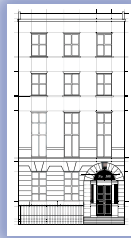


THE LONDON SKIN CLINIC

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AT



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108 HARLEY STREET
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T: + 44 (0)20 7563 1234

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THE
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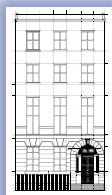
THE
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CLINIC

THE
GILMORE
GROIN &
HERNIA
CLINIC

THE
LONDON
RECTAL
CLINIC

THE
LONDON
SPORTS
INJURY
CLINIC

108 X-RAY
AND
IMAGING



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DERMATOLOGY

ABOUT US

Our aim is to provide 'one stop' treatment, including consultations and minor operations, in a comfortable and friendly setting.

The Day Surgery Centre at 108 Harley Street utilised for local anaesthetic Surgery has been designed to offer facilities and services comparable to those offered by private hospitals but without the formalities and administrative delays caused by hospital admission.

Dermatology Conditions Commonly Consulted (adults & children):

- Eczema & dermatitis
- Acne / spots
- Psoriasis
- Warts, verrucas, molluscum
- Cryotherapy for warts / sun spots
- Rosacea
- Mole check
- Rashes
- Vitiligo / white patches
- Skin Cancer / melanoma / rodent ulcers
- Advice on sun awareness
- Sweating problems
- Hair loss
- Skin allergies
- Urticaria (hives)
- Skin lymphoma (mycosis fungoides, sezary & lymphomatoid papulosis)
- Graft versus host disease

FACILITIES AND SERVICES

Day Surgery Theatre

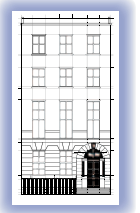
- Excision of benign and malignant lesions including melanomata
- Removal of moles, blemishes, warts, papillomas etc.
- Excision of sebaceous and other cysts
- Aspiration and drainage of abscesses
- Suture and debridement of wounds and injuries
- Treatment of Ingrowing toenails
- Liquid nitrogen treatment for warts, verrucas, skin tags etc
- Vasectomy
- Otoplasty

Breast Clinic Treatment Room

- Breast cyst aspiration
- Breast abscess drainage
- Fine needle aspiration cytology
- Nipple biopsy
- Nipple discharge analysis
- Cytological assessment
- Core biopsy
- Vacuum biopsy

Colo-Rectal Treatment Room

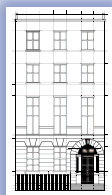
- Fibre-optic sigmoidoscopy and proctoscopy
- Haemorrhoid injection and treatment
- Fissure in ano treatment
- Removal of polyps
- Rectal biopsy



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THE TEAM | CONSULTANTS

The team comprises Consultants, Dermatologists, Cytologists & Histopathologists, Oncologists and Nurses. They provide a high quality service to the patients and their referrers. In addition to the routine day to day team working there are regular meetings which cover clinical, best practice and educational updates and reviews as well as detailed case audit.



CONSULTANT DERMATOLOGIST

Dr Laurence Lever

Laurence has been Consultant Dermatologist at Northwick Park Hospital since 1994 and is the skin cancer lead for the North West Hospitals NHS Trust and Programme Leader for the postgraduate certificate in Dermatology at Middlesex University.

He looks after patients with general dermatological conditions with a special interest in the management of malignant and pre-malignant conditions of the skin.



CONSULTANT DERMATOLOGIST

Dr Julia Scarisbrick MBChB, FRCP, MD

Julia works at The London Skin Clinic at 108 Harley Street, St Thomas' Hospital in London and The Westover, Wandsworth. She has been a consultant St Thomas' since 2004 and trained at St Thomas', University College and the Hammersmith Hospitals. She is Chairperson of the Skin Tumour Working Group of SE London Cancer Network and has published widely on skin cancer. She consults on all skin conditions for both children and adults.

Julia provides a friendly and efficient family dermatology service. She is able to provide advice on the management of all skin conditions and offer support to help cope with living with skin problems. She can usually give a diagnosis and treatment plan or arrange suitable tests on the day of your appointment. When a referral is needed to another speciality she can readily arrange this.

