

Living360

PRIVATE HEALTHCARE & SPECIALIST CLINICS

If you're in need of healthcare advice, just finding where to start can feel overwhelming — but we've got you covered. Whether you're dealing with persistent shoulder or knee pain, need personalised urology care or are seeking expert, comprehensive treatment for neurological issues, these trusted healthcare providers are here to help.

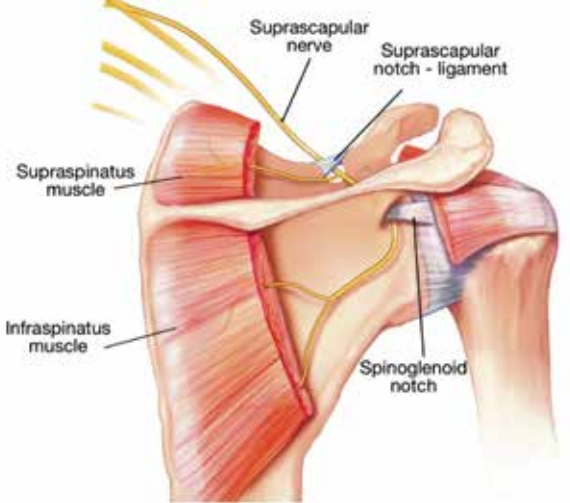
HELP FIND RELIEF FROM PERSISTENT SHOULDER PAIN

If shoulder pain is interfering with your sleep, movement or daily life, expert assessment can make all the difference

Mr Iain Brown is a consultant orthopaedic surgeon based in Edinburgh, offering tailored diagnosis and treatment for a full range of upper limb and neck-related conditions. Whether the issue is impingement, arthritis, frozen shoulder or suprascapular nerve entrapment, Mr Brown provides both surgical and non-surgical solutions, from advanced arthroscopy to ultrasound-guided injections. He also specialises in reverse total shoulder replacement, a more modern option for arthritis where rotator cuff function is compromised. With fast access to imaging and a personalised, pain-focused approach, the service is ideal for patients seeking clear answers and timely support.

Comprehensive care is provided for the following shoulder and elbow conditions:

- Shoulder pain — impingement syndrome, rotator cuff tears or tendinopathy, biceps-related pain and instability
- Arthroscopic and open surgery — full range including rotator cuff repair, labral repair and capsular release
- Joint replacement — anatomical and reverse total shoulder replacements for arthritic shoulders
- Suprascapular Nerve Release — minimally invasive solution for nerve-related shoulder and arm pain



- Frozen shoulder — treated non-operatively with hydro-dilatation (distension arthrogram)
- Trauma management — private treatment for clavicle and shoulder fractures
- Elbow conditions — including tennis and golfer's elbow
- Imaging & diagnostics — fast access to MRI, ultrasound and X-ray as part of a full diagnostic work-up
- For more information, search Mr Iain Brown on spirehealthcare.com or visit mriainbrown.co.uk

HIP AND KNEE SPECIALIST

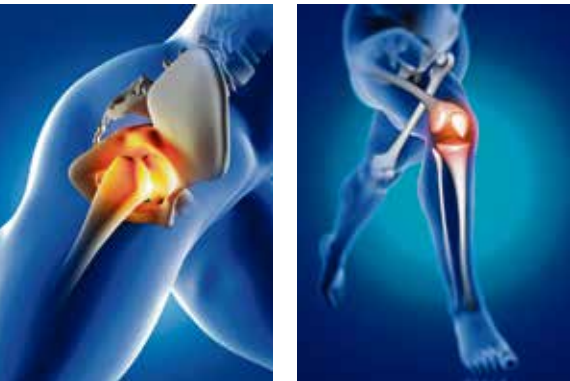
Senior consultant orthopaedic surgeon Mr Dipen K Menon uses tried-and-tested techniques when treating his patients

Mr Dipen K Menon (MCh (Orthopaedics), FRCS England (Trauma & Orthopaedics)) is a senior consultant orthopaedic surgeon with a diverse portfolio and a special interest in managing patients with hip and knee problems. He routinely performs primary total hip and both total and unicompartmental knee replacements.

Mr Menon believes that his strengths lie in three areas. Firstly, he devotes time to understand the nature of each patient's problem and endeavours to tailor solutions that are appropriate to their expectations. Surgery may not be the solution for some conditions, and Mr Menon provides an honest assessment of the available management options for the condition being treated.

