

medical notes



The Newsletter of Cyncoed Consulting Rooms

Issue 1



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 Seminars for GPs at Cyncoed Consulting Rooms

We are pleased to announce the launch of a series of educational seminars throughout 2008 to be held at Cyncoed Consulting Rooms.

This series of seminars will cover relevant topics of particular interest to GPs, giving up to date information on new treatments and procedures available to patients, as well as providing excellent information on the diagnosis and treatment of various conditions GPs face everyday.

The seminars will be appropriate for inclusion in GP appraisal folders allowing you to update your knowledge in a professional relaxed environment and will be a great opportunity for you to socialise with colleagues. The seminars arranged for 2008 include:

Date	Title	& Speaker
Tuesday 29th January	"Shoulder Problems - Take a weight off your...."	Mr. Richard Evans and Dr. Geoff Davies
Tuesday 18th March	"Top Tips in Dermatology"	Dr. Andrew Morris
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 6.15pm, with the seminars starting at 6.45pm. The seminars will be finished by 7.45pm. and include the opportunity to ask questions of our speakers.

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.



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

Spotlight on Alwyn Jones – Consultant Spinal Surgeon



Alwyn, a Welsh speaker, originally from New Quay, graduated from Cardiff in 1993 and carried out his basic surgical training in South Wales. He progressed on to the All Wales Orthopaedic training scheme and spent two years specialising in spinal surgery. He then spent a year in Queen's Medical Centre, Nottingham, where he completed a nationally recognised spinal fellowship, treating both adult and paediatric spinal conditions.

A Consultant Spinal Surgeon in Cardiff, Alwyn treats wholly spinal conditions including adult and paediatric deformity (scoliosis), neck and arm pain, back pain and sciatica. He also treats spinal fractures with or without spinal cord injury, spinal infections, as well as patients with rheumatoid spinal conditions and back sporting injuries.

He is part of a spinal team who do an on-call rota covering spinal injuries across South Wales. He has an active role in clinical and biomechanical research and is a member of the AO Spinal Faculty where he teaches practical and evidence based practice to nursing staff as well as junior orthopaedic and neurosurgical trainees.

Alwyn is pleased to receive any queries from GP's concerning patients they may have concerns about. Please email: mralwynjones@uk-consultants.co.uk
To refer a patient please contact CCR on 029 2076 4611.

Alwyn will be presenting a seminar on "Back and Neck Pain conditions" at CCR on November 25th 2008.

New Ultrasound Service at Cyncoed Consulting Rooms

Since spring 2007 an ultrasound service has been available at CCR. In addition to diagnostic ultrasound scans of the abdomen and pelvis (trans-abdominal), scans of soft tissue masses, rotator cuff tears, testes, foot and ankle tendons, hernias and Morton's neuroma are also available.

Evening appointments have proved popular with many patients. Scan appointments may also be made in typical working hours. Depending on demand, appointments may be available on a Saturday morning in the future. All scans are performed by a Consultant Radiologist.

Reports are available and e-mailed on the same day as the scan. A paper request is also posted. An urgent telephone report will also be provided where there are important, unexpected findings.

The aim is to provide a professional, modern and comprehensive scanning service for clinicians and private patients, providing prompt access and prompt reports. For private patients without medical insurance the aim is to provide the lowest prices available locally. Self fund offer US both shoulders £100. Contact details for Dr. Andy Jones provided to GPs on request.

Requests can be made by:
Tel: 029 2076 4611
Fax: 02920 764622
Email: info@ccr-wales.co.uk
or post –
CCR
277 Cyncoed Rd, Cardiff CF23 6PA



Private Doctors



The Independent General Practice
www.theigp.co.uk

The Independent General Practice (IGP) offers a private GP service to individuals and businesses. The practice offers convenient and accessible consultations for those patients wishing to access a private GP service.

They also provide an expert and experienced OH service for NHS surgery staff.

IGP has provided private general practice from Cyncoed Consulting rooms for over 2 years and Dr Jeff Thomas, Occupational Health Director of the IGP told us "the facilities at CCR provide a pleasant, relaxed and professional environment for clients which is exactly what patients would expect from a 5* medical facility"

The IGP also offers these services in Cardiff city centre, Swansea and Newport.

