



2023 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	£90	Child	£80
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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

www.centennialmedical.co.uk

Directory

Consultants

Services available:

Acupuncture

Dr Ian Chait Acupuncture and occupational health

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

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.

Clinical Hypnotherapy

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

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

Justine Halperin Registered clinical dietitian for allergies, diabetes, PCOS, fussy eating, weaning and various gastro issues.

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

Mrs Helen Caulfield Paediatric ENT consultant, combined tongue tie clinic with a lactation consultant

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

Endocrinology

Dr Mark Vanderpump Diabetes, hyperthyroidism, hypothyroidism, thyroid nodules and cancer, pituitary disorders, infertility, bone and calcium, hypogonadism and PCOS

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

Directory

Consultants

Services available:

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	Women's health, child health, family planning and sexual health
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
Dr Chris Mogeckwu	Sports medicine and injury
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 Patricia Super	Women's health including the menopause, contraception and cervical smear taking

Gynaecology and Obstetrics

Dr Himanshu Borase	Fertility and subfertility issues. Problems falling pregnant.
Mr Tony Boret	Fetal scanning, high risk pregnancy care. Problems in pregnancy; perinatology and pelvic pain
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 and teenagers overcome challenges and achieve their goals.
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Osteopathy

Vishal Tanna	MSK pain in adults, deep soft tissue techniques, mobilisations and manipulations
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Opening Hours: Mon-Thur 8am-8pm, Fri 8am-6pm & Sat 9am-1pm

Directory

Consultants

Services available:

Paediatrics

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. Diploma in gynaecology and obstetrics.
Dr Dianne Gindner	ASD, ADHD and general Neurodisability. Neurodevelopmental assessment. Children with Complex Syndromes, Developmental delay, dyspraxia and Neuromuscular disorders
Dr Laila Hamidi-Manesh	General paediatrician and cardiologist
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 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 neurodevelopmental disorders

Pain Management

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

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

Mr Jag Chana	Facial, breast, body surgery and cryolipolysis
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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
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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 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 Christine Williams	Child and adolescent depression, obsessive compulsive disorder and attention deficit disorder, with or without hyperactivity and autism

Directory

Consultants Services available:

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 Damani	General radiologist with a focus on interventional techniques. MSK and gynaecological ultrasound. Injections into joints.
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
Emma Saunders	Sport Specific MSK Physiotherapy and Lower limb specialist sporting injuries
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

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

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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

For further information and appointments please contact us

020 8732 3070 www.info@clinicaldiagnostics.co.uk clinicaldiagnostics.co.uk
510 Centennial Park, Centennial Avenue, Elstree, Herts WD6 3FG

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



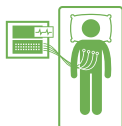
We use the latest lightweight ambulatory monitors for patient ease and comfort, analysed by our own team of Specialist Physiologists

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..

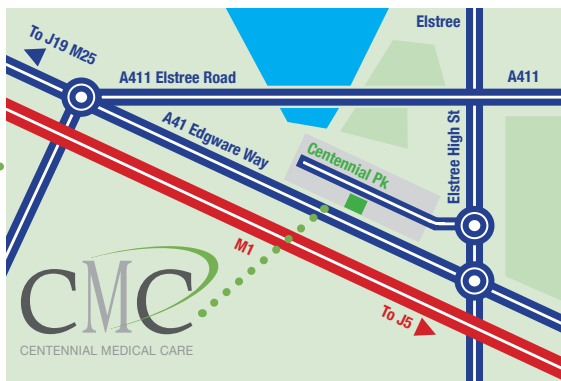
DIAGNOSTICS TO TREATMENT

+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.

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