Secondly, he's a firm believer that when it comes to prostheses, the new may not necessarily be the best. Following through with this philosophy, Mr Menon uses tried-and-tested techniques and prostheses with good long-term results, for his patients. He believes in following an evidence-based approach in managing each patient's problem.

Thirdly, he believes in "getting it right the first time" and spends time in



planning and executing surgery to a good standard, following this through with good post-operative care. Consequently, his performance data, which is audited and available on national databases, remains well within the expected range.

Mr Menon has various presentations and publications in both national and international conferences and journals. He keeps up to date with current evidence by peer reviewing submissions in the *Bone & Joint Journal*, attending conferences and multi-disciplinary meetings. He's an elected member of Sigma Xi (Mayo Foundation chapter) for his research work and held the position of orthopaedic senior lecturer at the University of Leicester for three years. He also held the position of clinical director in orthopaedics for a period of six years. He's currently an examiner in the Joint Surgical Colleges Examination: FRCS (Trauma & Orthopaedics).

● For more information visit, dipenmenon.co.uk

PUTTING PATIENTS FIRST

Excellence in bariatric (weight loss), upper gastrointestinal and general surgery

Jennifer Henderson Darrien is a highly experienced bariatric, upper gastrointestinal and general surgeon, who, unusually, combines very meticulous and effective surgical skills with great communication and a warmth of care and approachability that's second to none. She's rigorous in ensuring her surgeries consistently deliver correct outcomes while delivering great human understanding, empathy and support.

Miss Darrien's patient testimonials consistently reflect both her high degree of competence and high level of care, reassurance and compassion when dealing with patients, (doctiffy.com/uk/trustpilot.com).

Miss Darrien qualified from the University of Glasgow, (2003) with a Bachelor of Medicine and Surgery, (MBChB) and Masters in Science (MSc) degree. She spent 10 years training in general, upper gastrointestinal and bariatric surgery in Scotland's leading hospitals (Edinburgh and Glasgow). She completed a post-graduate masters in surgery (ChM) with the University of Edinburgh and obtained her Fellowship of the Royal College of Physicians and Surgeons of Glasgow (FRCS). Miss Darrien was awarded a Royal College of Surgeons of England approved Bariatric Surgery Fellowship at University College London Hospital/NHS Northumbria. She's held substantive consultant bariatric/UGI and general surgery posts in both NHS Scotland and England. She supports remote and rural general surgical services in the Highlands and islands of Scotland.

Miss Darrien has worked exclusively as a consultant bariatric surgeon with Phoenix Health (independent providers of NHS and private bariatric surgery services to patients across the UK) for five years, recent direct mentorship from Professor David Kerrigan, former president of the British Obesity and Metabolic Surgery Society.

Miss Darrien now has a rewarding career as a freelance consultant bariatric, UGI and general consultant surgeon affiliated with Phoenix Health, Nuffield Health and The Pines Hospital, Manchester. This has allowed her to focus on patient care and the pursuit of clinical excellence.



Jennifer Darrien is a member of the Scottish Clinical Collaborative for Remote and Rural Surgery



With access to ultrasound, CT, MRI, diagnostic upper GI endoscopy and PH and manometry studies, Miss Darrien can investigate and treat self-funding or privately insured patients for conditions such as gallstones, acid reflux, abdominal wall and groin hernias and lumps and bumps. All care is patient-centred and delivered to the highest professional standard. Patients can expect open and honest conversations to be delivered with kindness. Access to consultations, investigations and surgery can be with almost immediate effect.

Any NHS England patient awaiting gallbladder or hernia surgery can be seen by Miss Darrien as a NHS patient at Grosvenor Nuffield Hospital, Chester with a GP referral through the electronic Referral System, (eRS).

As the associate medical director of Phoenix Health, Miss Darrien can see any self-funding patient looking for surgical (bariatric surgery) support with weight loss. She can assist with both primary and revisional bariatric surgery, investigate post-operative problems following bariatric surgery, carry out bariatric endoscopic procedures (oversitch procedure, intragastric balloons) and has access to bariatric radiology services. Phoenix Health holds the NHS contract for bariatric surgery, which Miss Darrien contributes to for a number of ICB's in the North West of England.

Miss Darrien's ambition is to support the NHS through the delivery of clinical excellence to all patients requiring bariatric, UGI and general surgical services within the private sector.

