

Medical Notes

The Newsletter of Cyncoed Consulting Rooms



Private Medical Practice

Post Traumatic Stress Disorder

- A guide for GPs



Facilities for all

Cyncoed Consulting Rooms provides exceptional facilities for consultants, therapists, and specialist medical companies from premises at 277 and 350 Cyncoed Road.

Our Consulting rooms are easily accessible and close to the M4. These private facilities are furnished to a very high standard and provide a most comfortable and relaxed environment for patients. They include a large open-plan waiting area, consulting, treatment and minor procedure rooms, a private lounge for visiting medical practitioners and on-site car-parking.

We have over 70 consultants based at the premises and our staff provide full administrative and nursing assistance.

Our rooms are used for a variety of purposes including consultations, surgical and medical procedures and training. Rooms are available for:

- Private GP and Medical Consultants
- Complementary Therapists
- Clinical Trial companies
- NHS Clinics
- Medical Training Companies
- TV companies!!

GPs

Appointments can be arranged directly through our **GP helpline** on **029 2076 4611** and our facilities are open Monday to Saturday.

Consultants / Therapists / Other Medical Companies

To view our facilities or for further information contact our helpline on **029 2076 4611**.

Educational Seminar - Tuesday November 30th 2010 - 6.30pm onwards

We are pleased to announce a special seminar will be held at CCR on Tuesday 30th November which will concentrate on a variety of issues surrounding Post Traumatic Stress Disorder. The seminar will cover relevant issues of particular interest to GPs and health professionals, giving up to date information on treatments available whilst providing excellent information on the diagnosis and options available to GPs today.

The seminar will be appropriate for inclusion in GP appraisal folders allowing you to update your knowledge

in a professional environment and will be a great opportunity for you to socialise with colleagues.

The seminar will commence with refreshments at 6.30pm, with the seminars starting at 7.00pm and will include the opportunity to ask questions of our speakers.

7.00pm - Dr Helen Mc'Carthy
- Psychological Treatment of Adult Mental Health Problems

7.30pm - Dr Peter Jenkins
- Case Study PTSD

8.00pm - Professor Paul Rogers
- Cognitive Behavioral Therapy

Why use CCR:

- **We answer the phone!**
029 20764 611
- **Most specialities available.**
- **Friendly staff!!**
- **Lots of free parking**
- **Relaxed environment for patients.**
- **Personal service**



www.ccr-wales.co.uk 029 2076 4611

Darren Page - Clinical Hypnotherapy

Darren Page is recognised as one of the leading clinical hypnotherapists, NLP practitioners (NLP), Psychoneuroimmunology (PNI) and psychologists in Wales.

He works with patients at the day unit in Holme Tower, Marie Curie Cancer Care at Penarth, for the NHS at the University Hospital Wales undertaking sessions on behalf of the Teenage Cancer Trust and has a growing private patient practice.

Darren has vast experience of treating patients with a variety of conditions including:

- Panic attacks
- Stress management
- Eating Disorders
- Weight Management
- Needle phobias
- Pain Management
- Palliative Care
- Issues Impacting on Young People (9+)
- Smoking cessation
- Specialist dental phobia treatment

Referrals can be made by contacting CCR or for further information visit www.clinicalhypnotherapywales.com

Religious Male Circumcision - New service available for Wales

A new service provided by Mr Anwar Khan is now being made available at Cyncoed Consulting Rooms in Cardiff. Mr. Khan is an employee of the Royal Gwent Hospital, Newport, and works in a subspecialty of surgery. Mr. Khan has over 25 years experience in undertaking religious male circumcision and in 2009 undertook over 700 male circumcisions. The demand for these services in Wales is now growing fast as the religious and cultural landscape changes, with one in 14 of the population in the UK now from an ethnic minority.