Julia is fully accredited with the GMC and is on the British Specialist Register of the General Medical Council. She is also a member of the British Association of Dermatologists.



CONSULTANT SURGEON

Mr Simon Marsh MA MD FRCS

Simon Marsh trained at Trinity College Cambridge and the Clinical School, Addenbrookes Hospital.

He was one of the few students to be awarded the William Harvey Studentship in consecutive years. His MD thesis, from the University of Cambridge focused on the role of growth factors in breast cancer. He is Senior Consultant Surgeon in the Colchester Breast Unit in Essex and has been a member of The London Breast Clinic since 1999. In 2006 he halved his workload within the NHS to dedicate more time to The London Breast Clinic. He retains an active interest in cancer research and is an Honorary Senior Lecturer to the Department of Biomedical Sciences in the University of Essex.

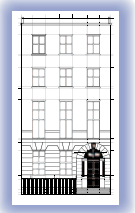
Simon is also Surgical Director of the Ivory Street Minor Surgical Unit in Ipswich that annually undertakes in excess 1,000 cases pa.



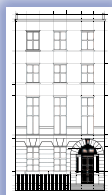
CONSULTANT SURGEON

Miss Tena Walters MS FRCS

Tena Walters has been a London Breast Clinic Consultant since 1997. She now works full time in the independent sector having previously been Lead Clinician in the Breast Unit at Queen Marys Hospital, Sidcup. She was proxima asset in the Oncology award in the Hospital Doctor of the Year 2002. The performance of her Breast Unit at Queen Mary Hospital resulted in the award of NHS Champion in 2004 Evening Standard Awards.



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THE TEAM | CONSULTANTS



CONSULTANT PLASTIC SURGEON

Mr Stuart E James MS FRCS(Plast)

Mr James is a Consultant Plastic Surgeon at The Royal Marsden Hospital. He joined the London Breast Clinic in 2009. His specialist interests are in autologous breast reconstruction using the DIEP flap, fat transfer and aesthetic surgery of the breast and face.

He graduated from University College and the Middlesex Medical School in 1994, gained an FRCS in 1998 and undertook his specialist plastic surgical training in London. He was awarded the Arris and Gale Lectureship and the College Medal by The Royal College of Surgeons of England in 2003 for his research into wound healing.

In 2006 he spent a year as Fellow to the MD Anderson Cancer Center in Houston, Texas to focus on microsurgical reconstructive surgery and subsequently completed his Plastic Surgery training at the Chelsea and Westminster Hospital Craniofacial Unit. He is entered on the GMC Specialist Register for Plastic Surgery, and is a member of BAAPS. Mr James has recently been awarded the Master of Surgery (MS) degree by University College London.



CONSULTANT PLASTIC SURGEON

Mr Mark Gittos FRACS (Plast)

Mark Gittos qualified from Auckland Medical School in 1984, where he won the Carrick Robertson Prize in Surgery. During his plastic surgery speciality training he was also awarded the Davis and Geck Prize for Surgical Research. In 1996 he was appointed as Specialist Consultant to the prestigious St Andrews Centre for Plastic Surgery and Burns in Chelmsford.

Since then Mr Gittos has been at the forefront of the advancement of post mastectomy reconstruction using skin and nipple sparing surgical techniques and has authored a number of scientific papers on this subject. He joined The London Breast Clinic in 2001.



CONSULTANT SURGEON

Mr Richard Sainsbury MD FRCS

Richard Sainsbury qualified in 1977 from University of Newcastle Upon Tyne Medical School.

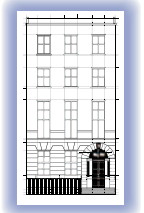
Richard is Consultant Breast Surgeon at Southampton University Hospitals NHS Trust and IOW NHS Primary Care Trust having taken up the post in the summer of 2007. He moved from Royal Free and University College Medical School London where he had been Senior Lecturer and Honorary Consultant Surgeon and Head of Breast Services at UCH since 2000, having been previously been a Consultant Surgeon in Huddersfield for 12 years. He has retained his ongoing research programme at UCH concerning the mechanisms of breast cancer, he is also actively involved in advising government bodies on the optimisation of breast services. He has written several books and many scientific papers on breast cancer. He joined the team in 2001.