● For all specialities, visit jenniferdarriensurgeon.online

● For all weight-loss solutions via Phoenix Health

T: 02465 251 5515 E: enquiries@phoenix-health.co.uk

For all upper gastrointestinal or general surgical solutions via Deva Medical Practice management

T: 01244 579 502. E: info@devamedicalmgt.co.uk



PERSONALISED PRIVATE UROLOGY CARE

Expert-led urology care tailored to you — from a nationally recognised consultant with outstanding credentials

Wellness Urology offers personalised, consultant-led care across a wide spectrum of urological conditions, delivered with exceptional clinical expertise and a commitment to patient wellbeing. Founded by Ms Naomi Neal, an excellent consultant urological surgeon, the service brings together advanced diagnostics, timely access to treatment and a thoughtful, patient-first ethos.

Patients at Wellness Urology benefit from a discrete and compassionate approach, paired with the assurance of seeing a highly experienced consultant throughout their care. Ms Neal provides specialist consultations for a broad range of urological concerns including general urology, kidney stones and prostate diagnostics. She's especially committed to improving the care of patients with recurrent urinary tract infections.

Ms Neal graduated from the University of Nottingham Medical School in 2003, where she won the AstraZeneca R&D Charwood Prize in Medical Science. Her surgical training included posts at prestigious institutions, such as St James's University Hospital in Leeds and Addenbrooke's Hospital in Cambridge, where she was awarded a Cancer Research UK clinical research training fellowship and completed her PhD in prostate cancer research from the University of Cambridge.

In addition to her robust academic background, Ms Neal has a strong track record of clinical leadership. She holds a substantive consultant urological surgeon role within Hampshire Hospitals NHS Foundation Trust.

Ms Neal is a co-author of the respected *Oxford Handbook of Urology*, numerous publications in leading international journals and continues to contribute to the field of urology

through research, education and mentorship. Her clinical interests include urological stone disease — for which she's undergone specialist training both in the UK and Sri Lanka. Ms Neal is committed to providing personalised approaches and individualised management plans for all her patients, particularly those women who have urological issues such as urinary tract infections and genitourinary symptoms of the menopause.

Wellness Urology is based in Hampshire and offers private consultations in the areas of Basingstoke, Winchester and Southampton. Remote video-consultations are also available for new and follow-up patients on request. The service is built on the principles of transparency, prompt communication and clear information, empowering patients to make informed decisions about their care. Whether you're seeking reassurance, diagnosis or a second opinion, patients can expect to be seen promptly and treated with dignity, discretion and clinical excellence.

With a growing number of patients seeking specialist care from female consultants in urology, Ms Neal offers a rare and valued perspective. Her patients often remark on her approachable nature, clarity of communication and unwavering professionalism.

From the first consultation through to ongoing management, Wellness Urology is committed to supporting your health with compassionate care that's evidence-based, timely and tailored to your needs.

● Private urology consultations in Hampshire Clinic in Basingstoke, Sarum Road Hospital in Winchester & Nuffield Health Wessex Hospital. T: 07861 811902 or visit wellnessurology.co.uk



REDEFINING FERTILITY CARE

The expert team at Fitzrovia Fertility can help individuals and couples achieve their dream of starting a family

Located in the heart of London, Fitzrovia Fertility is an innovative clinic dedicated to providing personalised and comprehensive care for all aspects of reproductive health.

Founded by Mr Dimitrios Mavrelos and Ms Shirin Khanjani (both experienced reproductive medicine consultants working in one of London's and the UK's leading NHS hospitals), Fitzrovia combines the highest standard of care with the latest clinical advancements to give patients the best possible outcome and experience.

With a team of highly experienced specialists, Fitzrovia Fertility offers a wide range of advanced fertility treatments. From initial diagnostics and fertility assessments to advanced reproductive technologies like IVF and ICSI, along with options such as egg freezing for fertility preservation and comprehensive donor programmes, the team cover every step of the patient's journey. The clinic staff understands that every patient's path is unique, which is why they pride themselves on crafting bespoke treatment plans tailored to individual needs and circumstances.

Their commitment extends beyond just medical excellence; they provide robust emotional support and guidance throughout the entire process. Patients benefit from a nurturing environment where their concerns are heard and their questions are answered with clarity and empathy. Furthermore, they provide complementary holistic services such as acupuncture and nutritional therapy, designed to work in harmony with their medical fertility journey. Their dedication to innovative practices and patient-centric care has established Fitzrovia as a trusted name in fertility treatment, helping countless individuals embark on the rewarding journey of parenthood.

