

# Consultant Times

*The Lycahealth Monthly Consultant Newsletter*



## Introducing our New CEO

Enda O'Meara

Meet our new Chief Executive Officer who brings with him over 21 years of experience in the Healthcare sector.

## Ear, Nose and Throat Services

Mr Alwyn D'Souza

Consultant Otolaryngology (ENT) / Head and Neck / Facial Plastic and Reconstructive Surgeon, introduces our ENT services

## Shoulder & Knee Pain

Mr Amer Khan

Consultant Orthopaedic and Sports Injury Surgeon, Mr Khan looks at some of the common problems associated with knee and shoulder pain.

## Meet the Team

Rebecca King

Introducing our Lead Radiographer in Orpington. Rebecca joins us with over 35 years of experience in diagnostic imaging.

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# A Message From Our Founder & Chairwoman

Mrs Prema Subaskaran

The past year has highlighted the importance of taking time out to reflect. No one could have imagined the extensive ramifications of COVID-19. It has inflicted lasting consequences on our communities, and reaffirmed the importance of our role as healthcare providers.

As leader of LycaHealth, I want to offer my sincerest gratitude for all your hard work throughout these challenging times. This includes a deep appreciation for those of you maintaining daily operations in our Canary Wharf and Orpington clinics, and the significant support we've collectively provided to the NHS this year through donations of hand sanitiser and water. Without our extended family of consultants and doctors we would not have been able to provide the excellent levels of care our patients and wider communities deserve.

LycaHealth's success is a testament to your continued dedication to our patients. As Chairwoman I am humbled by the lengths you have gone to, ensuring that everyone has access to the highest quality of care in unprecedented circumstances.

I know that as we move forward, Lycahealth has a bright future ahead, and that is thanks to you.

Today, we also welcome our new CEO, Enda O'Meara. Enda brings over two decades worth of experience in the Healthcare sector, primarily at HCA Healthcare UK. He has held CFO positions at all HCA Healthcare UK facilities across London and at Division Head Office. Additionally, Enda is a member of facility Medical Advisory Council and board member of several syndicated businesses. Most recently, Enda worked as a Commercial Advisor to Preventicum and Onkohealth. I hope you will all give him a warm welcome.



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# Introducing Enda O'Meara

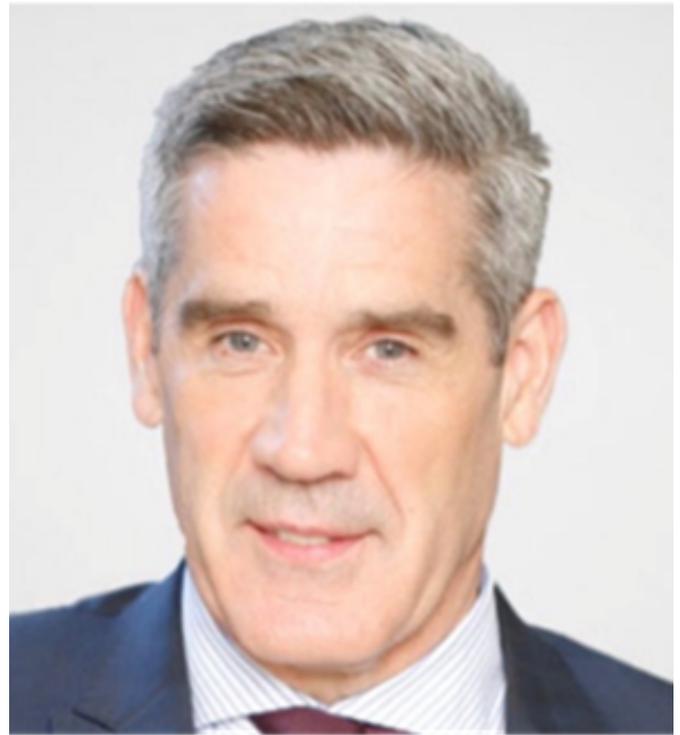
Chief Executive Officer, Lycahealth

As CEO, I am delighted to be able to make a contribution to our first issue of LycaHealth Consultant Times. We have produced this monthly publication in response to your wishes for more information from our teams at Orpington and Canary Wharf on what we are doing for you and our patients and, as importantly, what we plan to do going forward.

