



london medical



london medical

Introduction

London Medical is a private clinic in London's West End with a long standing international reputation as a centre of excellence for diabetes, heart disease prevention, endocrinology, obesity and eye diseases. Founded in 1991, as the 'London Diabetes and Lipid Centre', London Medical has grown and is now located in attractive modern premises that have been carefully designed to offer our patients and colleagues the highest levels of comfort and safety together with the most advanced technological equipment.

The London Medical team consists of consultants and surgeons specialising in:

- Diabetes
- Cardiology
- Ophthalmology
- Endocrinology
- Nutrition & Obesity
- Osteoporosis
- General Medicine and Well Woman Services

The comprehensive and carefully planned provision of state of the art specialist services, with the completion of most diagnostic and treatment protocols in one visit is both effective and beneficial to our patients.

"A progressive clinic at the forefront of the diagnosis and treatment of eye disease, heart disease and diabetes"



What London Medical has to Offer Patients?

At London Medical, we provide complete care by offering a team approach in helping our patients. From the time you walk into the clinic, you will meet a friendly, team of dedicated and experienced health care professionals who will build a personal relationship with you, and focus on your individual needs to arrange your care so that you feel involved and supported in the management of decisions which concern you.

Our team includes:

- Consultants in diabetes, cardiology, ophthalmology, endocrinology, lipid disorders and heart disease prevention, obesity and rheumatology
- Diabetes Specialist Nurses, Ophthalmic Nurses and Cardiac Nurses
- A Senior Clinical Nutritionist
- A Clinical Psychologist
- Specialist Ultrasonographers, Cardiac Technicians and Medical Photographers

“Rapid access to expert treatment”

Having diabetes presents unique problems as it is profoundly affected by when and what you eat, by your activity level and by stress. That is why good care relies heavily on education, support and consultant experience – factors that set London Medical Diabetes apart from other diabetes clinics and that lie behind our success over the last decade.

At London Medical we offer a comprehensive range of diabetes services to aid diagnosis, monitor progress, and to educate and provide ongoing support and information for people with diabetes. Our team includes Consultants, Diabetes Nurse Specialists, a Senior Clinical Nutritionist, a Podiatrist, an Orthotic Specialist and a Clinical Psychologist allowing us to take a holistic approach to each individual's care needs. The team have experience in the management of advanced diabetes problems including the use of insulin pumps and continuous glucose monitoring, and the latest drugs. Consultations, education and back-up support allow people to really understand their diabetes and to equip them to be able to monitor blood glucose effectively and to know how to translate the results into good glycaemic control.

Our vision of comprehensive diagnostic and therapeutic excellence in one centre can be seen with the availability of experienced consultants who have access to state of the art facilities for the assessment and treatment of diabetic eye disease, cardiovascular health, impotence, nerve damage and kidney disease - all important complications of diabetes.

Diabetes services:

Diabetes Connect: A telephone and e-mail support service for people with diabetes.

Living Well with Diabetes: A comprehensive supportive and educative initiative run by in-house specialists. This structured education programme provides patients with the knowledge and ability to understand diabetes and to maintain optimal blood glucose.

Emergency Diabetes: A rapid access service for people with decompensated diabetes who can be seen on the same day with or without referral from their general practitioner

“Control, confidence and freedom”



Tests and services provided in-house include:

- A full range of blood tests
- Continuous glucose monitoring with teaching on insulin dosing and glycaemic loads
- Analysis of data from glucose meters
- Expertise in the management of all insulin pumps
- Non-invasive cardiovascular investigations including treadmill ECG and echocardiography
- Non-invasive vascular investigations using 'Doppler' ultrasound to examine the carotid and the lower limb arterial and venous circulation
- Fundus retinal photography reviewed by ophthalmologists, fluorescein angiography, optical coherence tomography scanning, and same day laser treatment for diabetic retinopathy, when required
- Specialist wound and foot care assessment and treatment

In addition, all supplies, including pumps, accessories, pens, insulins, medication, cool packs, meters and strips, as well as useful books, can be purchased from the in-house pharmacy.

