



Consultants & Specialists

2022 Directory



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	£80	Child	£70
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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.

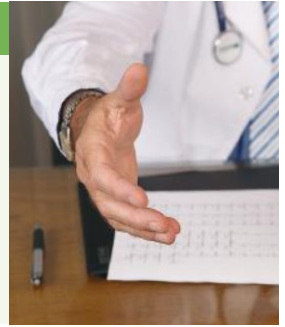
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General Practitioners

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

Directory

Consultants

Services available:

Aesthetics

Andrew Bernie	Consultant trichologist, treatment of male/female hair loss and alopecia areata
Sarah Fogel	Semi-permanent make up, medical tattooing, areola pigmentation and creation, cleft lip and scars camouflaged and thinning hair or hair loss
Dr Suren Naidoo	Platelet Rich Plasma (PRP) vampire facelift, mesotherapy, mona lisa touch®, hyperhidrosis, anti-wrinkle injections and dermal fillers

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

Clinical Hypnotherapy

Elliot Wald	Clinical hypnotherapy, phobias, sports enhancement, weight loss, smoking
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Dermatology

Dr Samantha Anthony	Removal of moles, cysts, lipomas, seborrhoeic keratosis, skin tags and botox for armpit sweating (axillary hyperhidrosis)
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
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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 and 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
Mr Arvind Singh	Paediatric ENT otology (ear disorders) hearing loss, snoring and nasal blockage, sinus procedures, balloon sinuplasty and voice disorders
Mrs Helen Caulfield	Paediatric ENT consultant, combined tongue tie clinic with a lactation consultant

Endocrinology

Dr Mark Vanderpump	Diabetes, hyperthyroidism, hypothyroidism, thyroid nodules and cancer, pituitary disorders, infertility, bone and calcium, hypogonadism and PCOS
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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
Dr Daniel Crespi	Paediatric inflammatory bowel disease and GI motility disorders including constipation, gastro-oesophageal reflux disease and vomiting, food allergy, food related conditions including coeliac disease, eosinophilic oesophagitis and intolerances

General Practitioners

Dr Tessa Buckman	General Practice, women's health, child health, family planning and sexual health
Dr Ian Chait	General Practice, acupuncture and occupational health
Dr Michael Francis	General Practitioner with specialist interest in sports medicine and injury
Dr Ian Gold	General Practice, dermatology, diabetes and respiratory medicine
Dr David Mass	General Practice, holistic care with particular interests in paediatrics, general medicine and elderly care
Dr Michael Mitchell	General Practice, asthma, diabetes, electrocardiography, hypertension, preventative management of cardiovascular and cholesterol-related problems
Dr Chris Mogeckwu	General Practitioner with specialist interest in sports medicine and injury
Dr Alex Rubin	General Practice, diabetes, minor surgery and men's health
Dr Shonella Singh	Health and cancer screening services
Dr Patricia Super	General Practice with a special interest in women's health including the menopause, contraception and cervical smear taking

Gynaecology and Obstetrics

Mr Tony Boret	Fetal scanning, high risk pregnancy care, medical problems in pregnancy; perinatology and pelvic pain
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
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

Osteopathy

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

Dr Laila Hamidi-Manesh	General paediatrician and cardiology
Dr Nathan Hasson	General paediatrics, juvenile arthritis, hypermobility, joint pains, chronic pain, chronic fatigue, gait and abdominal problems
Dr Benjamin Jacobs	General paediatrician, children's skin diseases, bone problems and vitamin D problems
Dr Su Laurent	General paediatrics, asthma, constipation, soiling, crying babies, reflux, chronic fatigue, headaches and tummy aches
Dr Andy Raffles	General paediatrics, routine health & well-baby checks, ailments & 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 neurodevelopmental disorders
Dr Vinod Tyagi	General paediatrics, autism spectrum disorder, ADHD, epilepsy, tic disorders, tourettes, developmental delay/learning difficulties, motor co-ordination, cerebral palsy, feeding difficulties

Physiotherapy

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

Pain Management

Dr Patrick McGowan All aspects of pain management and medicine. Complex head and neck pain, pain in senior citizens, spinal, joint and limb pain

Plastic Surgery

Mr Jag Chana Facial, breast, body surgery and cryolipolysis

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

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

Dr Christine Williams Child and adolescent depression, obsessive compulsive disorder and attention deficit disorder, with or without hyperactivity and autism

Psychology

Dr Naomi Coleman Child and adolescent clinical psychology, anxiety, depression, social communication, difficulties of attention and hyperactivity and associated behaviour problems, assessing and supporting young people and their families with autism spectrum conditions and learning disabilities & ADHD

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 Mona Michels Counselling psychologist, adult anxiety, panic attacks, phobias, OCD, depression and CBT practitioner

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 and Addiction 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 Ultrasound, gynaecology, urology, MRI, CT paediatric and general radiology

Sports and Exercise Medicine

Dr Shabaaz Mughal Joint and muscle pain and injuries, ligament and tendon problems, complex sports hip and groin injuries, non-operative management of knee and ankle injuries, football medicine, nutrition, lifestyle medicine and rehabilitation from both long-term musculoskeletal injuries and post viral illness

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

Directory continues overleaf

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

Also available at Centennial Medical Care:



Clinical Diagnostic Ultrasound Services

Clinical Diagnostic Services, 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



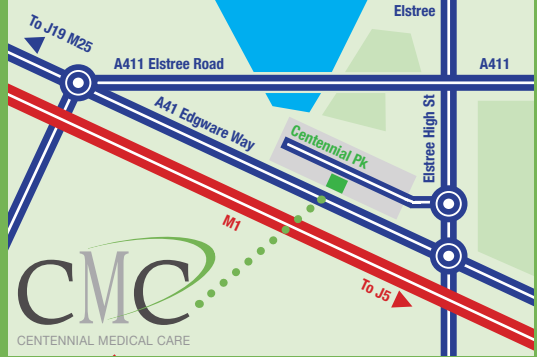
A highly specialised ultrasound service supporting women's healthcare and providing a more personalised approach to the investigation and management of infertility



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

For further information and appointments please contact us
020 8732 3070 www.info@clinicaldiagnostics.co.uk clinicaldiagnostics.co.uk
150 Centennial Park, Centennial Avenue, Elstree, Herts WD6 3FG



How to find us

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**

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.



509/510 Centennial Park, Centennial Way
Elstree, Hertfordshire, WD6 3FG

Telephone: **0203 327 7777**

Fax: 0203 327 6171

info@centennialmedical.co.uk



www.centennialmedical.co.uk

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