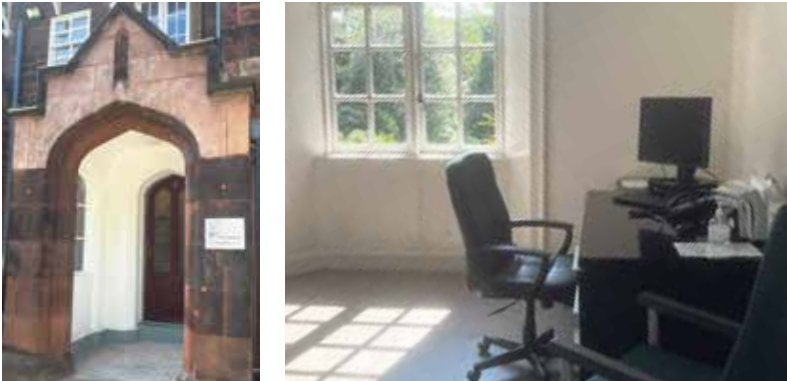


CONSIDERING PLASTIC AND RECONSTRUCTIVE SURGERY? HERE'S WHAT TO KNOW

Consideration of plastic surgery is often a complex decision that necessitates time, information and preparation

Each candidate is unique and the plan for surgery should be bespoke and fitting to the individual patient. Choosing the correct surgeon with up-to-date knowledge and expertise is a key element of the decision-making process. Surgery is a permanent change to the body with a potentially life-changing impact, which can result in more self-confidence and better quality of life. At the same time, it's important to have realistic expectations and a full understanding of any potential risks.

Miss Taghizadeh is an experienced consultant plastic reconstructive and aesthetic surgeon based in the northwest of England. She specialises in breast and body surgery as well as niche areas of subspecialty interest. She's the clinical lead in microsurgical breast reconstruction with expertise in DIEP flap surgery. Miss Taghizadeh is also the chair of the BAPRAS breast special interest group and a regular invited faculty member at key international aesthetic and reconstructive



as a large NHS teaching hospital and specialist referral centre. Paul says that for arthritic knee problems the traditional treatment is a full knee replacement but there are often other treatment options that can be considered. These alternatives can include a partial knee replacement that replaces the damaged area or sometimes an operation to realign the joint, relieving pressure on the damage. Scientific evidence suggests that, when possible, these operations can lead to better function than a full knee replacement, but, if a full knee replacement is needed, modern designs and materials have helped the success of this procedure.

Another exciting development is the treatment of damage to the articular cartilage or 'bearing surface' within the knee. This can now be treated with techniques that either involve artificially growing a patient's own cells and then implanting these into the damaged area, or using parts of an organ donors' knee. The procedures are called "biologic" treatments and the scientific evidence is that in the correct patient they work well. These are very specialised treatments; within the NHS they are only available in a few selected centres. Paul was instrumental in setting up this service for Sheffield Teaching Hospitals and says that patients suitable for this treatment sometimes struggle to be referred due to a lack of resources.

Paul says that not all orthopaedic surgeons have experience of some of the treatment possibilities and allied to this the NHS restricts some of this surgery to specialist centres. Paul's advice is to carefully research your surgeon and consult someone who can discuss the whole range of treatments, as this is the best way to ensure a balanced consideration of all treatment options.

● **Paul Sutton MBChB FRCS FRCS (Tr and Orth). Consultant orthopaedic surgeon, Sheffield Orthopaedics Ltd.**
Secretary Gemma Newsome T: 0114 263 2142
E: gemma.newsome@sheffieldorthopaedics.com



STOMACH AND BOWEL SPECIALIST

Dr Neal is a consultant gastroenterologist in East Sussex. He sees private patients for diagnosis, treatment and advice regarding stomach and bowel problems

Dr Neal has consulting rooms at the Nuffield Hospital in Brighton, the Sussex Premier Health Hospital in Hastings and holds private clinics in Eastbourne. Dr Neal offers prompt face to face, video or telephone clinic appointments. He sees both privately insured and non-insured patients and he also sees patients without a GP referral.

Dr Neal has considerable experience in treating gastroenterological and liver problems and is vastly experienced in endoscopy, colonoscopy, sigmoidoscopy and removing polyps, having performed over 10,000 procedures. His clinical interests include indigestion, acid reflux, inflammatory bowel disease, irritable bowel syndrome, gallstones, liver and pancreatic disease. He's also an expert at investigating causes of stomach pain, diarrhoea and constipation.

Dr Neal organises MRI, CT and ultrasound scans using the latest equipment. He recognises the importance of diet with gut health and works closely with dietitians to help resolve symptoms. Dr Neal is aware that stomach and bowel concerns can be very worrying, so his PA can arrange an appointment for you without delay.

Dr Neal graduated from the University of Southampton in 1990 where he was awarded the Altounyan Prize for best undergraduate research. He completed his specialist training at Addenbrooke's Hospital, Cambridge and was awarded a Doctor of Medicine degree for research undertaken in Cambridge. He's a Fellow of the Royal College of Physicians and is the clinical lead for nutrition in Eastbourne.

In his own time Dr Neal follows sports, especially rugby and Formula 1. He enjoys listening to music, preferring vinyl over digital. Situated in the beautiful South Downs National Park, patients can combine a visit to see Dr Neal with a trip to the sunshine coast, with its lovely walks and promenades. If you would like an appointment, his PA Jennie will be very happy to help you.

● **Personal Assistant: Jennie Baker**
E: Secretary@health.co.uk T: 01323 335030
New Patient Consultation: £210



breast reconstruction (using the patient's own tissue), which can help to restore self-confidence.

Plastic surgery combines form and function. As a keen painter, Miss Taghizadeh feels that an appreciation of art can serve to enrich a surgeon's outcomes.

● **riehtaghizadeh.com E: RTag.PA@outlook.com**
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Hulley suite T: 0151 430 1901