● [Unlock your fertility journey. Visit fitzroviafertility.co.uk](https://unlockyourfertilityjourney.com) or T: 020 7664 8844. IG: @fitzroviafertility. Get 50% off initial consultation with code AUG50. Valid until 31 August 2025



EXPERT CARE FOR WOMEN'S HEALTH

Introducing a consultant gynaecologist dedicated to providing compassionate patient-centred care

Dr Malini Kanagalangam MBChB MRCCOG is a highly experienced specialist in women's health, with a career spanning over 20 years. A graduate of the University of Glasgow, she completed her specialist training in obstetrics and gynaecology before serving as a consultant in a busy teaching hospital. During this time, she gained experience managing a broad range of medical cases, before transitioning into working in community gynaecology and sexual and reproductive health.

Dr Kanagalangam is a member of the Royal College of Obstetricians and Gynaecologists, the British Menopause Society and is a honorary clinical senior lecturer with the School of Medicine, Dentistry and Nursing at the University of Glasgow.

Her current practice focuses on outpatient gynaecology with a special interest in menopause care. She offers a wide range of outpatient services including consultations on menopause care, HRT issues, menstrual problems, PMS/PMDD treatment, medical management of endometriosis, early pregnancy and pelvic ultrasounds, contraceptive services including coil and implant insertions/removals, cervical smears and HPV testing, hormone profiles, endometrial and vulval biopsies.

Her 30-minute appointments provide ample time for a detailed and unhurried consultation, ensuring patients receive individualised, compassionate and comprehensive care.

● Visit the website for more details on services and information on women's health at dr-malini.co.uk



Mr Franco Ciulli - a leader in cardiac surgery

Mr Franco Ciulli is one of the UK's most experienced cardiac surgeons, with more than 30 years as a consultant in open heart surgery, specialising in minimally invasive procedures.

Visit: francociulli.co.uk

NHS consultations:

T: 0117 3426661

E: deborah.griffiths@uhbw.nhs.uk

Private consultations:

T: 07455 416223

E: rebecca-francociullibristol@outlook.com



PRIORITISE YOUR BOWEL HEALTH

Don't ignore your gut. Changes in gut function can herald significant issues and should always be assessed and investigated

Bowel symptoms can be embarrassing. Patients often present much later than they should; perhaps due to a reluctance to discuss such things openly, or because they're afraid of what the outcome might be. Whatever the issue, it's vital that any change in gut function, unexplained bleeding or other bothersome or worrying abdominal or bowel symptoms are discussed with an expert and investigated further when necessary.

With a busy NHS and private practice in Gloucestershire and the Cotswolds, Tom Roe has been a consultant lower gastrointestinal surgeon since 2015. He offers a comprehensive service encompassing the management of all major bowel conditions, ranging from proctological diseases such as haemorrhoids, fissures, pilonidal disease and fistulae through to significant pathology of the colon and rectum, including diverticular disease and colitis. He also has wide experience in managing abdominal and groin hernias and benign soft tissue lesions of the limbs and trunk (lipomas, cysts, etc).

During an initial appointment, presenting symptoms are explored thoroughly and sensitively to determine a patient's main worries and formulate a management plan. That conversation is handled sensitively. Patients are given as much time as they need to illustrate their concerns, ensuring that no significant details are missed. That permits a focused examination and subsequent tailored investigations.

Frequently, the problem is obvious during a first appointment and may even be treated immediately in the clinic setting. When necessary, diagnostic tests and inpatient endoscopic and surgical procedures are organised promptly to accommodate patients' requirements.

Mr Roe has performed thousands of lower gastrointestinal endoscopic procedures, hundreds of major bowel reactions and many more minor surgical procedures. When appropriate, he advocates minimal access (keyhole) techniques for intra-abdominal surgery. He works closely with experts in related fields, including specialist dietitians, physiotherapists and gut physiologists, as well as trusted colleagues in other areas of medicine and surgery to guarantee that patients receive optimised treatment from the most suitable practitioner(s) to deliver a successful outcome.

● Appointments available at:
Nuffield Health Cheltenham Hospital, Hatherley Lane, Cheltenham GL51 65Y
Secretary T: 01242 246523 nuffieldhealth.com/consultants/mr-thomas-roe
Ramsay Winfield Hospital, Longford, Gloucester GL2 9WH
Secretary T: 07935 734367 ramsayhealth.co.uk/specialists/mr-thomas-roe



TREATING ENDOMETRIOSIS WITH COMPASSION

Discover sympathetic, specialised care for endometriosis, guided by an accredited gynaecologist who's also a robotic and laparoscopic surgery endometriosis specialist

Endometriosis is a chronic inflammatory condition where tissue similar to the lining of the uterus grows outside the uterus. These growths are most commonly found in the pelvis — on the ovaries, fallopian tubes, bladder and bowel — but can also appear in more distant areas like the diaphragm or even the lungs.