CONSULTANT BREAST AND RECONSTRUCTION SURGEON (ONCOPLASTIC SURGEON)

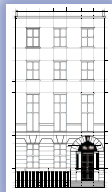
Miss Fiona MacNeill MD FRCS



Fiona MacNeill qualified from St Bartholomew's Hospital, London in 1983. She was appointed as a Consultant in 1996, firstly at Colchester and more recently at The Royal Marsden Hospital London. Fiona joined The London Breast Clinic in 1996. She is currently the breast tutor at The Royal College of Surgeons of England and her main areas of interest are oncoplastic reconstructive surgery and sentinel lymph node training. In 2006 her educational and training achievements were recognised with the Silver Scalpel award. Fiona lectures nationally and internationally and is a member of a number of national and department of health committees.



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THE TEAM | CONSULTANTS

CONSULTANT SURGEON



Mr Gordon Buchanan MD MSc FRCS (Gen)

Gordon is Consultant Colorectal and General Surgeon at Charing Cross and Hammersmith Hospitals, London. He carries out a wide variety of Colorectal and General Surgical procedures.

He graduated from St Thomas' Hospital, London and undertook colorectal and general surgical training in South East England. He also received advanced colorectal training at St Mark's Hospital, Harrow, St Thomas' Hospital, London and Mount Sinai Hospital, Toronto, Canada.

CONSULTANT SURGEON



Mr Emin Carapeti MBBS MD FRCS (Gen)

Emin is Consultant General and Colorectal Surgeon at Guy's and St Thomas' Hospitals. He qualified at Guy's Hospital and undertook his training in London and the south east.

Advanced colorectal training was undertaken at St Mark's Hospital Harrow and Mount Sinai Toronto Canada. His special interests are the management of haemorrhoids and pilonidal sinus disease and he is a specialist in the surgical treatment of complex Crohn's disease and ulcerative colitis.



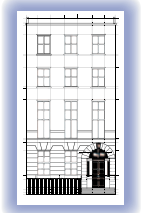
CLINICAL ONCOLOGIST

Dr Nick Plowman MD Cantab FRCR FRCP
Cancer drug and Radiotherapy Specialists

Nick Plowman graduated from Guys Hospital Medical School in London in 1974, having gained 1st Class Honours in both Medical Sciences Tripos and National Sciences Tripos at Cambridge University.

Since 1982 he has been a Consultant in Radiology and Clinical Oncology to St Bartholomews Hospital and The Hospital for Sick Children Great Ormond Street, with visiting duties to St Marks Hospital in Harrow and Moorfields Eye Hospital in London.

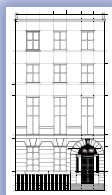
He has published over 300 research papers and has been a member of The London Breast Clinic team since its inception in 1991.



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MULTI-DISCIPLINARY TEAM & MEDICAL ADVISORY COMMITTEE



Every patient's case is assessed, managed and audited by the Consultant team at 108 Harley Street, all are leaders in their field and specially selected for their expertise and experience in all aspects of disease and cancer care.

The team includes Surgeons, Plastic Surgeons, Radiologists, Cytologists, Histopathologists, Clinical Oncologists and Radiotherapists, who all work together with our specialist nurses and other support staff in integrated, multi-disciplinary teams, to ensure that each patient receives the best possible treatment required for their own particular problem.

In addition to the routine day to day team working there are regular meetings which cover clinical, best practice and educational updates and reviews as well as detailed case audit.

The Medical Advisory Committee regulates the admitting rights, the clinical governance of Consultants working at 108 Harley Street and disciplinary matters.

