



CENTENNIAL MEDICAL CARE

**Consultants  
& Specialists  
Directory**

**Spring  
2020**

## Introduction

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.

## Consultant and Specialist Prices

### Self-referral Paediatric Consultation

Self-funding only, no referral required: £95  
15 minute appointment with Consultant Paediatrician.

### GP Consultations

<b>Monday – Friday</b>		<b>Saturday</b>	<b>Sunday</b>
Adult	£70	Adult £80	£120
Child	£60	Child £70	£120

### Physiotherapy (Self-funding)

Initial session      From: £85      Follow up session      From: £65

### Consultant Appointments

P.O.A. (payable direct to consultant)

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 only has GPs who are established and experienced in the local area.

We focus on ensuring continuity of care and we will do our best to make sure you see the doctor you want to.

Home visits can be arranged from 8am until 10pm.

CMC offers a family membership scheme from only £9 per month. This allows for reduced GP fees and regular health checks.

Call us on 0203 327 7777 to book an appointment or for more information on our membership scheme.



## Paediatric Elite Team

CMC offers unique frontline paediatric care that allows your child to be seen without a GP referral and usually on the same day.

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





# Elite Sports Medical Team

Our multi-disciplinary elite 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



## Centennial Medical Care

is proud to launch its medical  
aesthetics service

# Aesthetic Treatments

Including:

- Anti-wrinkle injections
- Dermal fillers
- PRP treatment for facial injection and hair loss reversal
- Cryolipolysis
- Mesotherapy
- Semi-permanent make-up
- Scar/hair loss camouflage
- Trichology services
- Benign skin lesion removal- skin tags/moles
- Mona Lisa Touch (vaginal atrophy treatment)

*Look good and feel better!*

## Price Guide

### Semi-permanent Make-up

Eyebrows *	£400
Eyeliner – top and bottom *	£380
Eyeliner – top or bottom *	£300
Lips – full lip colour *	£450
Lips – lip liner *	£380
Scar camouflage	Price per hour: £250
Cleft lip	P.O.A
Hair loss camouflage (per session)	£250
Areola reconstruction single (2 sessions )	£500
Areola pigmentation single (2 sessions)	£350

### Anti Wrinkle Injections

Botulinum toxin	from: £250
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### Dermal Fillers

1 treatment	from: £350
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### Platelet Rich Plasma PRP (Vampire Facelift)

1 procedure	from: £450
3 procedures over 3 months	from: £1200

Contact CMC for special offers

### Mesotherapy

Minimal invasive treatment	from: £250
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### Removal of Benign Skin Lesions, Moles and Skin Tags

Excision with stitches	from: £399
Curettage and cautery/shave excision	from: £389
Cryotherapy for seborrhoeic/viral warts	from: £170
Skin tags - snip/hyfrecaction/cryotherapy	from: £160
Hyfrecaction	£140

### Trichology

Consultation and 1 treatment	from: £100
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### Mona Lisa Touch

Consultation 3 treatment course and follow up	£3000
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\* Prices include a re-touch treatment 4-6 weeks after initial treatment



# Directory

## Consultants

## Services available:

### Aesthetics

<b>Dr Samantha Anthony</b>	Removal of benign skin lesions, moles, skin tags, warts. Hyperhidrosis, anti-wrinkle injections (Botulinum toxin) and dermal fillers
<b>Andrew Bernie</b>	Consultant Trichologist, treatment of male/female hair loss and alopecia areata
<b>Sarah Fogel</b>	Semi-permanent make up, medical tattooing, areola pigmentation and creation, cleft lip and scars camouflaged and thinning hair or hair loss
<b>Dr Suren Naidoo</b>	Platelet Rich Plasma (PRP) vampire facelift, mesotherapy, Mona Lisa touch®, hyperhidrosis, anti-wrinkle injections and dermal fillers

### Allergy

<b>Dr Adam Fox</b>	Paediatric food allergy, gastrointestinal allergy, eczema, asthma and wheeze, allergic rhinitis and drug and insect sting allergy
<b>Dr Stephen Till</b>	Adult food allergy, anaphylaxis, allergic rhinitis (hay fever), asthma, urticaria (hives), angioedema, insect and drug allergy and Immunotherapy

### Audiology

<b>Nathan Gluck</b>	Audiologist and hearing aid dispenser
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### Chiropractic

<b>Kevin Leizer</b>	Lower back pain, sciatica, neck pain, spinal disc problems, rotator cuff, tennis elbow & whiplash
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### Clinical Hypnotherapy