London Medical takes the education and support of our regular diabetes patients seriously and our patients are invited to monthly evening meetings and can use limited email (or telephone by arrangement) for guidance and support.

With a long-standing international reputation as the specialist clinic for the detailed assessment of cardiovascular risk, London Medical Heart provides expertise in general cardiology including the assessment and treatment of coronary artery disease, cardiac rehabilitation, valve disease, rhythm abnormalities, high blood pressure (hypertension) and heart failure. The clinic also has expertise and facilities for comprehensive risk assessment and advice on blood fat disorders (hyperlipidaemia). This is backed up by a specialist clinical nutritionist, specialist nurses, and facilities to undertake treadmill exercise tests and echocardiography. The clinic provides the full range of vascular ultrasound investigations. This method has become the gold standard for the diagnosis of and long-term follow-up of arterial disease, such as arteriosclerosis ('hardening or furring up' of the arteries). In addition to using ultrasound to detect significant narrowing or blockage in the arteries, the clinic offers a specialist carotid IMT measurement. IMT measurement assesses the thickness of the artery wall which provides information regarding the health of the arteries and can detect and allow monitoring of the early stages of local and generalised arterial disease. This approach was pioneered in this clinic in the UK and we now have experience in the use of this test for more than 10 years.

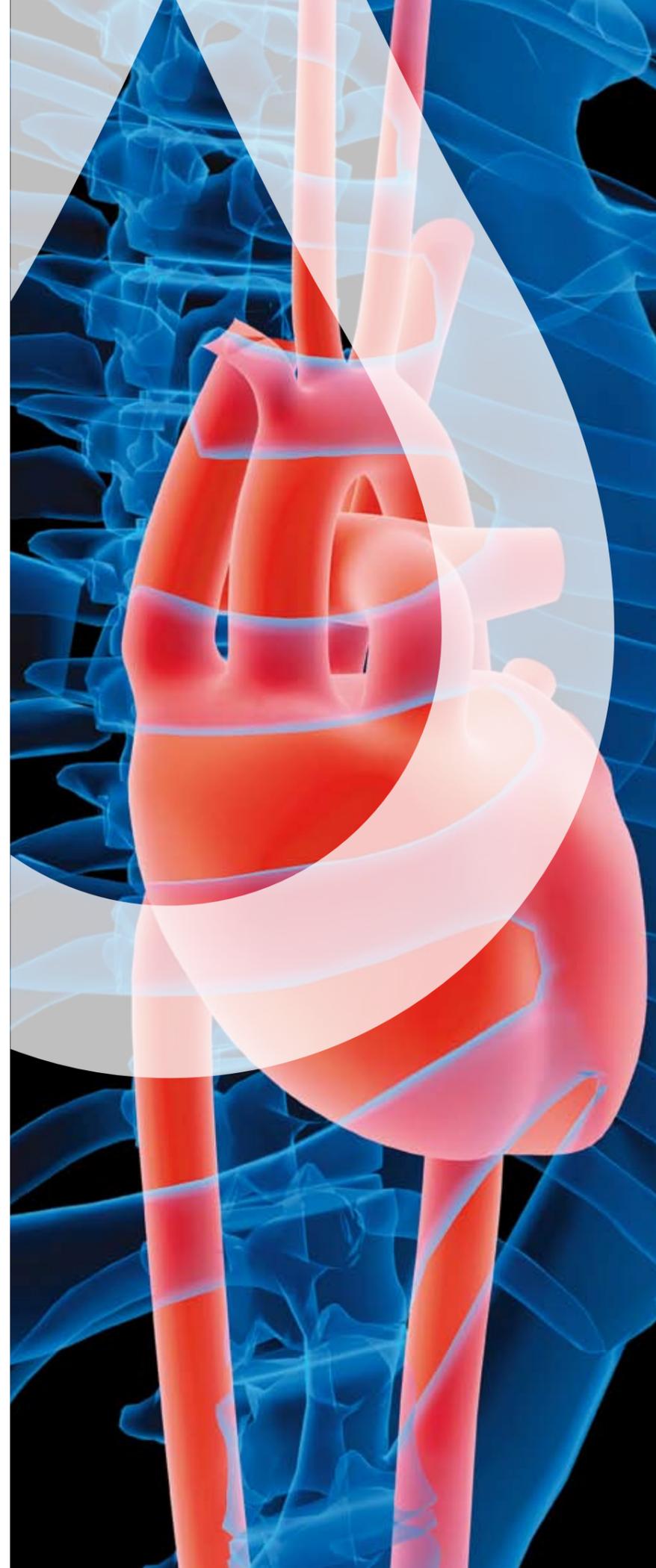
Patients with symptoms due to established or suspected coronary artery problems are referred to cardiologists at London Medical for their specialist opinion, as are individuals who may be free of symptoms, but at high cardiovascular risk. These risks might include the detection of high blood fat levels (elevated lipids), diabetes, high blood pressure, or the development of heart disease in a close relative. Many are referred because they are responding inadequately to treatment or do not tolerate their current medicines. In addition to the wealth of conventional assessment techniques, the clinic can offer "The Heart Protection Plan". This is a structured review for busy professionals which aims to identify and treat risk factors for heart disease - some of the investigations used to risk stratify individuals, are not routinely available in primary care or other non specialist institutions.