YOUR NEW SMILE STARTS HERE

From invisalign to implants, Mile End Dental Clinic in Colchester offers expert care — with support for nervous patients, too

Mile End Dental Clinic in Colchester, Essex is helping patients take the first step toward a confident smile with its invisalign Open Day on 13 September 2025. This well-established clinic offers expert care in cosmetic and general dentistry, with a reputation for supporting nervous patients in a friendly and calming environment. The practice provides modern, patient-focused care, with advanced treatments including invisalign clear aligners, dental implants, teeth whitening and full smile makeovers. Every treatment is customised using the latest technology, including digital scans and 3D planning, to help ensure precision, comfort and outstanding results.

The upcoming Open Day is an excellent opportunity for patients considering teeth straightening to visit the clinic, meet the team and receive a free digital smile assessment. Attendees will benefit from exclusive one-day-only invisalign offers, including savings on treatment and interest-free finance options. For those exploring implant solutions, Mile End Dental Clinic also operates the Dental Implant Centre Colchester, offering everything from single-tooth replacements to full arch restorations. Using high-quality implant systems and advanced



EXPERT NEUROLOGICAL CARE IN LONDON

A professional and personal approach to diagnosis and management of all neurological conditions

Dr James Philip Gratwicke MA(Oxon) BMBCB MRCP(Neurology) PhD(Clinical Neurology) is a consultant adult neurologist practicing both privately and in the NHS. His private practice in London welcomes patients from across the UK and from all over the world.

Dr Gratwicke studied medicine at Oxford University where he was awarded a scholarship at Oriel College for distinction in the study of both neurosciences and pathology. He completed his postgraduate training in neurology at the premier neuroscience centres in London, including King's College Hospital, Guy's & St Thomas' Hospitals, St George's University Hospital and the National Hospital for Neurology & Neurosurgery in Queen Square. He completed his PhD in clinical neurology at the University College London Institute of Neurology in 2018.

He consults on the breadth of neurological problems including migraine and other causes of headache, blackouts and seizures, stroke and cerebrovascular disease, disorders of the central nervous system and of the peripheral nerves. He has world-class subspecialist expertise in the diagnosis and management of Parkinson's disease, Alzheimer's disease, other neurodegenerative conditions, forms of tremor and movement disorders.

Weekly private clinics are held at The Harley Street Clinic, London Bridge Hospital and HCA The Shard, as well as the newly opened London International Patient Services Clinic in Battersea Power Station.

This condition can cause a wide range of symptoms, including:

- Severe pelvic pain, especially during menstruation
- Painful periods that begin before and extend beyond menstruation
- Pain during or after intercourse
- Pain with bowel movements or urination
- Chronic lower back or abdominal pain
- Fatigue, bloating, constipation or nausea — especially around menstruation
- Difficulty getting pregnant (infertility)

Endometriosis can begin with a person's first period and persist until menopause. While some individuals may have minimal or no symptoms, for others, the impact on daily life can be profound. Endometriosis is often misunderstood. Too many women suffer in silence, their symptoms dismissed or overlooked. It's time to change that. With the expert care of an accredited endometriosis surgeon, you'll find a safe, supportive space where your concerns are heard, validated and addressed with compassion.

These symptoms — painful periods, intercourse, bloating and bowel movements — aren't just 'part of being a woman'. You deserve to be heard, understood and treated with a holistic, expert-led approach.

Mr Elsherbin's team brings together specialists in colorectal surgery, urology, psychosexual therapy, physiotherapy and pain management. This collaborative model ensures that every aspect of your health is considered and treated with the attention it deserves.

As an experienced robotic surgeon, Mr Elsherbin also uses advanced surgical technology to treat not only endometriosis but other gynaecological conditions such as heavy periods and fibroids — even in cases involving a large uterus. Robotic-assisted surgery enhances precision, supports faster recovery and leads to better outcomes for patients.

● To book an appointment, T: 01606 535500 or visit circelhealthgroup.co.uk/consultants/mohamed-elsherbin



planning software, the clinic provides natural-looking, long-lasting results that help restore function and confidence.

