

Developments at Cyncoed Consulting Rooms

Since our last newsletter we are pleased to announce several significant improvements at CCR which have improved the support provided to patients, GPs and consultants.

In the last two months we have increased the number of consultants within the facilities by over 10%, providing the most comprehensive range of medical consultants in any independent private clinic in Wales. You can find details of many of the new consultants at CCR within this newsletter.

The first educational seminar for GPs held in January was a great success with over 30 GPs

present to hear Mr. Richard Evans and Dr. Geoff Davies talk on all aspects of "shoulder problems". This was followed this month with an equally impressive turnout to hear Dr. Andrew Morris' talk on dermatology. We would like to thank all those who attended, and in particular, our thanks to both Richard and Geoff and Andrew for providing such interesting talks. Details of our next seminars can be found within the newsletter.

Counselling facilities

To support the work of counsellors within CCR, we have now dedicated several rooms to provide more informal environments suitable for counselling sessions. As a result we have seen great interest from counsellors wishing to use these facilities and welcome further enquiries about these rooms. **Please contact Karen James at CCR to discuss further.**

Educational Seminars for GP's

Please make a note of the forthcoming seminars which include:

Date	Title	& Speaker
Tuesday 20th May	"Bowel problems - sifting through the symptoms!"	Mr. Jared Torkington
Tuesday 15th July	"A.F. and T.I.A. Diagnosis and Management"	Miss Sue Hill (Vascular Surgeon) and DR. W.L Penny (Cardiologist)
Tuesday 30th September	"Management of Menorrhagia and HRT update"	Mr. Nigel Davies
Tuesday 25th November	"Back and Neck pains - What are the options?"	Mr. Alwyn Jones

Please ensure you book these events into your diary. All events will commence with refreshments at 6.30pm, with the seminars starting at 7.00pm. The seminars will be finished by 8.00pm. and include the opportunity to ask questions of our speakers.

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**.

Private GP Services at CCR

Looking to refer your patients to a Private GP. Cyncoed Consulting Rooms provides a variety of private GP services including :

- Vaccines and Immunisations
- Health Screening
- Private Prescriptions and Consultations
- Minor Surgery
- Occupational Health
- Family Planning Clinics
- Cosmetic treatments and much more

To book an appointment for a patient call CCR on 029 20764611





Introducing Dr. Seamus Linnane

Dr Seamus Linnane is a consultant in respiratory and general medicine. Born and educated in Dublin, Ireland, his initial postgraduate medical education was undertaken in Ireland and America.

In 1998 he joined the All Wales Specialist Registrar Scheme in Respiratory and General Medicine and was appointed Consultant Respiratory and General Physician at Cardiff and Vale NHS Trust in 2002. As part of the respiratory medicine department he provides inpatient services at Llandough Hospital, consultations at the University Hospital of Wales and an outreach clinic at Barry Hospital.

While his practice includes the entire specialty of respiratory medicine in adults, he has a specific clinical interest in **lung cancer and interventional bronchoscopy**. He carried out the first endobronchial photodynamic therapy in Wales and is the only clinician in Wales performing autofluorescence bronchoscopy. His research interests include; breathlessness, venous thromboembolism and hypoxia.

Dr Linnane also acts as a medical expert in medico-legal cases.

He typically deals with the following conditions and symptoms;

- Chronic cough
- Unexplained breathlessness • Wheezing
- Haemoptysis (blood in sputum)
- Lung cancer • Mesothelioma
- Pleural effusion • Chronic Obstructive Pulmonary Disease (COPD) • Asthma
- Bronchiectasis • Lung Fibrosis
- Occupational Lung Disease

Dr. Linnane runs a Respiratory Clinic for private patients at CCR. Appointments can be made by phoning Dr. Linnane's secretary at 029 2071 6423 or direct with CCR at 029 2076 4611. Referrals must be accompanied by a general practitioner's letter.

QUO VADIS Counselling Support



One of the main aims of counselling is to enable people to gain a perspective about the issues that are causing distress. Working with clients, Quo Vadis can help to identify the problems and patterns of behaviour that are preventing them from moving forward in the direction that they want.

About Us

Quo Vadis is led by Jane Buckley a counsellor with an MA in Counselling, a Post Graduate Diploma in Counselling and a member of the British Association of Counselling and Psychotherapy (BACP).

An experienced counsellor, Jane has worked within the NHS Employees Well Being Service and latterly in the Student Counselling Service at Cardiff University. Jane has a specialist interest in **eating disorders** with additional Cognitive Behavioural Therapy (CBT) training in the wider aspects of these conditions.

With vast experience of working within the NHS, she remains a Registered General Nurse (RGN) and Registered Sick Children's Nurse (RSCN). This medical experience enables her to have a good understanding of health related problems in particular the impact of

chronic illnesses on a person's wellbeing such as diabetes and cystic fibrosis.