Cardiac services:

The clinic offers a wide range of tests aimed at screening and assisting in the treatment of cardiovascular disease. These include:

- ECG recording - standard 12 lead resting record + 24 hr Holter and event recorders
- Exercise (Stress) ECG
- Cardiopulmonary Exercise Testing (CPX)
- 24 hour Ambulatory Blood Pressure Monitoring
- Echocardiography
- Carotid Duplex Scanning - including carotid IMT measurement
- Peripheral Vascular Ultrasound - aorta, lower limb arteries and veins
- Full lipid profile, London Medical Risk Factor Protocol, lipoprotein sub fractionation
- Overnight pulse oximetry

"A man is only as old as his arteries"



Tests by referral to local specialist service providers include:

- Coronary calcification scoring using CT scanning
- 82 Rubidium PET/64 slice CT Non-invasive coronary angiography and myocardial perfusion scanning
- Pacemaker and ICD checks and re-programming
- Referral for invasive coronary angiography and intervention and electrophysiology including pacemaker therapy via individual consultant cardiologist
- Close liaison with senior cardiothoracic surgeons and surgical facilities where indicated
- Referral to Cardiovascular Health & Rehabilitation services for formal programmes of exercise based rehabilitation following cardiovascular events including surgery or angioplasty

All tests are carried out according to protocols and performed by medically supervised and accredited specialist nurses, clinical physiologists and senior ultrasonographers.

Cardiopulmonary Exercise Testing (CPX)

Cardiopulmonary Exercise Testing (CPX) is a non-invasive method used to assess the performance of the heart and lungs at rest and during exercise. CPX testing has a number of clinical applications including pre-operative assessment, health assessment, rehabilitation and exercise prescription.

During CPX testing the patient will be required to perform mild exercise on an upright bicycle whilst breathing through a mouthpiece. Each breath will be measured to assess cardiopulmonary performance. The capacity of the lungs is measured before and during exercise. A 12 lead ECG will also be recorded prior to, during and post exercise.

The CPX team at London Medical consists of a medical consultant team who have pioneered CPX medicine within the United Kingdom. The consultants boast an extensive scope of practice which incorporates the assessment of pre-operative patients, to identifying previously undiagnosed cardiac conditions, to the titrating of fitness training. At London Medical, a CPX test does not require a medical referral.

London Medical specially developed the HeartProtectionPlan for people who want to know more about their risk of heart disease or stroke. It identifies the risk of premature heart disease and other cardiovascular problems including stroke, arterial narrowing, erectile difficulties and vascular dementia.