It's unfortunate our first issue coincides with one of the most difficult and traumatic periods in the nation's history. All of us in some way have been affected, but we know you, our doctors and physicians, have especially been touched by these awful events. I am a firm believer in the adage everything has a beginning, a middle and an end. I feel we may be starting to see if not the end, the certainly the beginning of the end. Better days surely lay ahead.

Over this period, we at LycaHealth, as with other providers, were forced to adapt to the challenges the pandemic placed upon us. We closed our Orpington Centre for a period but kept our Canary Wharf Centre open. Our staff continued to come to work to treat patients, both NHS and private, and for that dedication they have my deepest gratitude. We offered COVID testing to our Corporate Clients and Head Office colleagues and worked with the NHS to meet the backlog of imaging work which had built up from previous lockdowns. We did offer our Orpington Centre and staff as a COVID vaccination centre and, though that offer was declined, our NHS colleagues were appreciative of our approach.

I have re-engaged with our Corporate Clients at Canary Wharf and, encouragingly, some are talking about a return to work. There are many opinions on how many and when the reoccupation of offices will take place. Truth is no one really knows. What is heartening is hearing the Corporation of London urging the government to encourage and incentivise office workers back to the City and its financial institutions. I think the government and Mayor of London will be as keen as we are to see a vibrant and bustling Canary Wharf once again.



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We are making some amendments to our website and publishing our Self Pay Prices. You will be pleased to learn we are competitive vis a vis providers in the area. We are also putting a very smooth Self-Referral process in place and have also appointed a Marketing Lead – Aiza Sami – to help bolster our Marketing and Promotion initiatives.

Stand by for an important announcement on significant investments later this year

Kind regards

Enda

**Mr Enda O'Meara**  
Chief Executive Officer



## ENT Services

Mr Alwyn D'Souza  
 Consultant Otolaryngology (ENT) / Head and Neck / Facial Plastic and Reconstructive Surgeon  
 MBBS, FRCS Eng, FRCSEd (Oto), FRCS (ORL - HNS), PGCertMedEd

Lycahealth's state of the art facility provides a comprehensive range of ENT services. Being part of the Lycahealth team from the very beginning, I am very proud to see the consistent growth of this facility. The ENT services are provided by highly experienced specialists. I provide services focussing on nasal and sinus conditions, skin cancer of the face and neck as well as lumps and bumps in the head and neck.

Professor Kanegaonker who is renowned internationally on management of ear conditions particularly dizziness and balance disorders complements this with his expertise. All our ENT patients are treated taking a global approach to their health. We are particularly proud of providing most services as one stop event, where patients are seen, assessed and investigations are carried out. Specialist investigations such as nasendoscopy are carried out in the clinic in a COVID safe manner.

Any patients requiring scans can take advantage of the same day service. The scanners at Lycahealth are of a very high quality. The scans are reported by our radiologist with sub-speciality interest, for example a scan for hearing loss will be reported by a neuro-radiologist who has expertise in this specific field. This means our patients get the most reliable report on which your ENT consultant can act.

We also run a number of GP talks covering all aspects of ENT surgery. Post COVID we will resume these sessions when lockdown is eased.

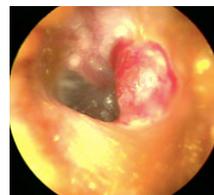
The following is a brief picture sequence, I hope you find this useful.



Normal Ear Canal  
 Ideally some wax should be visible



Close up view of the normal eardrum



Deep canal polyp: Treat with antibiotic/steroid combination drops: may need biopsy



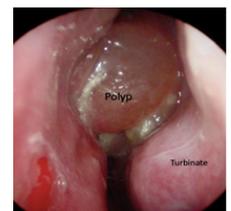
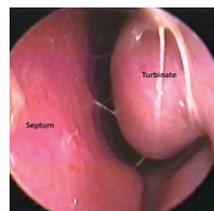
Serous otitis media (glue ear)



Traumatic perforation. This is likely to close spontaneously. Monitoring is the best option



Dry perforation  
 This may need surgery to close



Often one gets confused with the distinction between a poly and a large turbinate that can look polypoidal: Note polyp is between the turbinate and the septum. Probing the polyp is not painful but the turbinate is

Mr D'Souza Practices at  
 LycaHealth Orpinton

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# Knee & Shoulder Pain

Mr Amer Khan, Consultant Orthopaedic and Sports Injury Surgeon

BSC(HONS) MB BS FRCS(ED) FRCS(TR&ORTH)

## Knee Pain

Knee pain affects most individuals at least once in their life time. Causes range from simple sprains to severe debilitating degenerative conditions such as osteoarthritis. Knee injuries as a result of sporting activities are a common cause for knee pain and are often associated with swelling, giving way and locking (an inability to straighten the knee) or catching.