Many local GP practices now refer their patients to the IGP for services which they are unable to offer within their NHS practices.

These include:

Vaccines & Immunisations

Single MMR
Travel Vaccines & Yellow Fever
Flu Vaccine

Lifestyle Health Screening

Blood, Drug and HIV Testing
Depression, Anxiety and Stress Management
Dietary Advice & Weight Reduction
Drug and Alcohol Addiction

Private GP Service

Minor Surgery & Cryocautery
Private Prescriptions and Consultations
Independent Second Opinions

Occupational Health

Corporate Medical Services
HGV and Employment Medicals

Facial Aesthetics

Cosmetic Advice and Treatment
Botox, Collagen Fillers
Unbiased Surgical Referrals

Family Planning

Pregnancy and Post-Natal Care
Cervical Smears and HPV Cancer Vaccine
DNA and Paternity Testing
Impotence and Loss of Libido
Fertility Advice

For more information visit
www.theigp.co.uk or contact
029 20 647308 to refer a patient.

Origin Medical Vein Clinic is the first clinic in Wales to specialise in the treatment of varicose veins for private patients.

Based in Cardiff, Origin Medical has introduced minimally invasive surgery to treat the condition. Using endovenous techniques, these procedures present the following benefits to the patient:

- No hospitalisation required; day case procedures
- Procedures conducted in under two hours
- Conducted under local anaesthetic
- Avoids scarring and bruising associated with conventional surgery
- Significantly reduced recurrence rates from endovenous techniques
<1% recurrence risk within one year of procedure

- No disruption to patient's normal life; patients can walk out
- No recovery time required or time off work

All procedures are carried out by consultant vascular surgeons, specially trained in endovenous procedures.

Origin Medical's techniques are particularly suitable for older patients as there is no need for general anaesthetic.

Traditional surgery for varicose veins requires general anaesthetic, hospitalisation, and a long recovery period (several weeks or more). Additionally, the old 'tie and strip' method is associated with significant post operative morbidities and potential scarring.

Endovenous techniques specifically treat the underlying medical condition which leads to

visible varicose veins (venous reflux). This is fundamental to the reduced recurrence rate. It also eliminates or alleviates other symptoms arising from venous reflux, such as 'heavy legs', swelling (ankles, feet, leg aches), ulcerations, and thrombophlebitis.

At Origin Medical, patients will also receive treatment to remove superficial veins once the incompetent veins have been treated using endovenous techniques.

More information can be found at www.originmedical.co.uk, by calling our clinic for an information pack and booklet or by contacting Cyncoed Consulting Rooms on 029 2076 4611.

Cutaneous Surgery – What's that?

A good question. Known over the pond as procedural dermatology or dermatological surgery the development of cutaneous surgery as a subspecialty within dermatology represents a major shift in the management of skin cancer in the UK over the last 20 years. Dermatologists in the US have been responsible for the surgical management of skin cancer for decades which began with the development of Mohs' (microscopically controlled surgery) in the 1930's. Developed by Fred Mohs this procedure enables you to ensure complete removal of tumour at the same time as minimising the amount of normal tissue removed with resulting cosmetic benefits. It is mainly employed in the management of difficult basal cell carcinomas such as recurrent tumours, tumours in difficult locations e.g. inner canthus and ill-defined tumours (morphoeic BCC's). Mohs' surgery is practised almost exclusively by dermatologists, currently there are twenty five of us nationwide.

Cutaneous surgery in the UK really began in the 1980's with a handful of enthusiastic UK dermatologists. Over the last two decades cutaneous surgery has become the most popular subspecialty within dermatology. There are currently three UK centres offering 1 year cutaneous surgery fellowships. I was fortunate enough to undertake the Cardiff fellowship in 2003 under the direction of Richard Motley and Peter Holt at the University Hospital of Wales, it was an inspiring year devoted to the management of skin cancer and a welcome respite from general pruritus and the other heart sink dermatoses! I was appointed in 2004 and currently 60% of my time is spent in theatre, one of the most enjoyable aspects of performing procedures under local



Dr. Andrew Morris

anaesthetic is that it affords the opportunity to get to know your patients – a rare occurrence in secondary care nowadays. The speciality continues to expand with new techniques and new indications such as liposuction for axillary hyperhidrosis and gynaecomastia, lasers, photodynamic therapy and cosmetic procedures.

