



CENTENNIAL MEDICAL CARE

# 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



## Premium Cosmetic Surgery Services in the Heart of London's Medical District

Our clinic is based in the renowned rooms of **101 Harley Street**, where we offer tailor-made cosmetic surgery services in a premium facility.

Our team includes **Onur Gilleard**, one of the UK's leading rhinoplasty surgeons; **Arda Kucukguven**, who specialises in facial rejuvenation; and **Reza Alamouti**, an expert in breast and body contouring procedures.

### Nose, Face & Eyes

- Ultrasonic Rhinoplasty
- Revision Rhinoplasty
- Facelift
- Neck Lift
- Upper Blepharoplasty
- Lower Blepharoplasty

### Breast & Body

- Breast Augmentation
- Breast Uplift
- Breast Reduction
- Male Breast Reduction
- Vaser Liposuction
- Tummy Tuck

### Non-Surgical

- Skin Lesions
- Anti-Wrinkle Injections
- Dermal Fillers



For further information, please contact  
**Centennial Medical Care on 020 3327 7777**  
who can send you further information and  
organise your initial consultation



*"My experience has been wonderful from start to finish. The clinic is lovely and has a calm feel to it. I wouldn't choose anywhere else"*

Amber H, via Google

Scan to watch full patient stories  
with before and after imagery,  
read procedure details & more:



# 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.

### 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

**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 & 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

# Directory

## Consultants

## Services available:

### Gastroenterology

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

### General Practitioners

<b>Dr Tessa Buckman</b>	Women's health, child health, family planning and sexual health
<b>Dr Michael Francis</b>	Specialist interest in sports medicine and injury
<b>Dr Ian Gold</b>	Dermatology, diabetes and respiratory medicine
<b>Dr David Mass</b>	Holistic care with particular interests in paediatrics, general medicine and elderly care
<b>Dr Michael Mitchell</b>	Asthma, diabetes, electrocardiography, hypertension, preventative management of cardiovascular and cholesterol-related problems
<b>Dr Chris Mogeckwu</b>	Sports medicine and injury
<b>Dr Carolyn Porter</b>	Children's health especially babies and their development. Diploma in Gynaecology and obstetrics
<b>Dr Alex Rubin</b>	General Practice, diabetes, minor surgery and men's health
<b>Dr Shonella Singh</b>	Health and cancer screening services
<b>Dr Patricia Super</b>	Women's health including the menopause, contraception and cervical smear taking

### Gynaecology and Obstetrics

<b>Dr Himanshu Borase</b>	Fertility and subfertility issues. Problems falling pregnant
<b>Mr Tony Boret</b>	Fetal scanning, high risk pregnancy care. Problems in pregnancy; perinatology and pelvic pain
<b>Mr Malcolm Padwick</b>	Endometriosis, minimal access (key-hole or laparoscopic) surgery, gynaecological oncology, colposcopy, heavy periods, prolapse, urinary incontinence, fertility, menopause & HRT and abnormal bleeding
<b>Mr Adam Rodin</b>	Heavy periods, prolapse, hormonal problems, HRT and osteoporosis
<b>Mr Richard Sheridan</b>	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

<b>Lorena Bernal</b>	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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### Osteopathy

<b>Vishal Tanna</b>	MSK pain in adults, deep soft tissue techniques, mobilisations and manipulations
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# Directory

## Paediatrics

<b>Dr Rachel Brocklebank</b>	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
<b>Dr Dianne Gindner</b>	ASD, ADHD and general Neurodisability. Neurodevelopmental assessment. Children with Complex Syndromes, Developmental delay, dyspraxia and Neuromuscular disorders
<b>Dr Laila Hamidi-Manesh</b>	General paediatrician and cardiology
<b>Dr Benjamin Jacobs</b>	General paediatrician, children's skin diseases, bone problems and vitamin D problems
<b>Dr Su Laurent</b>	General paediatrics, asthma, constipation, soiling, crying babies, reflux, chronic fatigue, headaches and tummy aches
<b>Dr Andy Raffles</b>	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
<b>Dr Sharmishtha Sarkar</b>	General paediatrics, developmental, behavioural paediatrics, ADHD, autism spectrum disorder, dyspraxia, neurodevelopmental, neurodisability, epilepsy and genetic conditions
<b>Dr Inyang Takon</b>	Epilepsy, tic disorders and motor stereotypies, neurological disorders and neurobehavioural difficulties, chronic neurological disorders, assessment of children with autism and other neurodevelopmental disorders
<b>Dr Vinod Tyagi</b>	General Paediatrician specialising in ADHD assessments, Autism, Epilepsy, headaches, behaviour issues. Learning difficulties and tics including Tourette syndrome

