



CMC

CENTENNIAL MEDICAL CARE

2025

Directory of

Doctors,
Consultants
& Specialists

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About us...

Centennial Medical Care, CMC, is a local, privately owned, out-patient facility catering for the needs of our local community and beyond. The concept of a primary and secondary care environment was born from wanting to bring the best Doctors and Consultants into a more local environment, thus avoiding a journey into central London. **CMC** is not owned or run by a large corporation, simply people with a vision and passion that wanted the best service provided locally.

CMC offers most out-patients services at its site in Elstree. We have daily GP appointments and many specialist Consultants holding regular clinics. We offer a range of diagnostic services including phlebotomy and carry out many minor procedures. We are covered by all major insurance companies and offer the most competitive pricing if you choose to self-pay.

Whilst our list of services is extensive, please do not hesitate to speak to our reception team, who will happily advise and guide you to the correct contact, whether they work at **Centennial Medical Care**, or not. We pride ourselves on customer service and will do all we can to support your journey, making it as seamless and stress-free as possible.



Consultant and Specialist Prices

GP Consultations Monday to Saturday

Adult	£110	Child	£95
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Physiotherapy (Self-funding)

Initial session From: £100	Follow up session From: £80
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Consultant Appointments

P.O.A.	Payable direct to consultant
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If you require any diagnostic testing, e.g. blood tests, please contact your private medical insurance company for authorisation prior to your appointment.

If you are self-funding, payment for any tests will be required at the time of appointment. Prices are available on request.

CMC is a recognised provider with all major insurance companies.

General Practitioners

CMC have GP's who are established and experienced in the local area. We focus on ensuring continuity of care and we will always do our best to make sure you see the GP you request.

CMC has both male and female GP's available. They all have special areas of interest ranging from Menopause to A&E medicine.

Paediatric Team

CMC has gathered a comprehensive group of Paediatric Consultants covering an extensive area of out-patient care.



Sports Medical Team

Our multi-disciplinary sports team are highly skilled professionals, many of whom currently work with premier league football teams and other professional sports teams.

Our team will work together to provide you with expert diagnosis and treatment, if required.

- Rehabilitation from injury, surgery or illness
- Improvement to your overall health and fitness
- Achievement and maintenance of continual high performance

call 0203 327 7777

for more information



Timely, compassionate, child-centred assessments

Autism and ADHD assessments

The Geshher Assessment Centre specialises in private diagnostic assessments for children (aged 4 and over), adolescents, and young adults up to the age of 25, who may be showing attributes of autism, ADHD or other related conditions such as dyspraxia.

Our assessments are conducted by an experienced multidisciplinary team including a Clinical Psychologist, Occupational Therapist, and Speech and Language Therapist.

Why Geshher Assessment Centre?

- A highly experienced multi-disciplinary team will undertake a comprehensive assessment.
- A free 30-minute telephone consultation so you can ensure that the assessment process is the right step.
- Timely assessments with online booking.
- Assessments follow NICE guidelines.
- Support provided to gather information before the assessment.
- A tailored assessment report with a focus on key recommendations.
- Post diagnostic support including signposting, strategies, and bespoke advice.
- Payment plans to spread the cost of the assessment.

The Geshher Assessment Centre Team



Leandri Ferreira
Occupational Therapist
& Clinical Lead
B. OT, SI-certified



Dr Naomi Coleman
Clinical Psychologist
CPsychol AFBPsS
MEd BSc (Hons)



Nikki Rockell
Highly Specialist Speech and
Language Therapist
BSc Hons (Psychology), MSc

Contact  admin@gesherac.co.uk  www.gesherac.co.uk

Directory

Consultants

Services available:

Acupuncture

Dr Ian Chait Acupuncture

Aesthetics

Sarah Fogel Semi-permanent make up, medical tattooing, areola pigmentation and creation, cleft lip and scars camouflaged and thinning hair or hair loss

Allergy

Professor Stephen Till Adult food allergy, anaphylaxis, allergic rhinitis (hay fever), asthma, urticaria (hives), angioedema, insect and drug allergy and Immunotherapy

Professor Adam Fox Paediatric food allergy, allergen desensitization, eczema, asthma and wheeze, allergic rhinitis and drug and insect sting allergy

Cardiology

Dr Elliot Smith General cardiologist and interventional cardiologist with specialist expertise in coronary angioplasty and stenting. Expertise in complex coronary interventions. Care of patients with prior bypass surgery or stents

Dennis Wait Cardiac Physiologist specialising in Echocardiography, ECG and BP monitoring

Clinical Hypnotherapy

Elliott Wald Clinical hypnotherapy, addiction specialist, anxiety, phobias

Dermatology

Dr Samantha Anthony Removal of benign skin lesions, moles, skin tags, warts, hyperhidrosis, anti-wrinkle injections (Botulinum toxin) and dermal fillers