Dr Andrew Morris is a Consultant in Dermatology and Cutaneous Surgery at the University Hospital of Wales.

Referrals to Dr. Andrew Morris can be made by contacting Cyncoed Consulting Rooms on 029 2076 4611

Celtic Springs Business Park
Spooner Close, Newport
South Wales, NP10 8FZ

Telephone: 01633 815900
Facsimile: 01633 815915

Email: enquiries@nucleushealthcare.co.uk
Web: www.nucleushealthcare.co.uk



Private Gastroenterology Unit



CONSULTATIONS COLONOSCOPY FLEXIBLE SIGMOIDOSCOPY CAPSULE ENDOSCOPY
GASTROSCOPY ULTRASOUND OESOPHAGEAL PH STUDIES/MANOMETRY

Opening on 18th December 2007

Dr Manny Srivastava MD FRCP Consultant Gastroenterologist
Qualified from Charing Cross Hospital, London 1984. Formerly Registrar University Hospital of Wales 1987 and Senior Registrar Newcastle-upon-Tyne 1992. Visiting Fellow University Hospital Rotterdam 1990 where further research and endoscopy training was undertaken. He obtained his MD thesis from London University in 1992 and has published papers on inflammatory bowel disease and irritable bowel syndrome. Appointed Consultant Gastroenterologist at the Royal Gwent Hospital 1994.

He is trained in all aspects of gastroenterology with a special interest in inflammatory bowel disease and luminal gastroenterology. He undertakes diagnostic and therapeutic endoscopy – gastroscopy, colonoscopy and flexible sigmoidoscopy.

Dr Nimal Balaratnam FRCP Consultant Gastroenterologist
Qualified from Nottingham University 1991. Formerly Specialist Registrar the Welsh Deanery 1995. Further research and endoscopy training Swansea University 1999 in Helicobacter Pylori, colonoscopy and endomucosal resection. Appointed Consultant Gastroenterologist at the Royal Gwent Hospital 2003. Pioneer and clinical lead of the Capsule Endoscopy service.

He is the clinical lead within gastroenterology in clinical governance, undergraduate teaching and endoscopy training at the Royal Gwent Hospital. He actively participates in post graduate teaching.

Trained in all disciplines of gastroenterology, diagnostic and therapeutic endoscopy. Special interest in capsule endoscopy, obscure anaemias, inflammatory/diarrhoeal and functional bowel disease.

Mr Jared Torkington MS FRCS FRCS (Gen) Consultant Colorectal and General Surgeon
Qualified from St Marys Hospital, London 1991. Formerly Surgical Registrar University Hospital of Wales and Resident Surgical Officer St Marks Hospital London. Obtained Master of Surgery Degree as Royal College of Surgeons Research Fellow at Imperial College/St Marys Hospital undertaking research into laparoscopic surgery and training in virtual reality. Appointed Consultant Surgeon to Cardiff and Vale NHS Trust 2002. Honorary Clinical Tutor to University Wales School of Medicine and sits on the Council of Association of Laparoscopic Surgeons of Great Britain and Ireland.

He is trained in all aspects of coloproctology with a special interest in inflammatory bowel disease, laparoscopic surgery and endoscopy. He undertakes diagnostic and therapeutic endoscopy – colonoscopy and flexible sigmoidoscopy.

Mr. Michael Nutt FRCS (Eng), FRCS (Gen) Consultant Upper Gastrointestinal Surgeon
Qualified from Nottingham University Medical School 1990. He was trained on the All Wales Specialist Registrar Rotation and the Bristol Royal Infirmary Upper Gastrointestinal Surgery Unit. Appointed Consultant Surgeon West Wales Hospital 2002 and moved to the Royal Gwent Hospital Newport 2005.

He is trained in general surgery with a sub-specialty interest in upper gastrointestinal and laparoscopic surgery.