The current members of the committee are:

Mr Simon Marsh, Surgeon (Chairman)
Dr Nick Perry, Radiologist
Miss Fiona MacNeill, Surgeon
Miss Tena Walters, Surgeon
Dr Felicity Muncey, Radiologist
Dr William Teh, Radiologist
Dr Carmel Coulter, Oncologist
Dr Alison Jones, Oncologist
Dr Clive Wells, Cytologist & Histopathologist
Mr Emin Carapeti, Surgeon
Dr Nick Plowman, Oncologist
Dr Julia Scarisbrick, Dermatologist
Mr Stuart James, Plastic Surgeon

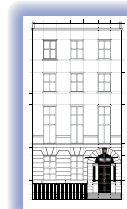
In addition to the routine day to day team working there are regular meetings which cover clinical, best practice and educational updates and reviews as well as detailed case audit.

WHAT'S IN A MOLE?

The medical term for a mole is a naevus. Many moles are coloured (pigmented) but some have no colour. The medical term for a mole is a melanoma. This simply means any pigmented or non pigmented lesion; it does not mean a cancer. Although most moles are brown, they can vary from flesh coloured through yellow and blue, to black. Moles can be many different shapes and can be single or multiple, on almost any part of the body. Everybody has moles; some people have more than others.

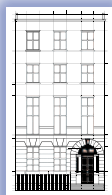
Most moles have formed before the age of 20, but some people can get new moles well into their 30s or beyond. The vast majority of moles remain benign (non cancerous) and never cause any trouble. However, a small number may change with time and have the potential to become a cancerous mole (malignant melanoma). If a mole changes in size or colour, if it itches, is painful or bleeds, or if new nodules develop around it or it looks red and inflamed then the mole should be removed for examination. It is important that moles are removed properly so they can be thoroughly examined. It is usually recommended that moles are removed with an ellipse of normal skin around them, aiming for a 2mm margin of clearance. Most of the moles that are removed turn out to be fine. Pathologists (doctors who examine tissues under the microscope) use different terms for benign moles. They may be junctional, juvenile, blue, compound, dermal or intradermal. All these are descriptions for benign (non cancerous) moles. Some will be what are called dysplastic moles. These are thought to be precancerous moles that have the potential to become malignant melanomas if they are left. Although many of them may not turn cancerous it is impossible to tell and so they should probably be removed. The next stage after the dysplastic mole is the malignant melanoma in situ. This has just turned cancerous, but does not have the ability to spread. Like the dysplastic mole, it is cured by removing it properly. Malignant melanomas proper have the ability to spread around the body, so the earlier they are caught the better. It seems that the most important factor in determining whether a malignant melanoma may have spread or not is its thickness. This is measured in mm and is called the Breslow thickness. Depending on the thickness, a wider removal of the skin around a malignant melanoma is usually recommended. Malignant melanomas that are less than 1mm thick have a greater than 95% chance of causing no further trouble. Another way of measuring the thickness of a malignant melanoma is the Clarke's level. This relates to which layers of the skin the malignant melanoma has penetrated. This is less accurate than the Breslow thickness in predicting the likelihood of further problems. As with other cancers, it is important that people who have had malignant melanomas are treated by a team of specialists. This will include a dermatologist, a surgeon and perhaps a plastic surgeon, an oncologist and a pathologist.

Some groups of people should be regularly checked for abnormal moles. These include people who have had a malignant melanoma before, or there is a family history of it, fair skinned, fair haired or red haired people and those with a large number of moles or previous dysplastic moles, as well as those who have had considerable sun exposure in their lives, particularly with episodes of severe sunburn when they were young.



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YOUR FIRST VISIT

Your first visit

On your first visit to the clinic, you will be greeted by a receptionist, who will collect any referral letters, x-rays, test results or other information you have brought with you. These will be passed to the consultant. It is helpful if you can arrive at least 15 minutes prior to your appointment time so that the consultant has time to review the information prior to your consultation and any outstanding personal information can be obtained.

You can then take a seat in the waiting room, where a medical secretary may see you if any personal information is still required. A nurse will then take you to meet the consultant. A spouse, partner, relative or friend can accompany you, or the nurse can stay with you during your consultation and examination.