## Pain Management

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

<b>Rachel Harrington</b>	Paediatric physio, new-borns, adolescents and adult MSK injuries
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## Podiatry

<b>Miss Anna Balcombe</b>	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

<b>Dr Claudia Bernat</b>	Adult, depression, addiction, OCD, bipolar, post-natal depression, ME and general psychiatry
<b>Dr Robert Cohen</b>	General adult psychiatry, mood disorders. psychotherapy, depression, eating disorders and anxiety disorders
<b>Ajai Kumar</b>	Adult ADHD, stress and anxiety disorders, depression and over achievers. He also uses meditation
<b>Dr Kiran Nijabat</b>	Consultant child and adolescent psychiatrist. Support for mental wellness in children and their families. Developmental assessments
<b>Dr Hugh Selsick</b>	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
<b>Dr Vimal Sivasanker</b>	General adult psychiatrist with an interest in treatment-resistant depression; depression, anxiety, OCD, PTSD, bipolar affective disorder, psychotic illnesses
<b>Dr Christine Williams</b>	Child and adolescent depression, obsessive compulsive disorder and attention deficit disorder, with or without hyperactivity and autism

# Directory

## Consultants Services available:

### Psychology

<b>Dr Georgina Hibbert</b>	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
<b>Dr Michelle Potts</b>	Clinical psychologist for children and adults, ADHD and autism assessments, family therapy, neurodevelopmental issues, CBT
<b>Dr Antonia Sherman</b>	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

<b>Vanessa Abraham</b>	Existential crisis, relationship addiction, general anxiety, social anxiety, trauma, loss, and general life dissatisfaction
<b>Thomas Brosnan</b>	Paediatric addiction and behaviour therapist, drug addiction, eating disorders, OCD, PTSD, low self esteem, sexuality, stress and all areas of counselling
<b>Ashleigh Murray</b>	Play Therapist and Creative Counsellor working with children and young people from the age of 4-17 years. Her therapy offers an outlet for conscious and unconscious emotions. Cares for patients with emotional issues, trauma, loss

### Radiology

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

### Sports and Exercise Medicine

<b>Dr Raymond Leung</b>	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
<b>Dr Ritan Mehta</b>	Consultant in Sport, Exercise and Musculoskeletal Medicine, specialises in lower limb sports injuries, groin pain and tendon problems
<b>Dr Richard Weiler</b>	Sports injuries, including muscle and tendon injuries, overuse injuries, work related injuries, lower back pain, exercise induced leg, groin, foot and ankle pain

### Urology

<b>Mr Freddie Banks</b>	Paediatric urology, foreskin, scrotum and testes conditions, incontinence and urinary tract infections
<b>Mr Daniel Cohen</b>	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



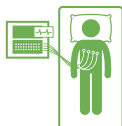
We use the latest lightweight ambulatory monitors for patient ease and comfort, analysed by our own team of Specialist Physiologists

## 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

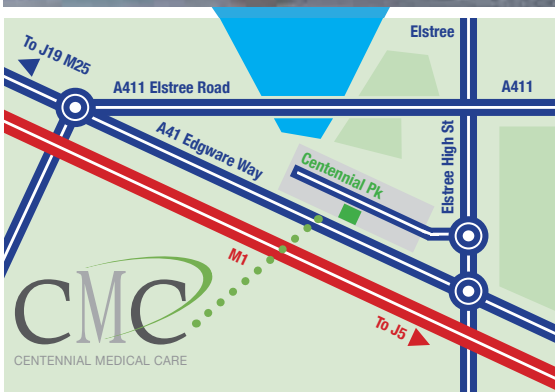
All Practitioners are specialists in their particular field with on average of 20+ years of experience.

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

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