Dr Laurence Lever Malignant skin cancer excision, treatment for acne, eczema, dermatitis and psoriasis treatment

Dietetics and Nutrition

Lisa Swabel Wellness and vitality through whole foods, food-based supplements, a healthy lifestyle and a positive mindset. Advice and support with digestive issues, hormone imbalances, low energy/fatigue, skin conditions and weight management

Ear, Nose and Throat

Mr Elliot Benjamin Adult and children with a specialist interest in otology and ear surgery

Mr Jonathan Hughes Adult and children, specialising in head & neck surgery, voice, airway & swallowing disorders

Mr Alasdair Mace Adult and children, disorders of the throat and voice, lumps in the head and neck, including the salivary glands, thyroid gland and nasal or sinus problems

Dr Benjamin Shaw Audio Vestibular Consultant Physician & Nuero-Otologist. Accurately diagnoses and manages dizziness, vertigo, balance disorders, hearing loss & tinnitus

Mr Arvind Singh Paediatric ENT otology (ear disorders) hearing loss, snoring and nasal blockage, sinus procedures, balloon sinuplasty and voice disorders

Mr Taran Tatla ENT disorders with head and neck speciality. Neck lumps, voice, throat, swallow, thyroid and parathyroid disorders, as well as sinonasal, snoring and airway conditions

Devan Thevakanthan ENT nurse specialising in micro suction, narrow ear canals and perforated ears

Endocrinology

Dr Mark Vanderpump Diabetes, hyperthyroidism, hypothyroidism, thyroid nodules and cancer, pituitary disorders,

Opening Hours: Mon-Thur 8am-8pm, Fri 8am-6pm & Sat 9am-1pm

Directory

Gastroenterology

Dr Steven Mann	Adult gastroenterology, irritable bowel syndrome, colonoscopy, endoscopy, inflammatory bowel disease, indigestion and bowel cancer screening
Professor Neil Shah	Paediatric food allergies, reflux and inflammatory bowel disorders and functional bowel problems such as abdominal pain and constipation

General Practitioners

Dr Semiya Aziz	Women's health and menopause, men's health, preventative lifestyle medicine and weight loss management
Dr Tessa Buckman	Women's health and menopause, family planning and sexual health & weight loss management
Dr Michael Francis	Specialist interest in sports medicine and injury
Dr Ian Gold	Dermatology, diabetes and respiratory medicine
Dr David Mass	Holistic care with particular interests in paediatrics, general medicine and elderly care
Dr Michael Mitchell	Asthma, diabetes, electrocardiography, hypertension, preventative management of cardiovascular and cholesterol-related problems & weight loss management
Dr Salma Mirza	General medicine, Health evaluation and preventative measures with Health screening
Dr Carolyn Porter	Children's health especially babies and their development. Diploma in Gynaecology and obstetrics
Dr Alex Rubin	General Practice, diabetes, minor surgery and men's health
Dr Shonella Singh	Health and cancer screening services
Dr Frances Sturridge	Complimentary and traditional medicine. Women's health, Genomic medicine and qualified life-coach
Dr Patricia Super	Women's health including the menopause, contraception and cervical smear taking

General Surgeon

Mr Darren Francis	Consultant surgeon. Specialities in colorectal, laparoscopic/endoscopic surgery and general surgery
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Gynaecology and Obstetrics

Mr Tony Boret	Fetal scanning, high risk pregnancy care. Problems in pregnancy; perinatology and pelvic pain
Miss Sanjay Kumari	Menstrual disorders, fibroids, PCOS, pelvic pain, endometriosis, miscarriage, menopause, HRT, sexual health and colposcopy/management of abnormal smears
Mr Malcolm Padwick	Endometriosis, minimal access (key-hole or laparoscopic) surgery, gynaecological oncology, colposcopy, heavy periods, prolapse, urinary incontinence, fertility, menopause & HRT and abnormal bleeding
Mr Adam Rodin	Heavy periods, prolapse, hormonal problems, HRT and osteoporosis
Mr Richard Sheridan	Menopause and HRT, hormone implants, premenstrual syndrome, hormonal disorders, pelvic pain, heavy periods and menstrual disorders, smear and ovarian cancer screen, contraception, sterilisation, prolapse and early pregnancy viability scans

Life coach therapist

Lorena Bernal	Certified, Spiritual life coach and mindfulness practitioner, providing holistic support to clients. Helping individuals, couples, children & teenagers overcome challenges and achieve their goals
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Nephrology

Prof Liz Lightstone	Professor of renal medicine. Expert in various kidney disorders and general nephrology
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Directory