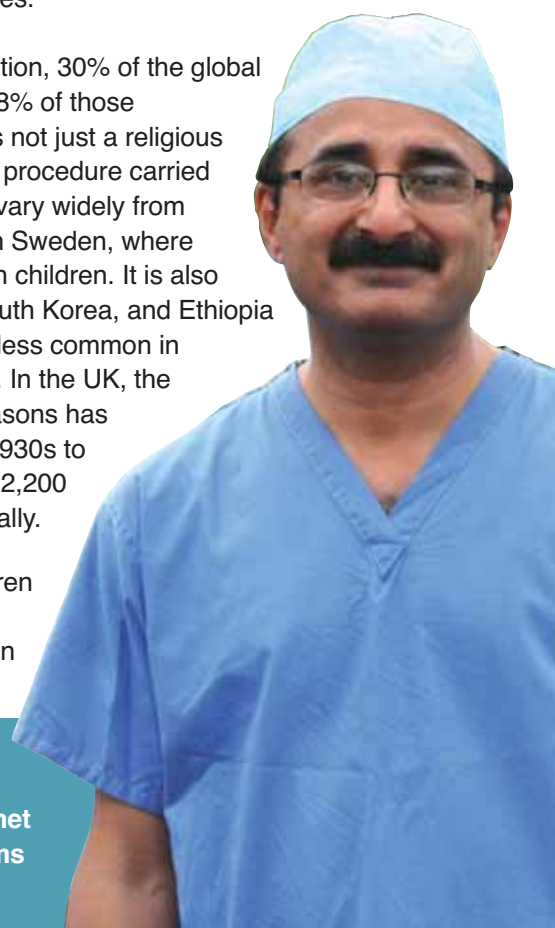
Parents who wish to find a professionally qualified medical doctor to undertake this procedure have in the past had to travel long distances with their child, very soon after birth, to private practices in England. The clinic provides this procedure in excellent medical premises at Cyncoed Consulting Rooms, which also provides free 24hr aftercare, if required, and a follow up service for every child after the procedure. Whilst the majority of these procedures are undertaken on children under one month, though children of all ages are benefiting from this facility, requests for religious circumcision for men has grown as conversions to particular religious groups has risen.

Within the UK, the provision of the first class medical facilities to undertake this surgical procedure is dependent upon where you live. In Scotland, the treatment is available through the NHS in very few places (although not free); however across the rest of the UK, the procedure is only available privately. In Wales, many parents wishing to gain access to this procedure privately often have to travel to London or Manchester, which can cause real problems in achieving good access to medical aftercare services.

According to the World Health Organisation, 30% of the global male population are circumcised, and 68% of those circumcised are Muslim. Circumcision is not just a religious act, it is also the most common surgical procedure carried out in the United States. National rates vary widely from about 80% of males in the USA to 2% in Sweden, where nonmedical circumcision is now illegal in children. It is also common in Canada, the Philippines, South Korea, and Ethiopia which are predominantly Christian. It is less common in Europe, Latin America, China and India. In the UK, the number of circumcisions for medical reasons has fallen from 35% of English boys in the 1930s to 6.5% in the 1980s, however today still 12,200 such circumcisions are performed annually.

The religious circumcision of male children is a central feature of both Judaism and Islam. It is also important in many African and New World cultures.

If you would like to find out more about the Cardiff circumcision clinic, please visit www.circumcisionclinic.net or contact Cyncoed Consulting Rooms on 029 20764611



Dr Christopher M James

- Specialist in conditions impacting on the elderly including memory loss, dementia and Parkinson's disease.



Dr Christopher James graduated from the Welsh National School of Medicine in 1984 becoming a member for the Royal College of Physicians in 1988. In 1990 he entered a research post jointly between the department of medical genetics and neurology which studying the epidemiology and genetics of motor neurone disease in South East Wales, leading to the award of MD from the University of Wales. In 1992, he became a lecturer in medicine at the University of Bristol, where he trained in dementia management. He became a Fellow of the Royal College of Physicians in 1999.

Dr James is a Consultant Physician with an interest in medicine for the elderly at Pembrokeshire and Derwen NHS trust, based at Withybush Hospital, Haverfordwest. In 1998, he developed a memory clinic jointly with Age Care Psychiatry, for the diagnosis and management of patients of all ages with dementia. In 1995 he developed a service for patients with Parkinson's disease, with specialist clinics based at Withybush and South Pembrokeshire Hospital. He has a special interest in younger people with dementia and Parkinson's disease dementia.