With a strong emphasis on gentle care, the clinic welcomes patients who feel anxious about dental treatment, offering sedation options and a compassionate approach, which makes even the most nervous visitors feel at ease.

Whether you're looking to transform your smile or maintain lifelong oral health, the team at Mile End Dental Clinic combines experience, advanced technology and a warm personal touch.

Spaces for the Invisalign Open Day are limited, so early booking is recommended.

● Invisalign Open Day is on 13 September at Mile End Dental Clinic, Colchester

T: 01206 752500 E: office@mileenddental.co.uk mileenddental.co.uk

REVOLUTIONARY HIP REPLACEMENT IN LINCOLN

Thanks to the work of consultant orthopaedic surgeon Mr Prasad Antapur, patients with hip and knee problems now have a reason to smile

An expert in both non-surgical and surgical care, Mr Antapur has built a reputation on minimising trauma and maximising rapid recovery.

At the heart of his service is the SuperPath hip replacement, a micro-invasive procedure that's drawn patients from across the UK. Unlike most traditional methods, SuperPath is carried out through a two-inch incision, which helps to preserve normal tissues, allowing patients to:

- Walk unaided within a couple of days
- Drive in just seven to 10 days
- No need for painkillers or movement restrictions

"As one of the very few surgeons in the country to offer SuperPath hip replacement, I'm delighted to expand my practice so more patients can enjoy a swift return to normal life," Mr Antapur said.

In addition to this game-changing hip surgery, Mr Antapur provides a full spectrum of primary and revision hip and knee replacements tailor-made to suit individual circumstances, as well as non-surgical therapies aimed at pain relief and improved mobility.

His NHS and private practice, strategically based in Lincolnshire and Nottinghamshire, ensure his patients receive top-tier care close to home.

"I had an excellent experience with my SuperPath hip replacement. I was off painkillers and crutches within 10 days, walking independently. I was back at work three weeks after the surgery," said Catherine, chief nurse, ULHT hospitals.

With waiting lists for traditional joint replacements at an all-time high, Mr Antapur's minimally invasive approach offers a timely alternative for those eager to regain their independence quickly. Early intervention, minimal recovery time and a return to a better quality of life are now within closer reach than ever.

● For appointments or more information on the SuperPath hip replacement, patients can ask Mr Antapur's secretary on 01522 829521 or 07717 756968 or visit antapur.com



Dr Gratwicke believes in the application of well-honed clinical skills as the primary method of diagnosing complex neurological problems, backed up by cutting-edge diagnostic tests. He takes a personal interest in the welfare of his patients, providing ongoing supportive care for those with long-term conditions. He works within the London International Patient Services group — the largest network of London's leading teaching hospital consultants covering all specialities — which allows him to efficiently draw in specialists in other areas to meet his patients' holistic needs.

● Direct all appointment enquiries to: g.gratwicke.admin@lps.org.uk

T: 020 3943 9311



AWARD-WINNING HAEMATOLOGIST

Dr Salim Shafeek was invited to attend the Garden Party at Buckingham Place on 20 May 2025 in recognition of all his hard work in the field of haematology

He's the former clinical director of the Worcestershire Oncology Centre and manages the haematology, oncology and palliative care departments. He's also the former lead for the stem cell transplant share care programme with Queen Elizabeth University Hospital Birmingham, a member of the thrombosis committee for the Worcestershire Acute NHS Trust and a senior lecturer for Clinical Haematology, part of the cancer services at University of Birmingham. Currently, Dr Shafeek is the director of laboratories in haematology and research lead for haematology. He's involved in teaching at University of Birmingham & University of Worcester (Three Counties Medical School).

Dr Shafeek is an experienced haematologist who's worked in private hospitals in West Midlands for over 15 years, treating all haematological conditions, including thrombosis and haemostasis.

He's a winner of many patient choice awards in his NHS practice and the trust's chairman's special award in 2023 for patient care and charity work. Dr Shafeek also has earned highest clinical excellence awards at trust level since 2015. Being a myeloma survivor himself, he's involved in charity fundraising for Cure Leukaemia.

● For appointments, contact West Midlands Haematology Centre: haematologycentre.co.uk T: 01562 513087/07710 210166 E: salimshafeek@btinternet.com

Visit: topdoctors.co.uk/doctor/salim-shafeek

Fee assured with all private health insurers in the UK. Direct A&S admission 24/7 to Harborne Hospital through the HCA Concierge service.