His particular interests are the surgical treatment of cancers of the stomach and oesophagus, the laparoscopic surgical treatment of gallstones, gastro-oesophageal reflux, obesity, inguinal, incisional and abdominal wall hernias and endoscopy – gastroscopy and colonoscopy.

Mr. Geoffrey Clark MB ChB, FRCS(Ed), MD Consultant Upper Gastrointestinal Surgeon
Qualified from Manchester Medical School 1984. Formerly Registrar Manchester Royal Infirmary 1988. Visiting Fellow University of Southern California, USA, 1992-1994. He obtained his MD thesis in 1994. Senior Registrar University Hospital of Wales 1995. Senior Lecturer in Surgery, University of Leeds 1998-2001. Appointed Consultant Surgeon at the



Left to Right: Geoffrey Clark, Michael Nutt, Manny Srivastava, Jared Torkington, Nimal Balaratnam

University Hospital of Wales 2002.

He is trained in all aspects of gastrointestinal surgery and has a special interest in oesophageal and gastric cancer. He undertakes diagnostic and therapeutic gastroscopy and is trained in all aspects of laparoscopic surgery particularly the surgical treatment of gallstones, reflux disease, and obesity.

Cyncoed Consulting Rooms provides a variety of services to consultants and companies across the medical profession. We are delighted that Dr Srivastava and his colleagues from Nucleus Healthcare have utilised the CCR facilities over many years and look forward to providing them with further consulting room facilities in the future. The Nucleus Healthcare building in Newport is a welcome development in the provision of medical facilities in South Wales and we wish Dr. Srivastava and his team, every success with this initiative.



Cyncoed Consulting Rooms - the new Tardis!

Strange events have been reported at CCR over the past months with a variety of Alien Autopsies and new revolutionary treatments being undertaken on site. This includes the infamous 'Resurrection Glove', the 'Mini Cat Scanner' optimise for alien technology, and of course the very latest HI-TECH COSMETIC TREATMENT - 'Alien Perfume', a scent that makes the alien wearer irresistible to men and women!

What are all these new treatments? Well of course they are the latest developments in the BBC Wales drama "Torchwood", the Dr. Who spin off series. The premises at Cyncoed Consulting Rooms has been used by the makers of the programme as a shooting location for the series on several occasions. Cyncoed Consulting Rooms have proved to be an excellent location for a variety of scenes for the Torchwood series. From the outside the buildings disguise the very open and spacious facilities that lie within, which have been ideal for recreating key indoor scenes in the programme.

Perhaps Cyncoed Consulting Rooms should change it's name in the future to Tardis 2!

Micro Digital Hearing at CCR

Research has shown that nearly 20% of people between the age of 51 and 60 require a hearing aid, with this rising to 36% in the 61 to 70 age bracket and 80% for the over 70's.



The stigma attached to hearing aids is rapidly disappearing especially with new technology and tiny cosmetically acceptable hearing aids available today, usually from the private sector.

FREE hearing tests are now available at CCR provided by Micro Digital Hearing Ltd, an independent family run business, led by Gareth and Petrina Morris. The company is rapidly gaining a reputation for being able to supply the smallest aids available with the results providing a "life changing" experience for patients. Micro Digital Hearing Ltd. will undertake a thorough examination, including a full hearing test, with an audiogram being supplied to the GP if required.

NHS hearing services provision is very basic and recent surveys suggest that the waiting list in Wales is over 45 weeks. With Micro Digital Hearing, patients can be tested and fitted with a pair of digital hearing aids in about two weeks.

The Micro Digital Hearing service provides:



Gareth Morris RHAD, FSHAA
Micro Digital Hearing Ltd

- Free Hearing Test – with report back to GP if requested
- Range of prices from £595 to £2995
- 2 for 1 offer (as most people have loss in both ears)
- Free 2 year warranty and aftercare
- Appointment times to suit – including evenings and Saturdays

To arrange an appointment contact Micro Digital Hearing on 01656 865871 or Cyncoed Consulting Rooms on 029 2076 4611 today.

Medico Legal – the place to be

Consultants at Cyncoed Consulting Rooms have quickly built a reputation as being one of the leading providers of medico-legal services in the region. By choosing to instruct a Consultant from Cyncoed Consulting Rooms you are assured of an efficient and professional service at all times.