He also established Memory Clinic Wales www.memoryclinicwales.co.uk based at CCR in Cardiff and Werndale Hospital Carmarthen undertaking private consultations on any conditions impacting on the elderly. He is actively involved in training both undergraduates and postgraduate trainees and is an Honorary Senior Lecturer at Cardiff University School of Medicine.



Please contact Chris James via CCR on 029 2076 4611 or visit www.memoryclinicwales.co.uk

Joint Care Clinic

- Physiotherapy at CCR by Mark Brownless

Joint Care Clinic is a private physiotherapy service, run by Mark Brownless, a Chartered Physiotherapist qualified for some 14 years. Mark has worked in the private sector in Cardiff for many years and now practices at CCR.

He has extensive experience of managing a wide-range of orthopaedic and musculoskeletal problems, including:

- spinal pain
- mechanical back pain
- whiplash-type injury
- postural problems
- pre and post-op spinal surgery

Sports injuries – from weekend warrior to elite athlete Hip, knee and shoulder problems? Mark is more than willing to discuss any patient and potential treatment course with their GP prior to referral, and can be contacted directly, by GP and patient alike, on 07970 657041, or at physio@jointcareclinic.co.uk



Orthopaedic Consultant
K. Hariharan
M.B,Bch, FRCS(I), FRCS (orth)

Foot and ankle surgeon Mr Kartik Hariharan MB, Bch, FRCS(I), FRCS(Orth) runs a comprehensive orthopaedic foot and ankle service, which covers all aspects of foot and ankle disease and trauma. He is a well-established NHS foot and ankle surgeon at Royal Gwent Hospital, Newport, South Wales.



Hari, as he is known, is the current chairman of the Education Committee and a council member of the British Orthopaedic Foot & Ankle Society. He is also a specialist adviser on metatarsophalangeal (MTP) replacement to the National Institute for Health and Clinical Excellence (NICE). He offers a comprehensive foot and ankle surgical service with a variety of surgical procedures for conditions affecting the foot and ankle. Some of the procedures he offers are:

- Minimally invasive (keyhole) surgery for bunions Complex Bunion surgery including correction of failed surgery
- Claw toe correction and treatment of intractable callosities
- Ankle replacement
- Ankle and toe arthroscopy (keyhole surgery); Tendoscopy
- Sports injuries of the foot and ankle (Acute and Chronic)
- Acute and chronic Ligament and tendon reconstruction
- Surgery for rheumatoid arthritis in the foot and ankle
- Computer assisted deformity correction for major hind foot deformity.
- Surgical management of bone infection acute and chronic
- Diabetic foot reconstruction
- Post traumatic deformity correction in the foot and ankle
- Surgery for Arthritis of the foot and ankle

Contacts and Secretaries:
Hayley Cummings Tel: 01685386161
hayleycumplings@onetel.com
Helen Strange Tel: 01495270401
footsecretary@googlemail.com
or to arrange a consultation contact CCR on 02920 764611

Consultants Directory

Consultants

Acupuncture

Sue Pready

Brief & Strategic Therapies (BST)

Mr Andy McCann

Cardiology

Dr Liam Penny

Chest Physician

Dr M El-Nazer

Circumcision Clinic

Mr A Khan

Cognitive Behaviour Therapist

Professor Paul Rogers

Cosmetic Procedures

The Lipomed Clinic

MYA

SurgiCare

Counsellor/Therapist

Julie Devlin

Dermatology

Dr C Aldridge

Dr Colin Long

Dr A Morris

Diagnostic Ultrasound

Dr Andy Jones

Gastroenterology

Dr S Dolwani

Dr Haboubi

Dr N Hawkes

General Practice

Private General Practice

General Surgery

Mr Jared Torkington

Mr N Kumar

Special Interests

Specialises in Japanese acupuncture, a gentle effective therapy which strengthens natural healing ability, speeds recovery and protects from disease, suitable for both adults and children.