HeartProtectionPlan offers a more thorough and detailed assessment of risk of heart disease than any routine medical examination. It offers a consultation with a lipid specialist, complete lipoprotein sub fractionation profiles, the London Medical Risk Factor protocol, a specialist intima media assessment using carotid ultrasound and on site cardiac investigations when necessary. The consultation will be tailored to the individual and may also involve any other tests offered at the clinic, such as eye examinations, cancer screening and general diagnostics, when requested. The consultant in lipid disorders integrates the advanced series of blood tests, together with non-invasive assessments of premature arterial thickening, with conventional risk factors such as smoking, family history and the presence of insulin resistance or diabetes to determine appropriate levels of treatment and follow up.

While anybody will benefit from knowing their cardiac risk, it is especially valuable for people in demanding, high-profile jobs and those with a history or family history of cardiac conditions. Consider cardiac assessment if you:

- Have suffered a heart attack, stroke, or transient ischaemic attack (TIA)
- Have been treated with a coronary stent
- Have:
 - Angina
 - Erectile dysfunction
 - Diabetes
 - High blood pressure
 - Claudication (pains in the leg on exercise)
 - A family history of cardiovascular disease or a history of smoking
 - An increasing waistline.

Companies may appreciate that cardiovascular risk assessment of key personnel can have benefits for both the company and the employee. London Medical is happy to carry out company medicals and bespoke executive checkups.

“Coronary heart disease is preventable and treatable”



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eyes

London Medical Eyes, our clinic for eye disease, features ophthalmologist-designed spacious suites that house the most sophisticated and state-of-the-art equipment available for same-day diagnosis and treatment of eye problems. This unrivalled eye clinic has some of the most advanced facilities, such as a special laser suite containing equipment for PDT, retinal laser and, YAG laser treatments and ophthalmic assessment rooms containing equipment for 3D optical coherence tomography, IOL biometry and visual field analysis. There are also dedicated 'clean rooms' that allow minor surgical procedures and intravitreal injections to be performed in the clinic.

London Medical is now the busiest and most experienced private eye clinic doing intravitreal injections with anti VEGF agents for age-related macular degeneration with over 1600 procedures in one year. Top consultants specialising in the treatment of corneal disease, cataracts, glaucoma, age-related macular degeneration and diabetic retinopathy can benefit from the ability to complete diagnostic and treatment procedures in one session.

Qualified nursing staff and specialist medical photographers, all work together to provide a leading edge service for all eye conditions. London Medical provides a comprehensive centre of excellence with full supportive staff. Urgent eye problems can usually be seen by a consultant ophthalmologist on the day.

Ophthalmologists with an interest in diabetic retinopathy have unrivalled and unique opportunities to work alongside the diabetes team for joint consultations. Any consultant seeing a patient with ocular problems can access the facilities and receive reports from an accredited consultant ophthalmologist.

“Providing state of the art services with dedicated ongoing patient support”

Ophthalmic Investigations and Treatments

Intravitreal Therapy: Tremendous progress has been made in recent years in the treatment of some types of age-related macular degeneration. London Medical's eye clinic is one of the busiest centres in London, using intravitreal injections of anti-angiogenic agents such as Lucentis®, Macugen® and the unlicensed Avastin® for treatment of this debilitating condition. Recent results have been remarkable, with up to 40% of patients improving their vision to 20/40.

YAG Laser Therapy is an abbreviation for neodymium yttrium-aluminium garnet and is used for treating secondary cataract or scar tissue and non-invasive iridotomy for narrow angle glaucoma. This highly advanced laser, with its excellent optical characteristics, has the ability to open capsules with minimal lens pitting. This procedure can be performed at the time of consultation.

Retinal Laser is a special laser that treats ophthalmic conditions such as diabetic retinopathy, macular oedema, glaucoma and retinal ischaemia. Laser treatments can be performed at the same time of diagnosis for same-day treatment.

Photodynamic Therapy (PDT) is an established treatment where a photosensitive dye and a laser light selectively target exudative age-related macular degeneration to stabilise and sometimes improve vision. The laser clinic is well staffed for urgent PDT treatments which can be performed after fluorescein angiography and a 3D optical coherence tomography (OCT) test to allow same day treatment.