In addition, Cyncoed Consulting Rooms has provided rooms for visiting medico - legal consultants from across the UK, providing excellent facilities for medical professionals to undertake consultations in a relaxed and professional environment.

If you would like to use our facilities for medico legal work please contact us today.



Consultants Directory

Consultants	Special Interests
Acupuncture	
Sue Pready	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.
Maxine Smilie	Traditional Chinese medicine for adults and children, assisting the body to heal. Special interest in fertility, menstruation, the menopause and paediatric acupuncture.
Shanee Taylor	Classical acupuncture treats the whole person to create better balance and harmony. Helpful for stress-related disorders and to improve and maintain health and well-being.

Bariatric Service - Weight Reduction Service	
	Treatment and support team, includes: General Surgeons, Dieticians and Psychologists

Cardiology	
Dr Liam Penny	Clinical cardiology - coronary artery disease, coronary angioplasty.

Child Psychology	
Dr Simon Holliday	Child Psychiatrist trained in talking therapies (CBT/NLP); sees: depression, anxiety, lack of motivation, phobias, eating disorders, school refusal, anger management.

Chiropractic - The McTimoney Way	
Shanee Taylor	Gentle whole body treatment of the spine and other joints, helpful after accidents, trauma, muscular or postural strain. Suitable for adults and children.

Cosmetic Services	
Collagenics	The largest operator of non-surgical beauty treatments in the UK and Ireland - smoothing lines and folds, soft volume lips, lip enhancement and definition, relaxing lines, skin restoration programme, thread veins and surgical referrals.
Dr E Deignan	Cosmetic procedures - Botulinum Toxin (Botox), for cosmetic use and for excessive perspiration, chemical peels, Restylane, Laresse and Sculptra.
Dr Joanna Longstaffe	Experienced lady doctor specialising in anti-ageing advice and treatment, including Botulinum Toxin (Botox) and treatments for excessive sweating, Restylane, Lipp, Sculptra etc. Daily clinics.
Origin Medical	Specialists in Thread Vein removal
The Dr Yelena Watkins Clinic	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.

Counsellor/Therapist	
Mr Mike Sadlier	Mike Sadlier is a Physiotherapist specialising in medically unexplained symptoms e.g. tinnitus, vertigo, IBS, chronic fatigue syndrome. Uses CBT/graded exercise with proven success. He is referred to regularly by consultants at UHW.

Dermatology	
Dr C Long	General Dermatology - skin cancer, eczema, dermatitis, psoriasis.
Dr A Morris	General Dermatology - cutaneous surgery, skin cancers, laser therapy, cosmetic dermatology.

Diagnostic Ultrasound	
Dr Andy Jones	Ultrasound of abdomen, pelvis, renal tract, testes, rotator cuff, foot and ankle tendons, Morton's Neuroma, soft tissue masses, thyroid, groin hernia etc.
Baby Bond	Offering a complete range of professional antenatal ultrasound services. Includes dating and growth scans; nuchal screening scans and 4D bonding scans.

Dietician	
Rachael Barlow	Nutritional assessment, nutritional support, all aspects of dietary intervention and treatment.

Gastroenterology	
Dr Haboubi	General gastroenterology. Upper and lower endoscopy.
Dr N Hawkes	Endoscopy, inflammatory bowel disease. Functional bowel disorders, advances in diagnostic and therapeutic endoscopy.
Dr E Srivastava	General gastroenterology. Diagnostic and therapeutic endoscopy.

General Practice	
The IGP	Private GP care for individuals and companies: travel, flu and single MMR vaccines; medicals; well person checks; treatments for excessive sweating. Daily clinics.

General Surgery	
Mr Geoff Clark	Upper G.I. gastroscopy, laparoscopy and general gastroenterology.
Miss S Hill	Vascular surgery (varicose veins, leg ulcers, carotid artery disease, aortic aneurysm). General surgery and sarcomas, melanomas, hyperhidrosis.
Mr M Nutt	General surgery. Surgery of the stomach and oesophagus and laparoscopic (key-hole) surgery for treatment of gallstones, acid reflux, hernias and weight loss (bariatric surgery)
Mr Jared Torkington	General surgery, colonoscopy, coloproctology, inflammatory bowel disease, laparoscopic surgery, hernias.