Psychotherapeutic intervention for anxiety related conditions e.g. phobic anxiety, panic attacks, generalised anxiety disorders, adjustment depressive disorders, stress, post-traumatic stress, low self-esteem. Medico Legal referrals taken. www.briefstrategictherapy.co.uk

Clinical Cardiology - Coronary artery disease, coronary angioplasty.

Consultant in Respiratory diseases with special interest in breathing disorders including asthma and other wheezy, conditions e.g COPD (chronic bronchitis, emphysema). Interstitial lung diseases e.g. Pulmonary fibrosis, sarcoidosis, extrinsic allergic alveolitis etc. Industrial lung diseases especially asbestos related conditions and occupational asthma including pleural diseases. Sleep related disorders e.g. sleep apnoea and hypoventilation. Lung Cancer.

Male circumcision for religious reasons only, carried out by Surgeon. Free 24 hour aftercare and a follow up service for every child after the procedure. The majority of procedures are carried out on boys before they are one month old.

Specialises in the Cognitive Behavioural (and EMDR) treatment of anxiety and mood conditions (PTSD, specific phobia, generalised anxiety, social phobia, obsessive compulsive disorder, agoraphobia, panic disorder, health anxiety disorder/illness phobia, body dysmorphic disorder, mild to moderate depression) and Impulse control conditions (compulsive gambling, trichotillomania and Anger control conditions). Also provides Human Rights and Clinical Negligence Medico Legal reports relating to inpatient mental health care. Instructions from Solicitors, GPs and Psychiatrists accepted.

Cosmetic treatments - muscle relaxants for the treatment of facial lines, excessive perspiration and thread vein removal. Restylane products (SubQ, Lipp, Perlane, Sculptra) for the treatment of facial lines and lip augmentation.

Cosmetic surgery - free and discreet consultations to discuss all types of cosmetic surgery and non surgical procedures These include: breast enlargement, breast reduction, liposuction, facial surgery, tummy tuck, derma fillers and microdermabrasion www.mya.co.uk

One of the largest and most respected cosmetic surgery providers in the UK. SurgiCare (www.surgicare.co.uk) offers cosmetic surgery procedures including Breast Enlargement, Breast Reductions, Tummy Tucks and Rhinoplasty as well as Non-Surgical treatments and Weight Loss Surgery. All of our surgeons are registered on the GMC Specialist Register and provide a high level of care and expertise.

General adult psychotherapy and counselling with particular experience in work related stress Relationship difficulties, loss, mental health problems and EMDR for trauma. Working in NHS employee wellbeing and forensic services.

General Dermatology/Skin Surgery, Skin Cancer, Eczema, Psoriasis, Urticaria, Generalised itching.

Dermatology Clinic Wales. General Dermatology - Skin cancer, eczema, dermatitis, psoriasis. See www.dermatologyclinicwales.co.uk.

General Dermatology - Cutaneous surgery, skin cancers, laser therapy, cosmetic dermatology.

Ultrasound of abdomen, pelvis, renal tract, testes, rotator cuff, foot and ankle tendons, Morton's Neuroma, soft tissue masses, thyroid, groin hernia etc.

General gastroenterology, hereditary GI cancer. Upper and lower endoscopy

General gastroenterology. Upper and lower endoscopy.

Endoscopy, Inflammatory bowel disease. Functional bowel disorders, advances in diagnostic and therapeutic endoscopy.

Private GP care for individuals and companies: travel and flu vaccines; medicals; well person checks. Daily clinics.

General surgery, colonoscopy, coloproctology, inflammatory bowel disease, laparoscopic surgery, hernias.

Specialist in hepatopancreato biliary surgery. He deals in problems with the gallbladder, bile ducts and the liver. Trained in Canada, Birmingham and London and established the only Liver Unit in Wales in the University Hospital of Wales, Cardiff. Cardiff serves as the regional centre for surgical problems in the Liver and complex problems in Gall bladder and bile ducts.