<b>Elliot Wald</b>	Clinical Hypnotherapy, phobias, sports enhancement, weight loss, smoking
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### Dermatology

<b>Dr Samantha Anthony</b>	Removal of benign skin lesions, moles, skin tags, warts. Hyperhidrosis, anti-wrinkle injections (Botulinum toxin) and dermal fillers
<b>Dr Virginia Hill</b>	Adults and children, atopic eczema, general dermatology, minor surgical procedures and cryotherapy.
<b>Mr Lawrence Lever</b>	Malignant skin cancer excision, Treatment for Acne, Eczema, Dermatitis and Psoriasis treatment

### Dietetics and Nutrition

<b>Jacqueline Birtwisle</b>	Adolescent and adult eating disorders, irritable bowel and FODMAP
<b>Jane Schlezinger</b>	Dietary management of food allergies and intolerance in infants and children, nutritional assessment, healthy eating and weight management in children/adolescents
<b>Natalie Yerlett</b>	Paediatric specialising in gastroenterology, coeliac and dermatology conditions

## Ear, Nose and Throat

<b>Mr Elliot Benjamin</b>	Adult and children with a specialist interest in otology and ear surgery
<b>Mr Alasdair Mace</b>	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
<b>Mr Arvind Singh</b>	Paediatric ENT, otology (ear disorders) hearing loss, snoring and nasal blockage, sinus procedures, balloon sinuplasty and voice disorders
<b>Mr Taranjit Tatla</b>	Thyroid and salivary gland disorders, nasal problems and snoring, general adult and paediatric ENT, voice and swallow disorders, head and neck disorders
<b>Dr Sharon Siberstein</b>	Breast feeding counselling and tongue-tie specialist

## Endocrinology

<b>Dr Mark Vanderpump</b>	Diabetes, hypothyroidism, hyperthyroidism, thyroid nodules and cancer, pituitary disorders, infertility, bone and calcium, hypogonadism and PCOS
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## Gastroenterology

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

## General Surgery

<b>Mr Daren Francis</b>	Colorectal and laparoscopic GI surgery. Surgery for rectal cancer and prolapse. Hernia repairs, laparoscopic gall bladder surgery
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## General Practitioners

<b>Dr Tessa Buckman</b>	General practice, women's health, child health, family planning and sexual health
<b>Dr Ian Chait</b>	General practice, acupuncture and occupational health
<b>Dr Laura David</b>	General practice, Skin surgery, women's health and seeing babies and children
<b>Dr Alison Lehovsky</b>	General practice, special interest and extra qualifications in Sports medicine and Counselling
<b>Dr Jonathan Levy</b>	General practice
<b>Dr Michael Mitchell</b>	General practice, asthma, diabetes, electrocardiography, hypertension, preventative management of cardiovascular and cholesterol-related problems
<b>Dr Suren Naidoo</b>	General practice, diabetes, cardiology, facial aesthetics and laser management of vaginal atrophy
<b>Dr Harjeev Rai</b>	General practice, occupational health, cardiology and heart disease screening
<b>Dr Juliette Ross</b>	Acupuncturist for musculoskeletal and other conditions incl'g Stress, hot flushes and headaches
<b>Dr Alex Rubin</b>	General practice, diabetes, minor surgery and men's health

## Gynaecology and Obstetrics

<b>Mr Tony Boret</b>	Fetal scanning, high risk pregnancy care, medical problems in pregnancy; perinatology and pelvic pain
<b>Ms Theresa Freeman-Wang</b>	Endometriosis, fibroids, pelvic pain, prolapse, colposcopy, vulval disease and menopause
<b>Ms Sanjay Kumari</b>	Menstrual disorders, fibroids, PCOS, pelvic pain, endometriosis, miscarriage, menopause, HRT, sexual health and colposcopy/management of abnormal smears
<b>Mr Adam Rodin</b>	Heavy periods, prolapse, hormonal problems, HRT and osteoporosis
<b>Mr Richard Sheridan</b>	Early pregnancy, care during pregnancy and delivery. Menstrual disorders, incontinence, prolapse, pelvic pain, hormonal problems and HRT
<b>Niki Cotsen</b>	Baby massage teacher
<b>Amanda Peters</b>	Maternity practitioner
<b>Dr Sharon Siberstein</b>	Breast feeding counselling and tongue-tie specialist