Osteopathy

Vishal Tanna MSK pain in adults, deep soft tissue techniques, mobilisations and manipulations

Paediatrics

Ruth Beets Specialist ADHD nurse. Supporting patients after diagnosis with medication & monitoring

Dr Rachel Brocklebank Specialist in Developmental paediatrics and is involved in the diagnostic process of children with autism spectrum disorder and learning difficulties as well as their development

Dr Susie Gabbie General paediatrician specialising in ADHD assessment and diagnosis

Dr Laila Hamidi-Manesh General paediatrician and cardiology

Dr Austin Isaacs General paediatrician caring for newborn and above

Dr Benjamin Jacobs General paediatrician, children's skin diseases, bone problems and vitamin D problems

Dr Wei Meng Chin General paediatrician specialising in ADHD assessment and diagnosis

Dr Andy Raffles General paediatrics, routine health & well-baby checks, ailments and infections, immunisations, child development, respiratory syncytial virus, adolescent health & wellbeing, chronic long-term illness in adolescence incl. hypermobility and fatigue

Dr Sharmishtha Sarkar General paediatrics, developmental, behavioural paediatrics, ADHD, autism spectrum disorder, dyspraxia, neurodevelopmental, neurodisability, epilepsy and genetic conditions

Dr Inyang Takon Epilepsy, tic disorders and motor stereotypies, neurological disorders and neurobehavioural difficulties, chronic neurological disorders, assessment of children with autism and other

Dr Vinod Tyagi General Paediatrician specialising in ADHD assessments, Autism, Epilepsy, headaches, behaviour issues. Learning difficulties and tics including Tourette syndrome

Pain Management

Dr Patrick McGowan All aspects including medicine, complex head/neck pain, pain in senior citizens, spinal, joint & limb

Physiotherapy

Samantha Aarons Specialist in women's physiotherapy. Antenatal & postnatal care and complex pelvic health conditions

Rochelle Cowan Physiotherapy

Rachel Harrington Paediatric physio, new-borns, adolescents and adult MSK injuries

Podiatry

Miss Anna Balcombe Achilles, tendonitis, functional bunion pain and development, ball of the foot pain, ankle and knee instability, sprain and strains, arthritic foot and ankle pain, heel pain and arch pain, shin splints, paediatric foot issues, rheumatoid foot

Psychiatry

Lindsey Banham Consultant child and adolescent psychiatrist. Support for mental wellness in children and their families. Developmental assessments

Dr Claudia Bernat Adult, depression, addiction, OCD, bipolar, post-natal depression, ME and general psychiatry

Dr Robert Cohen General adult psychiatry, mood disorders. psychotherapy, depression, eating disorders and anxiety disorders

Ajai Kumar Adult ADHD, stress & anxiety disorders, depression & over achievers. He also uses meditation

Dr Kiran Nijabat Consultant child and adolescent psychiatrist. Support for mental wellness in children and their families. Developmental assessments

Dr Hugh Selsick Specialist in Sleep medicine. Sees adults with all sleep disorders with a special interest in insomnia, nightmares, restless legs, circadian rhythm (body clock) disorders & sleep paralysis

Dr Vimal Sivasanker General adult psychiatrist with an interest in treatment-resistant depression; depression,

Directory

Psychology

Dr Georgina Hibbert	Sees both children and adults, carries out multidisciplinary assessments for ASD and ADHD. Therapeutically supports people with a range of mental health difficulties, including depressive and anxiety disorders and trauma related difficulties
Dr Michelle Potts	Clinical psychologist for children and adults, ADHD and autism assessments, family therapy, neurodevelopmental issues, CBT
Dr Antonia Sherman	Support for children, adolescents and adults. Anxiety, depression, obsessive compulsive disorder, self-harm, low self-esteem, bereavement and relationship struggles. CBT, acceptance and commitment therapy, compassion focused therapy, humanistic and psychodynamic therapy

Psychotherapy, EFT, Addiction and Play therapy

Vanessa Abraham	Existential crisis, relationship addiction, general anxiety, social anxiety, trauma, loss, and general life dissatisfaction
Thomas Brosnan	Paediatric addiction and behaviour therapist, drug addiction, eating disorders, OCD, PTSD, low self esteem, sexuality, stress and all areas of counselling

Radiology

Dr Alok Arya	Image guided musculoskeletal intervention-joint and bursal injections, nerve root blocks facet joint injections, autologous blood injection, platelet rich plasma therapy
Dr Nizar Damani	General radiologist with a focus on interventional techniques. MSK and gynaecological ultrasound. Injections into joints
Dr Sanjay Karamsadkar	General radiologist with a focus on interventional techniques. MSK and gynaecological ultrasound. Injections into joints
Dr Davoud Khodatars	General radiologist with a focus on interventional techniques. MSK and gynaecological ultrasound. Injections into joints