Hypnotherapy

Darren Page

Jane Gamblin

Infertility & IVF

London Women's Clinic
P. Bowen-Simpkins
Dr K K Ahuja

Memory Clinic Wales

Dr Chris James

Neurology

Dr G Llewelyn

Ophthalmology

Mr J Hunter

Orthopaedic Surgery

Mr D P Thomas
Mr C Wilson
Mr K Hariharan

Physician

Dr Haboubi

Professor J H Lazarus

Physiotherapy

Mark Brownless

Psychiatry

Dr Z Ahmed

Psychology

Professor Neil Frude

Dr Arnie Reed

Dr Krysia Yardley

Dr Helen McCarthy

Psychology - Children and Young People

Dr Denise Whitworth

Psychoneuroimmunology (PNI) incorporating Clinical Hypnotherapy
PNI is the study of the interaction between psychological processes and the nervous and immune systems of the human body. Darren uses PNI whilst working with cancer patients at Marie Curie (Holme Tower Hospice) and GP referrals. PNI has proven beneficial results in reducing symptoms relating to treatment, e.g. coping strategies, anxiety, insomnia and pain management.

Clinical Hypnotherapy

An experienced and effective clinical hypnotherapist with an impressive track record of clients. Treatment for panic attacks, anxiety, phobias, smoking cessation and weight control, etc. Free initial 20 minute telephone consultation.

www.clinicalhypnotherapywales.com

Clinical Hypnotherapist/Psychotherapist using Solution Focused Brief Therapy to treat issues such as anxiety, depression, Chronic pain, phobias, confidence, negative thinking, sleep. www.hypnotherapy-cardiff.com

IVF/ICSI, egg share/donor sperm programme, semen analysis, PESA/TESA, assisted hatching, blastocyst, womens services, intrauterine insemination. All enquiries please telephone 029 2073 4008. Visit www.londonwomensclinic.com.

The first memory clinic of its kind in the region. Treatment is available with acetyl cholinesterase inhibitors for patients with a diagnosis of Alzheimer's Dementia, whenever appropriate. www.memoryclinicwales.co.uk

General neurology.

General ophthalmology.

Paediatric orthopaedics, hip and knee joint replacement. Hips and knees

Orthopaedic Foot Surgeon. Foot and Ankle. Offers comprehensive foot and ankle surgical procedures including union surgery, ankle replacement and sports injuries of the foot and ankle. Ligament and tendon reconstruction, diabetic foot reconstruction and surgery for rheumatoid arthritis in foot and ankle.

General Physician, special interests in clinical nutrition.

Private OBESITY CLINIC (Currently runs only NHS funded obesity clinic in Wales).

General medicine, endocrinology, thyroid disease.

General Physiotherapy - Extensive experience of managing a wide-range of orthopaedic and musculoskeletal problems, including spinal pain, mechanical back pain, whiplash-type injury, postural problems and pre and post-op spinal surgery.

A consultant psychiatrist with specialist training in general adult psychiatry, psychiatry of intellectual disability and neuropsychiatry. He deals with psychological problems such as depression, generalised anxiety disorder, panic attacks, obsessive compulsive disorder, post traumatic stress disorder. He offers assessment and treatment for psychological disorders.

Chartered Clinical Psychologist. General adult psychology e.g. depression, anxiety disorders, stress, anger and lifestyle issues, relationship and sexual issues.

Currently working as a psychologist within CMHT. General adult psychology e.g. anxiety disorders, post traumatic stress disorders, personality disorders, OCD.

Chartered Clinical Psychologist with senior status on the BPS register of Psychotherapists. She has been in practice since 1975 with expertise in adult mental health and psychological therapies. She has a special interest in women's issues, parenting issues particularly over the early years, relationship difficulties, depression and trauma related phenomena. Her core working principal is to treat each patient/client as an individual. Expert Opinion is provided for Family Courts and Civil Courts/Personal injury.

Cognitive Behavioural Therapy for adults with mental health problems including anxiety disorders, depression and eating disorders. I have a special interest in psychological trauma and provide Trauma Focused CBT and EMDR (Eye Movement Desensitisation and Reprocessing) for Post Traumatic Stress Disorder.

Chartered Clinical Psychologist (Consultant within the NHS) specialising in working with children, young people and families. Can provide advice, assessments and cognitive behaviour therapy to individuals and groups.