

Helping Us To Hit The Headlines

THE MARKETING DEPARTMENT works in partnership with Trinity Public Relations to promote the services, facilities and expertise at The London Clinic.

We are extremely grateful to all the consultants and staff who have given their time and expertise to help us gain editorial coverage to support the Clinic's work throughout the year. 2006 was an exciting and eventful year for the Clinic and we were delighted to be able to place a succession of high-profile articles in the national press to raise the profile of initiatives such as robotic surgery and the launch of the Liver Centre (see overleaf). We look forward to working with you again in 2007.

If you have any thoughts on promoting the services and expertise at the Clinic or need any advice on working with the media, please contact Tracey Thompson or Caroline Beswick at Trinity PR on 020 8786 3860.

The Daily Telegraph

Our growing obsession with exercise and fitness is a contributory factor; higher levels of obesity may be another. Worryingly, many of these people will need a further operation when their first replacement joint wears out: already 15 per cent of the 40,000 hip replacements carried out annually in Britain are "revisions" and this proportion is likely to increase. "We are seeing younger and younger patients having joint replacement surgery, partly because they are doing more exercise," says Richard Simerton, an orthopaedic consultant at the London Clinic. "These people have fantastic hearts and lungs but their hips and knees are worn out."

New hips aren't just for the old

An obsession with fitness means much younger people are having joint replacements, reports Barbara Lantin

times2

health

I've seen the future of prostate surgery and it works robotically

Success rates for operations on cancer of the prostate are vastly improved for surgeons using a robot called da Vinci, says DR THOMAS STUTTFORD

Da Vinci may have spared the prostate gland but his surname will be for ever linked with it. The robot that has been introduced to assist surgeons when performing a radical removal of a cancerous prostate gland is called da Vinci. One of the five robots in the UK is at the London Clinic. It has proved so successful that Professor Roger Kirby, and his anaesthetist Dr Peter Amorosa, now do most of the radical prostatectomies using a robot rather than hands-in and hands-on open surgery. Kirby is doing his 100th robot-assisted prostatectomy this week.

THE TIMES

body&soul

Professor Williams is to combine his role at the Institute of Hepatology with a new role as the clinical director of a private, but charitable, liver centre at the London Clinic.

The London Clinic's liver centre has gathered together a formidable team to work with Roger Williams. They will have an enviable collection of ground-breaking gadgetry to use in the modern techniques that are now available to treat livers.

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health

High living and sick livers: a new cirrhosis epidemic



Rich food can give us 'foie gras' livers. What's sauce for the goose is no good for us, says DR THOMAS STUTTFORD

in the NEW! KNOW
THE SINUS SYNDROME

For one in five of us, cold weather always seems to bring the misery of sinus pain and problems. Here, we ask ear, nose and throat consultant Michael Wareing how to avoid this winter menace

THE CONDITION

"Sinusitis is an inflammation of the membrane lining the sinuses," explains Mr Marcus Wareing, ENT consultant at St Barts in London and The London Clinic. "Its causes range from allergies to the common cold, but essentially it is when mucus inhibits or blocks the drainage of the sinus and builds up within it, causing pressure on the walls, or, if bacteria gets in, an infection."

My prostate was cut out by a robot

Cameraman Richard Dodd, 65, from Chelsea, London, was diagnosed with prostate cancer last August. He tells HILARY FREEMAN why he chose to have robot-assisted surgery



Like most men, I was worried about the common side effects of a prostatectomy, which include permanent impotence and incontinence – and the system appeared to reduce these risks. What drove me was not so much the ability to have sex but the desire to feel like a complete, "normal" man.

The other benefits of the procedure were reduced pain,

shorter recovery time and a smaller risk of needing a blood transfusion during surgery.

I discovered that an American surgeon, Jim Peabody, was going to be at The London Clinic in the autumn, training other surgeons to use the equipment. After getting the opinion of three consultants, I opted to pay for treatment there.

Although I knew I would be

only the second patient to have the surgery in London, Peabody had done hundreds of successful procedures in the US, so I wasn't nervous.

• For more information see www.thelondonclinic.co.uk or call 020 7616 7788. You can contact The Prostate Cancer Charity on 0845 300 8383 (10am to 4 pm Monday to Friday and Wednesdays from 7:30pm) or see www.prostate-cancer.org.uk

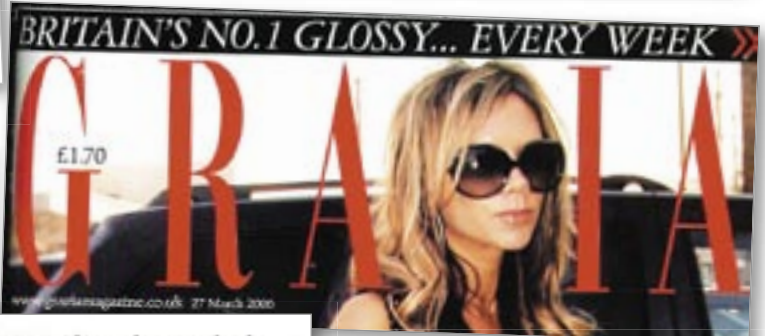
Night of the living dread

Barbara Lantini's A-to-Zzzz guide to snorers and their sleepless partners

"We tend to treat snoring first by improving sleep hygiene," says Prof Stephen Spiro, a consultant in respiratory medicine at University College Hospital and the London Clinic. "That means not smoking, cutting out late-night meals and alcohol, and losing weight. Dropping one or two stone can make a huge difference. But motivation is the key. It is much more difficult when patients complain that their wives have dragged them in and that they do not know what the fuss is about."

Tinkering with your hormone levels is the newest, most controversial anti-ageing treatment from the US. So are we on the brink of a wrinkle-free future?

scepticism by the medical establishment. John Monson, Professor of Clinical Endocrinology at The London Clinic, says, "We cannot arrest or prevent the ageing process. Looking young and healthy comes from a balanced diet, healthy lifestyle and, in some cases, good genes – not anti-ageing hormones." So which hormones are prescribed to turn back the clock? And should you take them?



Problem: Varicose veins

Solution: "The only option used to be removing the veins surgically, which can be a pretty fiddly procedure," says Mubashir Afzalshah, a consultant vascular surgeon at The London Clinic. "Now varicose veins are far more likely to be treated using laser or radio-frequency treatments, which involve far less pain, bruising and swelling. Mr Afzalshah says he prefers to use a new light laser such as BiClare because it's easier to gauge the correct dose. "Sclerotherapy, where the veins are injected with a foam-like substance, is a popular treatment, too, but as there can be rare but serious side effects – including a very small risk of stroke – I'm not clear of this method," he says.

Why start now? You'll need to wear support tights for up to two weeks after treatment. Plus, there's usually some bruising and/or swelling for a few days. **What can I expect?** If your veins look like bunches of grapes, you'll probably need to have them clipped under general anaesthetic. Doherty, Boffice and other treatments can be carried out under local anaesthetic. You'll need to have a consultation so that your vascular surgeon can decide on the best treatment option for you. **How much?** Fees around £2500 per leg at The London Clinic (020 7995 4444). To find a vascular surgeon near you, call The Vascular Society on 020 7973 0306.