"ONE STOP" CONSULTATION SURGERY

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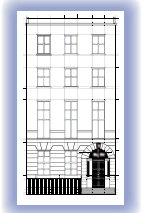
"One Stop" Consultation and Surgery

Whether you have referred yourself, or been referred by your GP or other specialist the consultant will discuss the nature of your problem and any other relevant information, such as your general medical history and family history. Clinical examination will take place.

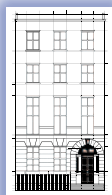
After clinical examination and discussion with the consultant, if it is felt appropriate to proceed to surgery under local anaesthetic you will be asked to sign a consent form and the nurse will show you to the changing area and prepare for theatre. If you do not wish to proceed with immediate surgery then a future date can be agreed to return to have the procedure undertaken.

On examination if the nature or size of the lesion indicates that surgery should not be undertaken under local anaesthetic then arrangements can be made for you to have an operation under general anaesthetic at a later date.

Following surgery the nurse will provide you with wound care advice and make an appointment to attend for removal of sutures and to discuss the histopathology results, where appropriate.



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ACCOUNTS



Our objective is to provide the highest standard of professional care with the minimum of delay, in relaxed and friendly surroundings.

If you would like to discuss any aspect of your account, please don't hesitate to contact the Accounts Department on 020 7563 1234.

Insured Patients

All the consultation, investigations and procedures at 108 Harley Street are routinely covered as outpatient treatment and are paid by medical insurers subject to policy terms, benefit limits, conditions, exclusions and excesses.

The Consultants at 108 Harley Street are able to request these investigations as part of the original claim so a further pre-authorisation is not usually required but you should check with your insurer if this is their policy.

Patients who have been referred by a Doctor not based at 108 Harley Street should also be covered under their original claim reference but again it is better to check with the insurer.

Own Account

If you are paying your own account, you are requested to settle all invoices on receipt this will usually be at the time of treatment.

An indication of investigation fees can be given in advance of any appointment based upon standard outcomes but these are for guidance only and are not binding.

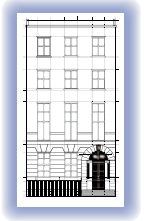
Sponsored Patients

If you are being sponsored by your employer or other third party please bring a letter of guarantee signed by your sponsor to your first appointment with a Consultant. The letter should outline the scope of cover being paid for on your behalf e.g. consultations, investigations, surgery or provide a monetary limit. If this is not provided you will be regarded as a self paying patient and asked to settle the account at the time of treatment.

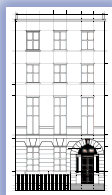
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CONTACT US

The London Skin Clinic

108 Harley Street, London W1G 7ET

T: + 44 (0)20 7563 1234

F: + 44 (0)20 7563 1212

E: info@108harleystreet.co.uk

The London Skin Clinic is a division of 108 Medical Ltd. Reg No 2520520.
Registered in England and Wales

Registered Office:

Whitewater Mill, Hook, HANTS RG27 9EH

Office Hours

Monday to Thursday, 7am - 6pm

Friday, 7am - 5.30pm

VISITING US

Parking

Parking meters are available on Harley Street, however, remember that it is in the congestion charging zone, telephone: 0845 900 1234. Parking meters are also available near by in Regents Park which are not in congestion charging zone.

There is a car park on Queen Anne Street which is accessed at the end of Harley Street via Cavendish Square. There is also a car park at Cavendish Square.

Please note that Harley Street is within a one way traffic system running north south from Marylebone Road to Cavendish Square.

Public Transport

Underground

The nearest tube stations are:

- **Regents Park** - Bakerloo Line
- **Oxford Circus** - Bakerloo, Central and Victoria Lines
- **Great Portland Street** - Circle, Metropolitan, Hammersmith and City Lines
- **Baker Street** - Jubilee, Hammersmith and City, Metropolitan, Bakerloo and Circle Lines

Buses

Bus numbers 18, 27, 30 and 205 stop at Marylebone Road at the top of Harley Street.

FOR FURTHER INFORMATION PLEASE VISIT:

www.108harleystreet.co.uk