Quo Vadis provides an integrative counselling approach that includes Person Centred, Psychodynamic, Cognitive Behavioural Therapy (CBT) and solution focused concepts.

Individual Counselling services includes support for:

- Eating disorders • Stress • Anxiety
- Panic attacks • Depression
- Low self-esteem • Bereavement
- Relationships • Health related issues
- Perfectionism • Self harm

To make an appointment contact CCR on 029 2076 4611 or Jane Buckley on 029 2002 6509, info@quovadis-support.co.uk www.quovadis-support.co.uk



INSEMINAR

Free evening seminar for women considering donor insemination

Wednesday 2 April 2008, 6pm
Cyncoed Medical Centre
Dartington Drive, Pontprennau, Cardiff CF23 8SQ

Call 02920 734008
email mary.kennedy@londonwomensclinic.com

www.londonwomensclinic.com

The
London
Women's
Clinic



Memory Clinic Wales was founded by Dr Christopher M James. He 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.

He is actively involved in training both undergraduates and postgraduate trainees and is an Honorary Senior Lecturer at Cardiff University School of Medicine.

Aims of the Memory Clinic

- Early identification of memory problems and any related disorders.
- Comprehensive assessment and diagnosis.
- Support and advice for patient, relatives or friends.
- To consider a trial of medication.
- Make available information about other service providers.

Cholinesterase inhibitors, available as Donepezil (Aricept), Galanthamine (Reminyl), Rivastigmine (Exelon) are prescribed by specialists. Recently their use has been restricted by the NICE guidelines on the grounds that, while they may slow the progress of the dementia illnesses, they are not considered to be cost effective.

At The Memory Clinic Wales treatment is available with Cholinesterase Inhibitors for patients with a diagnosis of Alzheimer's Dementia even when the condition is in the early stages.

Treatment will also be in the form of a consultation, cognitive retraining, memory strategies including psychological support or a combination of all of these. Dr Chris James can refer to a clinical psychologist who specialises in this area.

Monitoring of treatment can continue in The Memory Clinic Wales, and adjusted as necessary.

Memory Clinic Wales is based at CCR and Werndale Hospital, Carmarthen.

For further information visit:
www.memoryclinicwales.co.uk
or email Chris James on:
enquiries@memoryclinicwales.co.uk

www.memoryclinicwales.co.uk

Dr Sunil Dolwani – Consultant Gastroenterologist

A Consultant Gastroenterologist at the Cardiff and Vale NHS Trust, Dr Sunil Dolwani trained in Gastroenterology in Yorkshire and Wales and also spent some time at the National Cancer Centre Hospital Tokyo, learning techniques of Endoscopic Mucosal Resection (Endoscopic removal of complex polyps and early cancer).

He undertook a period of research in the Genetics of Bowel Polyps & Hereditary Bowel Cancer at the Institute of Medical Genetics in Cardiff and performs Colonoscopic

surveillance on many of these cases and extended family members requiring screening & surveillance.

Dr Dolwani is also Deputy lead for the Welsh Endoscopy Training Network responsible for training Registrars and Nurse endoscopists in various aspects of Upper and lower endoscopy including advanced endoscopic techniques. Dr Dolwani currently chairs the Cardiff and Vale implementation group on **Bowel Cancer Screening**. Other areas of interest include effects of antibiotics on Probiotics and methods of communication

and monitoring in patients with inflammatory bowel disease.

Dr Dolwani would be happy to receive any queries from GPs concerning patients with gastrointestinal symptoms with or without significant family history they may have concerns about.

Please email:
cardiffgastro@googlemail.com
or to refer a patient please contact my Secretary on 029 20716820 or direct to CCR on 029 20764611

Andy McCann – Wales' leading BST consultant

Brief & Strategic Therapy (BST) – benefiting patients and health care professionals.

In today's modern society, as the waiting-list for psychotherapeutic intervention grows, patients who undergo therapy expect noticeable improvements within a short time parameter, often without pharmacotherapy.

Through an amalgamation of the most rapid and goal-directed procedures to treat neuroses and other disorders, BST has been used within the Medico Legal service provision at Harley Street for many years. It is useful as a 'stand alone' approach for the treatment of anxiety based syndromes or as adjunctive therapy with psychotherapeutic techniques or psychotropic drugs.

