

# Consultant Times

*The Lycahealth Consultant Newsletter*



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## A Message from our CEO

Enda O'Meara

Catch-up on all the latest news on LycaHealth with important announcements on exciting new projects at both centres

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## Lyca Health Breast Centre

One Stop Breast  
Clinic

Launching on the 23rd August 2021 One Stop Breast Centre at Canary Wharf & Orpington

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## Cardiology Care

Dr Naveen  
Mudalagiri

Consultant cardiologist Dr Mudalagiri provides a full heart service and gives his advice on all the warning signs you should look out for

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## Specialist Centre

Physiotherapy &  
Menopause

An introduction to The Menopause Clinic at Canary Wharf & Physiotherapy

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## General Practice in Canary Wharf & Orpington

Private GP  
services

LycaHealth provides convenient, discreet and confidential private same day doctors appointments

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# A message from our CEO Enda O'Meara

Chief Executive Officer, Lycahealth

Hi Everyone

...and welcome to our latest edition of The Consultant Times. I trust you are enjoying out typically British Summer, a real mish mash of several seasons in one day!!

We are at long last starting to notice a busier operating environment both in Orpington and Canary Wharf. As a commuter on both the M25 and DLR I do notice both are considerably more crowded. The "intel" from several of our Corporates is that they expect their staff to start migrating back into their offices from mid July on. None have mentioned full occupation before the end of the summer but busier, for now, is considerable progress on the very quiet days we saw over January at the height of the third lockdown.

Just in time for that return, I am thrilled and indeed very proud to announce a fantastic new service at both our Canary Wharf and Orpington sites. LycaHealth will be opening a One Stop Breast Clinic, The Canary Wharf Breast Centre and The Orpington Breast Centre on the 23rd August 2021. You will, I am sure, have noticed our Digital Boards advertising the service at our Centres but, closer to the time, we will have a special edition of the Consultant Times detailing the consultants and service. Suffice to say this is a considerable investment in our Centre by Prema and The Lycahealth Board and a real sign of intent by LycaHealth to be at the forefront in the provision of world class healthcare in the centres we operate.... So standby for more detail later.

Meanwhile our Consultant Liaison and Marketing Lead – Aiza Sami – has been busy developing new screening programmes at the centres including, Prostate, Cardiac and Lung Screening services. We are also enhancing our GP services at both clinics as well as a more advanced Physiotherapy Service.



Additionally, and in response to requests by our Corporate Clinets, we will be introducing a Mental Health Service at our Canary Wharf site.

We continue to recruit new physicians to our centre and the edition highlights one of those new recruits, Cardiologist Dr Naveen Mudalagiri who joined us early this year.

Please bare with us over the next few weeks as there will be some building work required for our new One Stop Breast Clinic, obviously we intend to keep disruption down to the bare minimum.

As usual, never hesitate to pop in and see me when you are at our centres.

Kind regards

Enda

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



# Lyca Health Breast Centre

**Launching on the 23rd August 2021**  
One Stop Breast Centre at Canary Wharf & Orpington

## Breast Centre

We are excited to announce the opening of our one stop breast clinics in Canary Wharf and Orpington. Our London breast clinics are brand new, state of the art specialist breast screening and diagnostic centres for any patient requiring routine or symptomatic breast imaging. Our expert breast team is made up of surgeons, radiologists, radiographers and breast nurse specialists who provide the highest standards of care with a patient-centred approach.

As a one stop breast clinic, we offer a full suite of breast services; from routine consultations to a range of breast screening services. Regular breast screening is an essential service for detecting breast cancer and any other abnormalities at an early stage. Early detection is crucial for us to get the best possible outcome for you, and give you the best chances of recovery.

We know patients may be feeling anxious awaiting the results of your breast screen, which is why we commit to providing results in a timely fashion. For example, mammography results are generally available within 24 hours and biopsy results are typically returned within 48 hours. Depending on your results, our specialised breast care team will devise the most appropriate pathway for managing your condition. We will be able to arrange any necessary follow up appointments to ensure that you receive all the information, advice and support you need.

## State of the Art Tomosynthesis - 3D Mammography

We are proud to be launching a private mammography service at The Canary Wharf Breast Centre & The Orpington Breast Centre this August. Our one-stop breast clinics are ideal for patients looking for either routine or symptomatic breast imaging and diagnostics.

The mammogram machines we use have tomosynthesis capability. This means our radiologists can capture a 3D view; making it much easier to detect cancer because the breast can be viewed from a variety of angles. Not only does this achieve higher quality images, but it helps to spot smaller abnormalities and cancer with much greater accuracy.