Other facilities include: **Digital Fundus Photography, Digital Fluorescein Angiography, Corneal Topography and 3D Optical Coherence Tomography.**

Optimal treatment of retinal conditions relies on accurate diagnosis. The ability to capture detailed images of the eye and retina by these sophisticated techniques allows rapid diagnosis and same-day treatment.

With the patient-centred care that typifies London Medical, there is wheelchair access and facilities for the partially sighted throughout the clinic.

“The vision of excellence in ophthalmic diagnosis”



Endocrinology is the study of hormones and the treatment of conditions that are due to hormonal dysfunction.

The consultant endocrinologists at London Medical have a wide range of specialist interests including paediatric endocrinology, disorders of puberty, neuroendocrinology, growth disorders, thyroid, adrenal and pituitary disease, and reproductive endocrinology (menopause, neuroendocrine tumours, osteoporosis and erectile dysfunction).

There is specialist expertise for the treatment of hirsutism and acne and other manifestations of the polycystic ovarian syndrome, the management and assessment of thyroid nodules, osteoporosis, the menopause, erectile dysfunction and hypogonadism, Turner's Syndrome, Addison's Disease and reproductive problems, hypothyroid and hyperthyroidism (thyrotoxicosis).

Our team of specialists carry out medically supervised endocrine tests safely including:

- Thyroid ultrasound and thyroid fineneedle aspiration biopsy (FNA)
- Insulin Stress testing
- Dexamethasone Suppression tests
- Thyroid Function tests
- Pituitary Releasing Hormone tests
- Synacthen Stimulation
- Impotence profile
- Menopause profile
- Osteoporosis markers
- Day curves of different hormones

All tests are performed according to strict protocols in a safe, monitored environment.

“Endocrinologists have patients referred to them with a variety of complaints which can include unexplained weight gain, hair loss, excess hair, skin changes, impotence or loss of libido, menstrual disturbance or a non specific lack of energy”



Polycystic Ovary Syndrome

Surprisingly, up to 20% of women may have polycystic ovaries – enlarged ovaries with a thick central area surrounded by a ring of small fluid-filled cysts at the edge of the ovaries. In most women this goes unnoticed, but in a proportion of affected women, the ovaries start to produce abnormal amounts of male type hormones. The male hormones produce excess hair growth, acne and irregular periods. Some women also gain weight, have difficulty in conceiving, and show high levels of insulin even though they are not diabetic.

With its focus on diabetes and metabolic disturbances related to insulin and with experts in all areas of endocrinology, the team at London Medical can provide a comprehensive package of care for women with PCOS.

Treatment regimens at London Medical include:

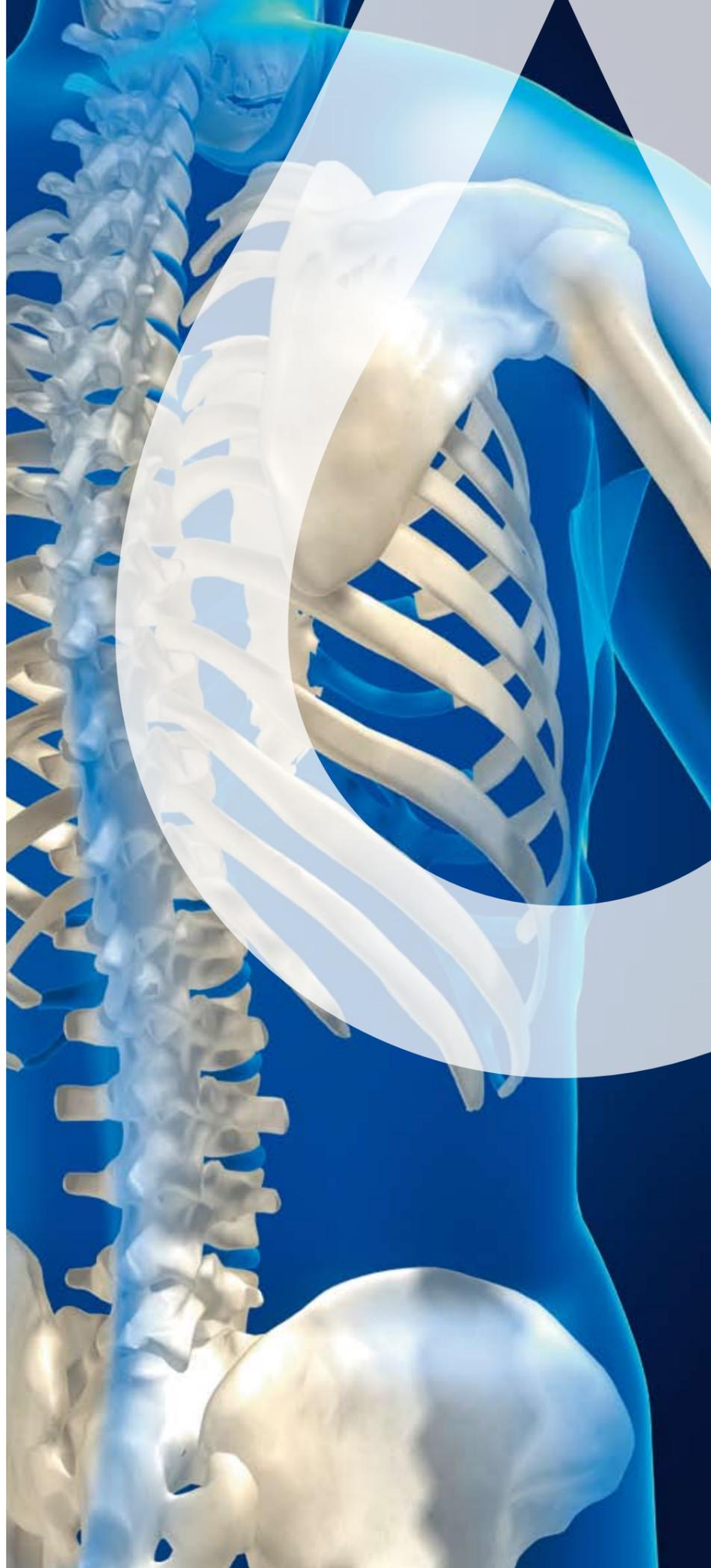
- A special low glycaemic weight loss programme and nutritional advice
- Oestrogen-containing medicines (often the oral contraceptive pill)
- Drugs that counteract the actions of male hormones
- Drugs to help restore normal insulin sensitivity
- Drugs to help conception in those women trying to become pregnant

As well as having blood tests to assess their hormone levels, pelvic ultrasound, done by an experienced ultrasonographer, is routinely used for ovarian assessment.

Thyroid Diseases

An enlarged thyroid gland in the neck is a goitre. Thyroid swellings may be composed of multiple nodules, or enlargement of the whole gland. Although thyroid nodules are mostly benign, thyroid cancer will be present in 5-10% of these nodules.

At London Medical we run a one-stop endocrine consultant assessment, with on-site immediate ultrasound of the thyroid and thyroid fine needle biopsy if indicated (following the National Guidelines for the diagnosis and management of thyroid cancer). Most patients will not need thyroid surgery for benign nodules. When necessary, however, thyroid surgery can be arranged with an experienced thyroid surgeon. This thyroid one-stop service is provided by Dr Malcolm Prentice who has a national reputation for thyroid ultrasound and biopsy and who runs the National Training Scheme for thyroid ultrasound. He is also licensed for radioactive iodine therapy for thyrotoxicosis or to shrink goitres without surgery.



Osteoporosis

Osteoporosis is a skeletal disorder characterised by compromised bone strength (which is a reflection of bone density and bone quality), predisposing a person to an increased risk of a broken bone.

There is an increasing range of highly effective treatments for osteoporosis. It is important to recognise that it is never too late, and a person never too old, for treatment to be introduced.