Sports and Exercise Medicine

Dr Raymond Leung	Acute and Chronic musculoskeletal injuries. Medical problems relating to sport and exercise. Biomechanics. He treats adults and children and has significant clinical experience in ultrasound scanning and joint injections
Dr Ritan Mehta	Consultant in Sport, Exercise and Musculoskeletal Medicine, specialises in lower limb sports injuries, groin pain and tendon problems
Dr Richard Weiler	Sports injuries, including muscle and tendon injuries, overuse injuries, work related injuries, lower back pain, exercise induced leg, groin, foot and ankle pain

Urology

Mr Freddie Banks	Paediatric urology, foreskin, scrotum and testes conditions, incontinence and urinary tract infections
Mr Daniel Cohen	Diagnosis and treatment of bladder cancer, prostate cancer, benign prostate disease, acute stones and general urology



Clinical Diagnostic Ultrasound Services



A highly specialised ultrasound service supporting women's healthcare and providing a more personalised approach to the investigation and management of infertility



Clinical Diagnostic Service

headed by Bill Smith, is an established ultrasound practice based in London and Elstree. It is recognised worldwide for its scanning expertise and clinical work carried out in key areas of gynaecology, infertility and pregnancy care. Patients benefit from the state of the art ultrasound facilities that CDS is able to provide

CDS offers a gentle approach to patient care and scanning techniques and is committed to the emotional and clinical needs of every patient referred to its clinic. We work very closely with experienced GPs and clinicians in order to ensure clinical support is always available

Specialist scanning services available at **CDS** include:

- Gynaecological Problems
- Ovarian & Breast Assessments
- Fertility Investigation and Treatments
- Early Pregnancy Assessments
- Investigation of Recurrent Miscarriage
- Pregnancy Screening
- General Medical

Cardiology @ Centennial Medical

provided by:



Providing the highest quality
diagnostic service to our
patients.

We understand the importance
of accuracy in cardiology
diagnostics

WE PROVIDE THE FOLLOWING SERVICES:

- ECHOCARDIOGRAPHY
- 24-48-72HR ECG
- 7-DAY ECG
- RESTING ECG
- 24HR BP





REFERRAL PROCESS

Contact CMC

- Request a CMC GP to see you for Cardiology referral
- Bring your own GP referral to be booked for Cardiology investigations
- Insured patients will require a Cardiologist referral for investigations
- Self-pay patients, please contact us directly

We do the rest!

Location
Centennial Medical Care
0203 327 7777



TECHNOLOGY

The service infrastructure sits on a secure cloud clinical platform, allowing clinicians to view and report investigations almost as soon as they have been performed from anywhere!

Results can be sent electronically and securely to any Specialist, GP or NHS Trust.

ECHOCARDIOGRAPHY



Echocardiography is performed by British Society of Echocardiography accredited Practitioners

ECG MONITORING



We use the latest lightweight ambulatory monitors for patient ease and comfort, analysed by our own team of Specialist Physiologists

BP MONITOR



BP monitors are never comfortable, that is why we use monitors designed by Space Engineers.

12 LEAD ECG



Resting 12-Lead ECG performed and sent electronically to the referring physician..

DIAGNOSTICS TO TREATMENT

NICS-UK

All Practitioners are specialists in their particular field with on average of 20+ years of experience.

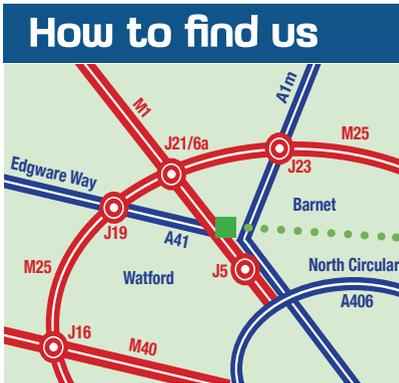
Known and trusted by Cardiologists in Hertfordshire and surrounds.



This booklet will provide you with all the information, contact details and telephone numbers for the services that are available at **CMC**.

CMC provides an elite team of consultants and GP's, in a modern clinical environment, located in Elstree, Hertfordshire.

In addition to the consultants and specialists listed, **CMC** also have phlebotomy and ultrasound services together with ENT and minor operations facilities available.



By rail: The closest train station is Elstree & Borehamwood
The closest tube stations are Stanmore (Jubilee) or Edgware (Northern)

By bus: 107 or 324 to Centennial Park. **By road:** See maps. **Free parking**



CENTENNIAL MEDICAL CARE

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CMC reserves the right to update information at any time
All details are correct at time of going to print