We are passionate about providing our patients with access to the highest quality healthcare and diagnostic tools there is to offer.

## As part of our mammogram service we are able to provide:

- Private mammograms for patients aged 40+
- Results within 24hrs
- Tomosynthesis (3D mammography) – for quicker, and more accurate results
- Reduced pressure placed on the breasts during screening



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# Meet Our Specialists



**Ms Tena Walters**  
MBBS FRCS MS  
Consultant Breast Surgeon

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**Mr Debashis Ghosh**  
MS, FRCS (Edin), FRCS (G.Surg), FEBS (Breast), FEBS  
(Surgical Oncology)  
Consultant Breast and Oncoplastic Surgeon

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**Miss Christina Choy**  
MBBS, FRACS, FRCSEd, FCSHK  
Oncoplastic Breast Surgeon

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**Mr Anil Desai**  
MBBS, FRCS (Eng), MPhil (Lon), FRCS (Gen.Surg)  
Oncoplastic Breast Surgeon

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**Ms Seema Seetharam**  
MBBS, MRCS, FRCS (Gen Surg), FEBS (Breast Surgery)  
Consultant Oncoplastic and Reconstructive Breast  
Surgeon

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**Mr Neil Johns**  
MBBS, MD, FRCS  
Consultant Oncoplastic Breast Surgeon

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**Mr Maisam Fazel**  
MA (Cantab) MS FRCS  
Consultant Onco-Plastic & Reconstructive Surgeon

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**Mr Muneer Ahmed**  
MA, PhD, FRCS (Gen. Surg), FEBS (Breast)  
General Surgery

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# Cardiology Care

Dr Naveen Mudalagiri  
Consultant Cardiologist  
FRCP

## Your heart matters: warning signs you should look out for

Dr Naveen Mudalagiri FRCP, consultant cardiologist, provides a full heart service and believes in working with his patients to maintain and improve their health. Dr Mudalagiri believes in providing comprehensive cardiac care services to patients in a friendly, relaxed environment. He also believes in educating patients to help them achieve the best physical state possible.

So, what do I look out for?

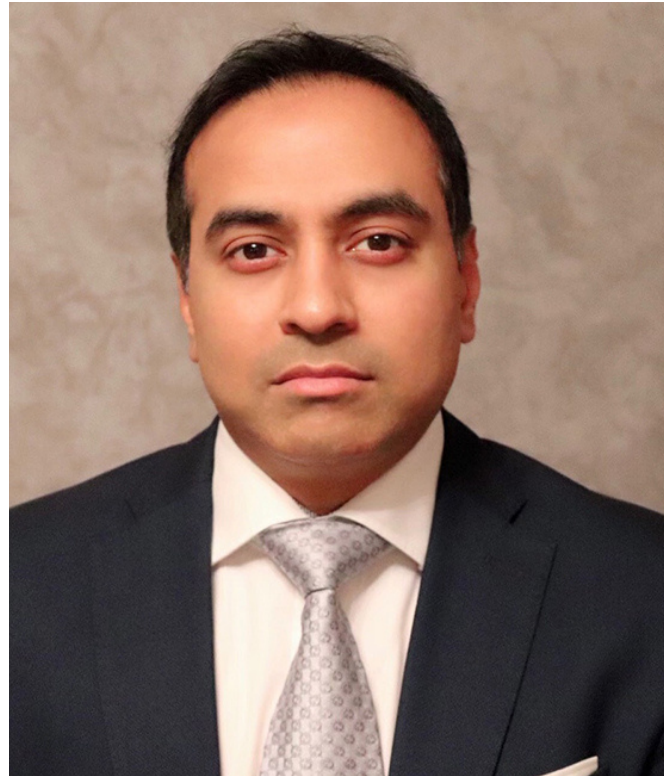
**Chest pains:** Could this be a heart attack? Usually described as a pressure, heaviness, band-like tightness around the chest. If you have chest pains and feel very unwell, call 999. However, if the symptoms come on with exertion, you may have angina (reduced blood flow to heart). You should book an appointment to see a doctor, but don't really need to call the emergency services. If you're feeling sick or vomit, you should call an ambulance.

**Arm/jaw pains:** Arm pains can be a sign of a heart attack or angina. If the pains spread to the neck, jaw or back, it's more likely to be heart-related and if it doesn't go away, call 999.

**Stomach pains:** The heart, food pipe (gullet) and stomach lie near each other, so it can be difficult to tease out what's causing the problem. Call 111 or speak to a doctor.

