

CMC

CENTENNIAL MEDICAL CARE



2026 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.



For appointments call 0203 327 7777

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.

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

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.



www.centennialmedical.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 OBE Paediatric food allergy, allergen desensitisation, eczema, asthma and wheeze, allergic rhinitis and drug and insect sting allergy

Cardiology

Dr Elliot Smith General 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

Care of the Elderly

Dr Amy Jebreel Adult and old age psychiatry. Mood and anxiety disorders. PTSD and dementia assessments

Dr Adam Webber General consultant physician in care of the elderly. Special interest in stroke and TIA

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 Skin cancer excision, treatment for acne, eczema etc

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 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 & Neuro-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

Directory

Endocrinology

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

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 General medicine with a focus on Women's health and menopause

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 Salma Mirza General medicine, Health evaluation and preventative measures with Health screening and IV infusions

Dr Carolyn Porter General medicine. Holistic care. Special interest paediatrics, child development, & woman's health.

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 Colin Elton Consultant in general and colorectal surgery

Mr Daren Francis Consultant surgeon. Specialities in colorectal, laparoscopic/endoscopic surgery and general surgery

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

Miss Sayantana Patra-das General gynaecology, early pregnancy and preterm birth prevention
One stop clinics including scanning to reduce anxiety and improve efficiency

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 and prolapse

Directory

Nephrology

Dr Andrew Frankel	Consultant Nephrologist specialising in all aspects of kidney disease. Special interest in diabetes, cardiac disease and obesity.
Professor Liz Lightstone	Professor of renal medicine. Expert in various kidney disorders and general nephrology

Osteopathy

Vishal Tanna	MSK pain in adults, deep soft tissue techniques, mobilisations and manipulations
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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 Diane Gindner	Neurodevelopmental Paediatrician specialising in Autism (ASD), ADHD and Dyspraxia (DCD) assessments of children and adolescents
Dr Laila Hamidi-Manesh	General paediatrician and cardiology
Dr Austin Isaacs	General paediatrician caring for newborn and above
Dr Benjamin Jacobs	General paediatrician and bone problems
Dr Wei Meng Chin	General paediatrician specialising in ADHD assessment and diagnosis
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 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 pain, migraine, back pain, post surgery pain and injury related pain
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Physiotherapy

Samantha Aarons Rochelle Cowan Physiotherapy	Specialist in women's physiotherapy. Antenatal & postnatal care and complex pelvic health conditions
Ruth Ainley	Respiratory physiotherapist. Management of chronic lung conditions, chest infection, breathlessness, hyperventilation and Covid related illness
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
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Psychiatry

Dr Lindsay Banham	Consultant in Child and Adolescent Psychiatrist. Assessment and treatment of complex mental health difficulties in under 18s and neurodevelopmental assessment.
Dr Robert Cohen	General Adult Psychiatry, mood disorders. psychotherapy, depression, eating disorders and anxiety disorders
Dr Jacob Ellis	Assessment and Treatment for complex mental health problems such as depression, anxiety, functional disorders and neurodevelopmental conditions

Directory

Psychiatry (Continued)

Dr 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, anxiety, OCD, PTSD, bipolar affective disorder, psychotic illnesses

Psychology

Dr Naomi Coleman	Clinical Psychologist offering a range of approaches for anxiety, depression, trauma and wellbeing specialised for young people and adults. Experienced in autism and adhd assessment and pre & post diagnostic support. Offers CBT, EMDR, Mindfulness, Yoga Therapy all within a systemic frame.
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 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
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Radiology

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
Dr Adam Pack	REMS scanning. Ultrasound based radiation free technology that reports both bone density and fragility score. Useful for menopausal women, osteoporosis and sport

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

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.

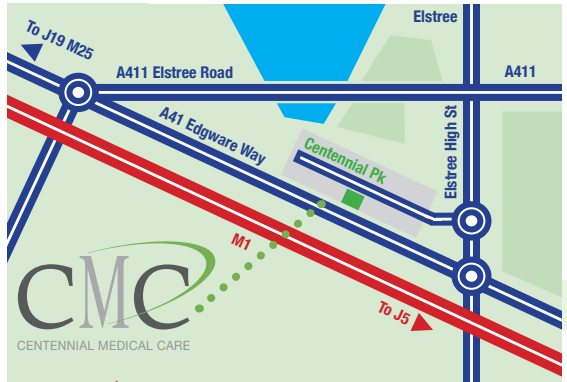
Known and trusted by Cardiologists in Hertfordshire and surrounds.



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