At London Medical, we run a comprehensive clinical outpatient service which can be delivered wherever possible through a 'one-stop' approach. We have, on-site, the most up-to-date bone densitometer which allows, in addition, to readings of bone densitometry, rapid measurement of the spine to check for unidentified vertebral fractures. We have experts in bone disease, and the service is run and overseen by Dr Tom Palferman, consultant rheumatologist, who is a recognised national opinion leader on osteoporosis and whose Health Service unit won the prestigious Hospital Doctor Unit of the Year Award.

At a single visit, osteoporosis risk-assessment is performed through a detailed questionnaire and bone density measurement. After the consultation, when the scans are interpreted, the results are explained and, where necessary, further investigations carried out. A range of information leaflets and contact numbers are provided, and treatment started, where appropriate, after full discussion.

As such, we deliver a unique, all-encompassing clinical service run by dedicated experts, backed up by a state-of-the-art scanner which provides information over and above that usually obtained on routine bone density scanning, (i.e. the identification of unsuspected vertebral fractures). The monitoring of bone turnover and response to treatment is done through highly specialised biochemical tests with treatment being tailor-made for an individual's requirement.

"Osteoporosis: the silent epidemic"

Referrals for a variety of nutritional issues are accepted. There is specialist experience for patients who have diabetes, raised cholesterol or blood pressure, or who have osteoporosis, polycystic ovary syndrome, or age-related macular degeneration. In addition, patients with kidney failure, intestinal disease (Coeliac disease, Crohn's disease or irritable bowel syndrome), prostate cancer or those preparing for or who have had bariatric surgery, will all benefit from specialist nutritional advice and support.

London Medical has 15 years experience in obesity management and an exceptional team including consultants, a bariatric surgeon, a senior clinical nutritionist and a clinical psychologist.

The clinic receives many referrals for the treatment of overweight or obese patients. We take a holistic approach using clinical psychology, tailored nutritional education, health status monitoring and medication to help patients make the lifestyle adjustments that are inevitably needed for long term success. We acknowledge the value of discipline, regular attendance, body fat composition measurements and increased physical activity in achieving success and all these are important elements of **SmartWeight™**, London Medical's weight management programme.

"The inspired approach to a healthy lifestyle"





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SmartWeight™

Devised and directed by Dr Ralph Abraham, who has over 30 years experience in managing obesity, the SmartWeight™ programme is a complete approach to weight reduction and a renewed, healthier lifestyle.

People who enrol in a SmartWeight™ course attend a series of eight weekly meetings (either in person, via e-mail or on the phone) in which they are taught about nutrition and supported by the SmartWeight™ team while they re-structure their lifestyle and eating habits. Run by our Senior Clinical Nutritionist, the SmartWeight™ programme encourages healthier eating habits and produces an individually tailored nutrition and lifestyle prescription that takes into account the individual's own metabolic status.

The majority of people following a SmartWeight™ programme not only see results in effective and permanent weight loss, but experience some other benefits including:

- a better quality of life
- increased self esteem
- a need for less medication
- more energy
- better sleep patterns
- less risk of cancer
- reduced joint and back pain

Not only does SmartWeight™ improve your appearance but it can also have a significant impact on your life expectancy.

Once you have undertaken three eight-week courses, you can enrol for long term support. Courses can be undertaken in a group or one-to-one setting.

"SmartWeight™ is different. It's not a 'here today, gone tomorrow' diet. In fact SmartWeight™ does not involve dieting at all!"

Summary of Diagnostic Services for Referring Physicians

Referrals can be made directly by phone on 020 7467 5470 or can be received by letter, fax or e-mail.