**Sweating:** If associated with chest pains/tightness, this could be a heart attack, so call an ambulance.

**Leg pains:** Cramp-like pains in the calves when walking could be due to a narrowing of your leg arteries (vascular disease).



**Swollen legs/ankles:** Swollen legs or ankles could be a sign of heart failure. In the first instance, be sure to speak to a doctor to find out the cause.

**Fatigue and shortness of breath:** Feeling tired is a common symptom and if it occurs after a long day at work then it's probably nothing to worry about. However, if you get very tired or short of breath without a change in your lifestyle, seek help.

**Flutters/palpitations:** The vast majority of palpitations aren't serious; however, some can be dangerous. If your heart beat is fast and jumps around, you should see a doctor. If you have fast heart beats and faint, call an ambulance.

Major risk factors for heart disease and stroke include high blood pressure, diabetes, smoking, high cholesterol and a family history of heart disease. Get a cholesterol and blood pressure check

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Dr Mudalagiri Practices at  
LycaHealth Canary Wharf

# Physiotherapy

## LycaHealth offer a range of Physiotherapy Services

LycaHealth Physiotherapy offers a range of private physiotherapy services at Canary Wharf in East London, and at Orpington in Kent. If you are looking for a private physiotherapy clinic in the East London area, LycaHealth Physiotherapy can offer you a thorough approach and the very highest quality care at your convenience. We offer a complete service, from initial appointment to treatment and aftercare, and can work with your existing pain consultant.

### Some of the most common issues physiotherapies can be used to treat include:

- Ankle sprain
- Musculoskeletal problems
- Back pain
- Repetitive strain injuries
- Sports injuries
- Treatment of headaches
- Posture correction
- Treatment of rotator cuff syndrome
- Plantar fasciitis
- Tennis and golfer elbow
- Sciatic pain & disc prolapse
- Whiplash
- Shoulder pain
- Neck pain
- Arthritis
- Ligament injuries



## The Menopause Clinic

### Ms Ferha Saeed

Consultant Obstetrician & Gynaecologist  
MBBS PGcUS FRCOG

All women experience the menopause as part of the ageing process. The term 'menopause' describes the changes a woman goes through just before or after she stops her periods. The Menopause Clinic is an annual assessment aimed to promote wellness in women after menopause. We also provide diagnosis, treatment and advice for women experiencing difficulties during the menopause.

The Assessment includes;

1. A consultation with a consultant gynaecologist
2. Full history, abdominal and pelvic examination
3. Blood pressure assessment
4. Blood tests
5. Direct access for any urgent health concerns

The following tests can be added;

- Cervical smear test & HPV sub typing test
- Pelvic ultrasound scan
- Breast screening (mammogram or breast ultrasound)





# General Practice

## Private GP services in Canary Wharf and Orpington

See to a doctor in clinic or online

LycaHealth offers convenient, discreet and confidential private same day doctors appointments, with our private GPs in Canary Wharf and Orpington.

We can provide rapid referral to of our in-house consultants and for any urgent diagnostic requirements.

If further investigation is required, our GPs can arrange a referral for MRI, CT, Ultrasound and X-ray, with results usually available within 24hrs.

We are also offering private GP appointments via video consultation. Patients can securely and conveniently speak to one of our experienced doctors from the comfort of their own home. With no complicated installation or download required, booking an appointment couldn't be easier.

### Private GP Services

- Blood tests
- Certificates and medicals
- COVID-19 services
- Examination and diagnosis
- Health screening and assessments
- Imaging, scanning and investigations
- Immigration and Visa Medicals
- Private prescriptions
- Sexual health
- Specialist referrals and sick notes
- Sports medical certificates
- Vaccinations (including travel vaccines, HPV vaccinations and STI vaccinations)
- Work medicals and medical certificates

### Meet Our GPs



**Dr Kiran Chandan**  
Orpington



**Dr Vimble Bhalani**  
Canary Wharf

Same day GP appointments from £55

# 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

## LycaHealth Canary Wharf

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Canary Wharf  
London  
E14 4HA  
T: 0207 132 1440

E: [enquiries@lycahealth.com](mailto:enquiries@lycahealth.com)  
[www.lycahealth.com](http://www.lycahealth.com)

### Opening Times

Monday to Friday 8am to 8pm

## LycaHealth Orpington

Enso House 3 New Mill Road  
Orpington  
Kent  
BR5 3TW  
T: 01689 490 111

E: [enquiries@lycahealth.com](mailto:enquiries@lycahealth.com)  
[www.lycahealth.com](http://www.lycahealth.com)

### Opening Times

Monday to Friday 8am to 8pm  
Saturday 9am to 12pm