Many causes for isolated knee pain are transient and will go away without the need for consulting a specialist. However, persistence of pain and associated swelling, feeling of instability or locking should be further reviewed by a consultant orthopaedic surgeon specialising in knee disorders.

Patients most frequently require x-rays or an MRI scan, to assist in the diagnosis of the problem. If an injury is acute with associated swelling it is best treated by Protecting the knee from further injury, Rest with the use of crutches to mobilise, Ice to reduce swelling, Compression – a splint or brace and Elevation – PRICE. Seeking medical advice following an acute injury is recommended.

## Shoulder Pain

The shoulder is one of the most complex joints in the body. It is a very mobile joint, allowing you to undertake a wide variety of activities from washing your hair and brushing your teeth you racquet sports. Unfortunately it is this wide range of motion that makes it more susceptible to injury.

Shoulder problems vary from the joint being unstable and “popping out” in the very young age, to tendon problems in the middle age and arthritic conditions in the older age group. Or the problem could stem from an injury at work, whilst exercising or playing sports. Historically shoulder problems were largely neglected by clinicians due to limited understanding, this has now changed.



Many shoulder conditions, once diagnosed usually through X-ray and MRI scan can be treated non-operatively with physiotherapy and appropriate injections.

Recent advances in shoulder surgery mean that almost all shoulder surgery is now performed through keyhole and patients are usually able to home the same day.

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Mr Khan Practices at LycaHealth  
Canary Wharf

# Meet the Team

## Rebecca King, Lead Radiographer

Each month we introduce you to a member of the LycaHealth clinical team.

This month we feature Rebecca King, our Lead Radiographer at Orpington.

Rebecca qualified as a radiographer in 1985. In 1990 she joined BMI Blackheath Hospital starting out as a junior radiographer.

Working as part of the team that installed MRI capability at BMI Blackheath in 1991, Rebecca became the MRI lead there in 1992.

CT was installed in 1997 and so Rebecca became the lead for both MRI and CT thereafter.

She became Imaging Manager in 2008 and oversaw the installation of new CT and MRI machines and the complete refurbishment of the department in 2017.

Rebecca took early retirement in May 2020 and was enjoying her time out until a chance meeting with our Clinical Service Director, Raj Selvarajah, persuaded her that she was too young to retire and joined Orpington in December 2020 as our Lead Radiographer.

Lycahealth is very proud to have Rebecca as part our team, with all the expert knowledge and experience that she brings.



LycaHealth clinics use state-of-the-art equipment for both diagnosis and treatment.

Our powerful and effective scanners are some of the best in the UK.

Our digital X-rays produce high resolution images, using lower levels of radiation, and are designed to give a more pleasant patient experience as well as the best imaging for diagnostics available today.

Our equipment and services includes:

- 3.0T Philips Ingenia MR Scanner
- 128 Slice Philips Ingenuity CT Scanner
- Philips Epiq 5 High End Ultrasound Scanner
- Philips DuraDiagnost Digital X-ray

# About us

LycaHealth's mission is to combine our expert knowledge with technological innovation in order to deliver an exceptional and highly personal experience to all our clients.

By capitalising on our wealth of expertise and by listening carefully to our clients' needs, we devise healthcare solutions that exceed expectations.

- Treat our patients with compassion, respect, honesty and humility.
- Conduct ourselves with integrity and strength of character whilst practicing ethical evidence-based care.
- Patient focussed environment, with respect and understanding for their confidentiality, dignity and time.
- Constant innovation and the use of high-end technology for diagnostics and communication.
- Striving for excellence and to exceed expectations across the board.



# Contact

Referrals, Bookings and General Enquiries

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