Diabetes Services

- Blood glucose meter downloading analysis
- Continuous Glucose Monitoring
- 'Diabetes Connect' telephone and email support service
- ECG, echocardiography, 24 hour ambulatory monitoring, carotid and lower limb Doppler ultrasound
- Emergency Diabetes - immediate consultant care for acute decompensated diabetes
- Expertise in the management of all insulin pumps
- Fundus retinal photography with ophthalmologist report
- 'Living Well with Diabetes' education programme
- Oral Glucose Tolerance Testing

Cardiac Services

- 24 hour Ambulatory Blood Pressure Monitoring
- 24 hour Holter monitoring
- Advanced Cardiopulmonary (CPX) Fitness Assessment
- Echocardiography
- Full lipid profile and Risk Factor assessment
- Overnight pulse oximetry
- Resting and exercise 12 lead ECG
- The HeartProtectionPlan

Ultrasound

- Abdominal, renal, aortic ultrasound
- Echocardiography
- Pelvic ultrasound
- Thyroid ultrasound
- Vascular ultrasound - Carotid, lower limb (venous and arterial), AAA screening

Ophthalmic Services

- 3D Optical coherence tomography (OCT) scanning
- Biometry and autorefraction
- Cataract assessment and postoperative care
- Computerised assessment of visual fields
- Corneal topography
- Fluorescein angiography
- Fundus photography (digital)
- Intravitreal injections with anti angiogenic agents such as Lucentis®, Macugen® and the unlicensed Avastin®

- Photodynamic therapy
- Retinal Laser therapy
- YAG Laser therapy

Osteoporosis

- Bone Density DEXA scanning

Endocrine Services

- Dexamethasone Suppression tests
- Insulin Stress Testing
- Pituitary Releasing Hormone tests
- Synacthen Stimulation
- Thyroid Function tests
- Thyroid ultrasound and thyroid fine needle aspiration biopsy (FNA)

Nutrition

- Advice for age-related macular degeneration
- Low glycaemic diets for Polycystic Ovarian Syndrome
- Medical Nutrition Therapy education for Lipid Disorders and Heart Disease
- Nutritional advice and education for patients with diabetes, gastrointestinal disorders, irritable bowel syndrome and coeliac disease
- Obesity Management SmartWeight™ programme
- Prevention of osteoporosis

Pathology

- All complex endocrine tests are carried out to strict protocols to ensure safety
- Blood tests are available from 08.30am
- Majority of results are available within 24 hours
- Our laboratory services are provided by HCA, a CEA accredited laboratory.

Our Pharmacy

The pharmacy is located in the clinic reception for dispensing prescribed medication. Patients can reorder regular supplies of their prescribed medication directly with the pharmacist.

A selection of useful publications relating to diabetes, heart disease and nutrition are also available from the pharmacy. Please call 020 7467 5482 or e-mail pharmacy@londonmedical.co.uk for a specific order.

Your Appointment

Where possible, London Medical prefers patients to provide a letter of referral from their GP prior to their appointment, however, under certain circumstances, self referred patients are also accepted.

London Medical is recognized by all the major private medical insurance companies in the UK. Please contact your insurance company before your appointment in order to confirm that you have approval for payment. Your consultant will complete any forms if required by your insurer.

Consultant fees are set by individual consultants and the clinic collects this fee on their behalf. Payment is expected on the day of the treatment. If your insurance company agrees to cover the costs of the treatment, the clinic requires payment within 30 days. Prices for all our services are available at the Front Desk where our staff will be able to advise.

Opening Hours

Clinic Hours:	Monday to Friday	08:30 - 20.00
Administration Hours:	Monday to Friday	09.00 - 17.00
Switchboard Hours:	Monday to Friday	09.00 - 17.30

London Medical is a private specialist facility and is registered with and inspected annually by the Healthcare Commission under the Care Standard Act (2000) as an independent clinic under the private and voluntary healthcare regulations. The Commission publishes an annual report of all inspections which can be accessed on their website at www.healthcarecommission.org.uk

“Delivering a service of excellence and education to your patients”

Contact Us

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info@londonmedical.co.uk

Website

www.londonmedical.co.uk

London Underground

The clinic is within walking distance of Baker Street serving the Bakerloo, Circle, Hammersmith & City, Jubilee and Metropolitan lines.

Parking

Parking is available in Beaumont Mews and Moxon Street or at the NCP Car Park in Paddington Street. Alternatively, metered parking may be found in the immediate area surrounding London Medical.

