



LycaHealth

Consultant Times

March 2025



Welcome to our March update. I am delighted to announce we have entered into a collaboration with the Vertus Group who manage and operate many of the large residential complexes on Canary Wharf, including the iconic Newfoundland Tower, to be their exclusive provider of GP services for their residents. We feel Vertus share our vision in being the very best in all we do and we look forward to seeing their residents at our wonderful centre.

Just as a reminder, our GP subscription is one of our most popular services giving, as it does, year round access to our GP service for a very modest monthly cost

Enda O'Meara - CEO Lycahealth



VERTUS

LycaHealth Canary Wharf are proud to announce we have been chosen as the exclusive provider of GP services to residents of the four Vertus buildings at Canary Wharf. This follows a very successful pilot at the Vertus flagship building Newfoundland, where LycaHealth provided a GP service, onsite, for all residents.

The deal follows a six month pilot at Vertus' flag-ship building Newfoundland, where Lycahealth provided onsite GP services for all residents. It is common in other parts of the world for residential building owners to offer on-site health services such as primary care, alongside access to gyms and leisure facilities. However, the arrangement is thought to be one of the first of its kind in the UK.



LycaHealth Canary Wharf CEO Enda O'Meara said: 'This is a proud moment for our centre, our lead physician Dr Vasishta and the entire LycaHealth team. As far as I am aware, this is a pioneering venture and the move reflects our desire to be part of the exciting new era Canary Wharf enters with the development of an iconic residential neighbourhood such as what Vertus and Canary Wharf Group have developed.'

**To read the article in full, as featured in
Healthcare Markets, please visit**

<http://ow.ly/nonc1060sWb>

Consultant SPOTLIGHT

Yazan Masannat is an award-winning Consultant Oncoplastic Breast Surgeon specialising in Breast Cancer Surgery,

Mr Masannat has many areas of specialist interest in Breast Cancer Surgery including Breast Reconstruction, Oncoplastic Breast Surgery using the different techniques like therapeutic mammoplasty and Chest Wall Perforator Flaps when indicated to conserve the Breast and Revision Surgery after breast cancer treatment.

Yazan has more than 70 peer reviewed publications and has been awarded numerous research grants. He is a Visiting Associate Professor at Anglia Ruskin University/Essex, an Honorary Senior Clinical Lecturer at the University of Aberdeen/Scotland and an E-Tutor with the University of East Anglia/England. He is the Meetings Secretary and an elected member of the Board of Trustees of the Association of Breast Surgery, in addition to being an examiner at the European Board of Surgical Oncology and the European Board of Breast Surgery exams (UEMS).

He is also the creator of www.iBreastBook.com which is a free online resource with contributions from many of the leading Breast and Plastic surgeons across the world. The iBreastBook Webinar series, which he started during the covid pandemic with the support of colleagues has been a huge international success. As a result, Yazan is regularly invited worldwide as an international expert to lecture and teach on the different Oncoplastic Breast Surgical Techniques.

Mr. Masannat has expertise in the following areas:



Mr Yazan Masannat
*Consultant Oncoplastic
Breast Surgeon*

- One stop breast clinic to assess the patients with breast related problems, including, breast pain, breast mass, breast lump, armpit mass, axillary lymph nodes, nipple changes, nipple eczema, nipple discharge, breast infection, breast abscess, mastitis and of course breast cancer.
- Breast Cancer Surgery and benign breast surgery (Lumpectomy, Mastectomy, breast conserving surgery, Benign Breast Lump Excision, duct excision)
- Oncoplastic Breast Surgery (Mammoplasty, Chest Wall Perforator Flaps, breast remodelling after breast cancer excision)
- Axillary Surgery (Sentinel Node Biopsy, Targeted dissection, and axillary clearance)
- Breast Reconstruction (implant reconstruction with or without the use of a mesh ADM, DIEP flap with the plastic surgery colleagues)
- Symmetrisation Surgery after breast cancer
- Benign Breast Conditions

Mr Masannat holds regular clinics at LycaHealth Canary Wharf as part of the Canary Wharf Breast Centre.

WELCOME TO LYCAHEALTH



Back in February we were delighted to begin a new collaboration with Bruno and the team at CBR Clinics offering patients a full time physiotherapy service on site at LycaHealth.

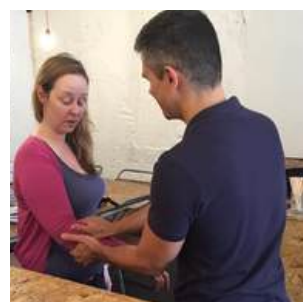
CBR Clinics have been serving the London area since 2010. Its team of physiotherapists specialises in complex musculoskeletal conditions.

Their Physiotherapists have a wealth of experience treating complex postural injuries, sports injuries, back and neck pain, women's health issues, and much more.

Over the years, CBR has developed innovative rehabilitation and wellness programmes to help their clients recover in the shortest possible time, always coming from a place of integrity.

Their primary aim is to offer second-to-none programmes and treatments that provide short and long-term results to help feel better so that you can move better and, as a result, live better.

We invite our consultants and colleagues to pop in to meet the team at CBR when you are next in clinic.



NEW *Services*

AT  **LycaHealth**

LycaHealth Canary Wharf have been working hard over the last few months to expand the range of clinical services which we offer. We are delighted to now be able to perform both outpatient Hysteroscopy and Flexible Cystoscopy.

Outpatient hysteroscopy is a minimally invasive procedure used to examine the inside of the uterus. Here a thin, flexible tube with a camera (hysteroscope) is inserted through the cervix, allowing the doctor to diagnose and sometimes treat conditions such as polyps, fibroids, or abnormal bleeding. The advantage of performing this procedure in an outpatient setting is the avoidance of general anaesthesia, meaning patients can usually resume normal activities shortly afterwards.

Hysteroscopy



Flexible Cystoscopy



Outpatient flexible cystoscopy is a procedure used to examine the inside of the bladder. Here a thin, flexible tube with a camera (cystoscope) is inserted through the urethra, allowing the doctor to diagnose and monitor conditions including recurrent urinary tract infections, bladder cancer, or unexplained bleeding. At LycaHealth the procedure is performed under local anaesthesia, often taking less than twenty minutes. Again the advantage to performing this procedure as an outpatient is the avoidance of hospital admission and return to normal activities in a timely manner.

NEW CONSULTANTS

PLEASE JOIN US IN WELCOMING OUR NEWEST CONSULTANTS

MS SAMANTHA TROSS
TRAUMA & ORTHOPAEDIC SURGEON



DR SIAO PEI TAN
CONSULTANT DERMATOLOGIST



DR VENKATESH SUBRAMANIAN
OBSTETRICS AND GYNAECOLOGY
CONSULTANT



MR YAZAN MASANNAT
CONSULTANT ONCOPLASTIC BREAST
SURGEON



ADVERTISING & MARKETING

At LycaHealth we understand that advertising our consultants is as vital as advertising our services, therefore we ask that if you would like any direct marketing for yourselves or any services that you offer please provide the below to samantha.ruddell@lycahealth.com and we will work with the digital team to create social media content and content for our corporate and residential patients.

- ☐ Profile photo
- ☐ Up-to-date bio
- ☐ Web links to content relatable to service being advertised
- ☐ Key information



Key Contacts

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