Gynaecology	
Mr N Davies	General gynaecology - menstrual problems, menopause, HRT, pelvic pain.

Haematology	
Dr A Al-Sabah	General haematology and anti-coagulation.

Hearing Services	
Micro Digital Hearing	Free hearing tests, with audiogram provided to GP if required.

Homeopathy	
Dr Moira Hamilton	Homeopathy may help improve many conditions, eg PMS, menopausal symptoms, IBS, eczema, alongside main stream medicine.

Infertility & IVF	
London Women's Clinic	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.
Mr P. Bowen-Simpkins	
Dr K K Ahuja	

Neurology	
Dr G Llewelyn	General neurology.
Dr Huw Morris	General neurology.

Neurosurgery	
Mr Richard Hatfield	General neurosurgery - tumours, vascular, paediatric, head injury, epilepsy surgery. Cervical spine - myelopathy, lumbar spine - sciatica.
Mr R Nannapaneni	Spinal neurosurgery, general neurosurgery and back pain with sciatica. Vascular and paediatric neurosurgery, neck and arm pain, whiplash, peripheral nerve dysfunction, hydrocephalus and brain tumours.

Ophthalmology	
Mr J Hunter	General ophthalmology.

Orthopaedic Surgery	
Mr Sashin Ahuja	Spinal Surgeon, low back pain, neck pain, spinal injuries, spinal tumours specifically scoliosis surgery.
Mr Richard Evans	Shoulder & knee surgery.
Mr John Howes	Spinal surgery, low back pain, neck pain, paediatric deformity, whiplash injury, works related spinal injuries.
Mr K Hariharan	Foot and ankle surgery inc. ankle and toe joint replacement, bunion correction, computer assisted lower limb deformity correction, sports injuries of the foot and ankle.
Mr Alwyn Jones	Spinal surgeon. Expertise - sciatica, back, arm and neck pain. Spinal sports injuries, spinal trauma, tumours and disc disease.
Mr D P Thomas	Paediatric orthopaedics, hip and knee joint replacement.
Mr C Wilson	Hips and knees.

Paediatric Neurology	
Dr A Majumdar	Paediatric neurology, epilepsy and headaches.

Pain Clinics	
Dr A Wagle	Consultant Anaesthetist specialising in pain management.

Physician	
Dr Haboubi & Siân Jones (Dietician)	General Physician, special interests in clinical nutrition. Private OBESITY CLINIC (currently runs only NHS funded obesity clinic in Wales).
Professor J H Lazarus	General medicine, endocrinology, thyroid disease.
Professor Shale	Specialises in chest medicine, COPD, asthma and chronic cough.

Physiotherapy	
Gareth Tremain	General physiotherapy, expert in sports injury rehab. Acupuncture for pain relief.

Plastic Surgery	
Mr P Drew	Consultant plastic reconstructive and burns surgeon.

Psychology	
Professor Neil Frude	Chartered Clinical Psychologist. General adult psychology e.g. depression, anxiety disorders, stress, anger and lifestyle issues, relationship and sexual issues.
Dr Arnie Reed	Currently working as a Psychologist within CMHT. General adult psychology e.g. anxiety disorders, post traumatic stress disorders, personality disorders, OCD.

Psychiatry	
Dr. Z. Ahmed	General Psychiatry

Rheumatology	
Dr Martin Bevan	General rheumatology.
Dr J Camilleri	General rheumatology, adult and paediatric, vasculitis, connective tissue disease, soft tissue rheumatism.

Sports & Musculoskeletal Physician	
Dr Geoff Davies	Sports injuries & musculoskeletal medicine, including: joint/soft tissue injections and acupuncture.

Stress Management	
Mr David Briscoombe	Specialist in stress management, PTSD, anxiety, personal development and mentoring.

Urology	
Mr B Jenkins	General urology and male infertility.

Vascular Surgeon	
Origin Medical	Non Invasive Treatment of Varicose Veins
Mr I Williams	Venous diseases, varicose veins, peripheral vascular disease, surgery for strokes, aortic aneurysms.

To refer a patient or for clinic times, please telephone: 02920 764611