BST introduces psychotherapeutic intervention, including **clinical hypnotherapy** suitable for a brief treatment, typically within 1 to 5 sessions,

of a wide range of disorders such as **phobic anxiety, panic attacks, obsessional anxiety, generalised anxiety disorders, adjustment depressive disorders, and problems associated with stress, post-traumatic stress and sleep disorders. It may also be used for the treatment of fears, specific phobias, low self-esteem, and neurotic depressive illness.**

Andy McCann, widely regarded as Wales's leading BST consultant is now offering consultations at CCR. In addition, Andy teaches on all the Brief & Strategic Therapy Foundation's courses, many of which have past / current accreditation by Royal Colleges including the Royal College of Psychiatry and Royal College of Nursing.

He is a Fellow of the Royal Society of Medicine (FRSM) and a member of the Vocational Rehabilitation Association (VRA).

He has a particular interest in stroke care and rehabilitation and is an invited member of the newly established Welsh Stroke Alliance (WSA).



For more information please visit
www.briefstrategictherapy.co.uk
To refer a patient email:
info@briefstrategictherapy.co.uk
or contact CCR on 029 2076 4611.

**Brief & Strategic Therapy
 1-2-1 Support for**
 Acute & Chronic Conditions
 Mental & Physical Wellbeing
 Trauma Disorders
 Vocational Rehabilitation Case Management
 Psychological Support in Litigation Cases

Mr. Ian Williams – Vascular Surgeon

Graduating in Cardiff in 1986, Ian undertook his training in South Wales, Manchester and London. Consultant appointments include the Royal Gwent Hospital, Newport in 1998 and subsequently at the University Hospital of Wales in 2003.

He currently performs over 700 operations in the NHS and the private sector every year, with varicose vein surgery being the commonest procedure.

His clinical practice involves the management and treatment of patients with vascular disorders, including:

- Venous Disease / Varicose Veins
- TIA's / Strokes / Carotid Disease
- Aortic Aneurysms

- Peripheral Vascular Disease
- Diabetic Ulcers

Ian is pleased to receive any questions from GPs concerning patients they may have concerns about. Please email ian.williams@cardiffandvale.wales.nhs.uk

To refer a patient please contact CCR at 029 2076 4611. Immediate private appointments are available.



CCR Golf Challenge 2008

Join us at the Cardiff Golf Club for the Cyncoed Consulting Rooms Golf Day on Friday the 16th May 2008. Tee off times 1.00pm – 2.30pm.

Take part in the GP v Complementary Therapists v Consultant tournament as a guest of CCR.

Please email info@ccr-wales.co.uk to reserve your place. Also note limited availability, with immediate booking advisable.



Dermatology Clinic Wales

The Direct Access Skin Clinic

Dermatology Clinic Wales is a private dermatology practice which offers a wide range of dermatological and cosmetic procedures.



The clinic is led by Dr C Colin Long MB, BS, FRCP, FRCPI. Dr Long has been a Consultant for 11 years and is interested in all aspects of Dermatology including the

management of inflammatory skin disorders (rashes) such as eczema, psoriasis, urticaria and acne as well as the surgical treatment of benign and malignant skin tumours.

He currently holds the following positions: Consultant Dermatologist: Cardiff & the Vale NHS Trust, Pontypridd and Rhondda NHS Trust

Lecturer, Department of Dermatology, Cardiff University

Clinical Lead in Audit, Directorate of Dermatology, Cardiff & The Vale NHS Trust

Services Provided:

The clinic provides a variety of dermatological services which includes:

All General Dermatology

(including children).

Management of conditions such as:

- Eczema • Psoriasis • Acne
- All other rashes/inflammatory skin conditions

Skin Cancer

- Skin Cancer detection/surveillance and treatment

Mole Check Clinic

- Examination of moles/naevi or other lesions for reassurance, or in order to detect suspicious lesions or skin cancer

Skin Surgery

- Removal of moles and skin tags
- Surgical Excision: Skin Cancer and benign skin tumours
- Cryotherapy (freezing)

Wart Clinic

Treatment of warts by means of:

- Cryotherapy (freezing) • Creams • Topical cantharone • Oral treatments (medicine)

Management of Excessive Sweating

Medical investigation of underlying causes, treatment with:

- Iontophoresis (electric current) • Medication
- Botulinum toxin (Botox) injections

Allergy Testing

Investigation of the possible causes of:

- Eczema/Dermatitis • Urticaria by Patch Testing/Skin Prick Tests/Blood tests

Aesthetic Treatments

- Anti-Ageing Treatments • Botulinum toxin (Botox) • Fillers • Facial Peels • Retin A

Medico-Legal Reports

Dr Long has 11 years experience of preparing medical reports for solicitors as well as reports for employers.

To book an appointment please contact CCR (029) 20 764611 or

Dermatology Clinic Wales (029) 20 750432

or 24 hours Freephone message service 0800 458 8433.

Email: info@dermatologyclinicwales.co.uk

More information can be found at: www.dermatologyclinicwales.co.uk

GP's wishing to discuss individual patients can contact Dr Long at any time.