## Consultants

## Services available:

### Occupational Health

**Dr Ian Chait** Sickness absence and case management; return to work and rehabilitation medicals for driving, asbestos, Norwegian maritime and the construction industry

**Dr Harjeev Rai** Corporate health screening, on-site drug testing, case assessments, health education in the work place, and sickness absence profiling

### Orthoptist

**Sharon Brizman** Dyslexia, lazy eye, squint and double vision. Babies, children and adults

### Paediatrics (same day, self-referral appointments available with on duty Paediatrician \*)

**Dr Adam Fox** Paediatric food allergy, gastrointestinal allergy, eczema, asthma and wheeze, allergic rhinitis and drug and insect sting allergy

\* **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 Juliet Pearce** Neuro-development and epilepsy

**Dr Lynne Riley** Oncology and haematology

**Dr Neil Shah** Paediatric food allergies, reflux and inflammatory bowel disorders and functional bowel problems such as abdominal pain and constipation

**Dr Sharon Siberstein** Breast feeding counselling and tongue-tie specialist

### Physiotherapy

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

**Gary Lewin** Sports medical injuries, MSK injuries and sports injury rehabilitation

### Plastic Surgery

**Mr Jag Chana** Facial, breast, body surgery and cryolipolysis (Coolsculpting®)

### Podiatry

**Dr Anna Balcombe** Paediatric and adult, gait analysis, in toeing, heel pain, flat feet, bunions and hammer toes

### Psychiatry

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

**Dr Rajesh Nehete** Adult anxiety, stress, bereavement, traumatic stress, depression, bipolar disorder and psychoses

**Dr Vimal Sivasanker** Adult, neuromodulation for psychiatric disorders, all psychiatric disorders

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

Continues over

## Consultants

## Services available:

### Psychology

Naomi Coleman	Child and adolescent clinical psychology, anxiety, depression, social communication, difficulties of attention and hyperactivity and associated behavior problems, assessing and supporting young people and their families with autism spectrum conditions and learning disabilities & ADHD
Amy Davidow	Child and adolescent psychologist, trauma, bereavement, family, school and relationship issues
Dr Kendra Gilbert	Adult counselling psychologist, psychological therapy for cancer, especially breast cancer, psychological management of chronic and acute diseases including cardiology, diabetes, MS, pain and other health related issues, the impact of diagnosis and treatment, managing change in personal and work relationships, body image and functioning and post treatment adjustments
Dr Mona Michels	Counselling psychologist, adult anxiety, panic attacks, phobias, OCD, depression and CBT practitioner
Karen Millett	Paediatric and Adolescent Psychologist, Emotional outbursts, Anxiety, Low mood, Phobias and OCD. She also specialises in working with parents of the under 5's who are exhibiting behavioural problems and with parents whose children have ASD or ADHD
Dr Anne Lane	Clinical psychologist adults and couples, CBT, depression, unhappiness, anxiety, OCD, eating difficulties, sleep problems, sex issues, anger, trauma and PTSD

### Psychotherapy, EFT and Addiction therapy

Vanessa Abraham	Adult psychotherapist, specialising in addiction, bereavement, stress anxiety, depression, relationship breakdown, crises, self-esteem, self-worth
Thomas Brosnan	Paediatric Addiction and Behaviour therapist, Drug addiction, Eating disorders, OCD, PTSD, Low self-esteem, Sexuality, Stress and All areas of counselling
Claire Freeman	EFT & matrix re-imprinting sexual and physical abuse, self-esteem, childhood traumas, life crisis
Dahlia Slater	Adult psychodynamic counsellor, betrayal, affairs, career, bullying, miscarriage, OCD, PTSD, panic disorders, sexuality, divorce, trauma, self-harm
Simon Ziff	Addiction therapist, drug addiction, alcohol dependency, anxiety, depression, relationship issues and childhood trauma

### 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 Daniel Boxer	Ultrasound, gynaecology, urology, MRI, CT paediatric and general radiology
Dr Nizar Damani	Ultrasound, gynaecology, urology, MRI, CT paediatric and general radiology

### Rheumatology

Dr Nathan Hasson	General paediatrics, juvenile arthritis, hypermobility, joint pains, chronic pain, chronic fatigue, gait and abdominal problems
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### Sports and Exercise Medicine

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 Cohan	Diagnosis and treatment of bladder cancer, prostate cancer, Benign prostate disease, Acute stones and general urology



## 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 from any station. **By road:** See maps. **Free parking outside**



# CMC

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