

ARE YOU WORRIED ABOUT YOUR HEART?

With waiting lists at record highs, enjoy peace of mind with comprehensive heart tests and an expert opinion from a consultant cardiologist at Venturi Cardiology
Do you ever feel like your heart is racing, or are you short of breath? Maybe you've experienced chest pains? Perhaps you've a family history of heart problems or are one of the 300,000 people currently on a waiting list for cardiac care. Stop feeling anxious about your heart and come and talk it through with one of Venturi Cardiology's leading consultant cardiologists.

Venturi is a state-of-the-art diagnostic clinic in Cheshire. Led by Dr Scott W Murray, former president of the British Association for Cardiovascular Prevention and Rehabilitation (BACPR), the clinic speeds up diagnosis for patients and gives expert advice and plans that can be shared with your GP. Dr Murray says: "I see people every day who, if they'd received a CT heart scan five years before, could



have been treated or potentially may have been given that push to really change their lifestyle and turn their life around."

Former professional footballer Robbie Fowler said: "There's a history of heart attacks in our family and it's a wreck that spoils lives. I've got a young family and I want to spend as much time as possible with them, which is why I got checked out by Venturi Cardiology. The peace of mind it can give you is brilliant."

Venturi offers immediate access to consultant cardiologists and all the tests you need to understand your current heart health — and your risk of heart disease over the next 10 years. There's no waiting list.

Do you understand your family history?
Your family history can be crucial to understanding your risk of cardiovascular disease. Cardiologists agree that if your mother, father or one of your siblings had a heart-related illness before they were 75, then you're in the higher risk category. This is a red flag to your doctor that you should be tested. Typically, if you don't have any symptoms, you're less likely to be offered diagnostics on the NHS. You may even be put on a statin without anyone looking inside your heart or at the arteries that surround it. If this is you, we strongly recommend a heart health check-up. Your DNA doesn't have to be your destiny, and while you can't change your genetic makeup, 90% of all heart disease is still preventable through lifestyle changes, medication or, in some cases, lifesaving surgery.

About Venturi Cardiology
• Founded and run by nationally recognised consultant cardiologists
• All diagnostics available in a 'one-stop shop' setting, removing the need for multiple appointments
• No waiting lists
• Relaxed 'non-hospital' setting with free onsite parking
• On-site CT scanner giving a crystal-clear picture of your heart and the arteries that surround it



- Pay-as-you go appointments (no prepayment required)
 - Care Quality Commission regulated
 - Venturi works closely with the NHS
 - Finance options available
 - Results explained on the day by the consultant cardiologist
 - Ample opportunity to ask questions
 - Total peace of mind
 - **Venturi is offering readers the opportunity to find out exactly how healthy their heart really is with its £550 Venturi Heart Risk package. This includes:**
 - **A comprehensive consultation with a consultant cardiologist (either in person or over video if travelling is difficult)**
 - **An electrocardiogram (ECG)**
 - **The calcium score test — a detailed CT scan of the heart and its surrounding arteries***
 - **'Fingertip' lipid blood tests — including total cholesterol, triglycerides, HDL and LDL**
- Use offer code HEARTJAN2023 to secure your booking. Find out more at venturicardiology.com/health2023**
- *Certain patients may not be eligible for this test due to their age and other factors. If this is the case, they will be offered an alternative test. The offer expires on 31/07/2023.

3D PRINTED CUSTOM-MADE RECONSTRUCTIONS OF THE SPINE

In recent years, 3D printed custom-made body parts have become reality, and, similarly, there's been development in bespoke spinal implants
There are many different ways to use these models. One method is a life-size replica of the spine to depict the disease. This can be held and rotated by the surgeon to plan the surgery. The second is to create bespoke implants unique to the anatomy to help guide instruments with precision. The surgeons can also create custom-made bony replacements such as the vertebral body in cancer surgery.

AS is a 40-year-old man who had been suffering with low back pain for many years. He'd undergone many different physiotherapy regimes. An MRI of his back didn't show any obvious degeneration of the discs. A plain XR revealed an overgrown segment of bone known articulating abnormally with the pelvis. A CT then further helps delineate this and is used to help create a 3D model for surgical planning.

Image 1 shows a 3D model where an overgrown L5 vertebra transverse process has created a painful false joint with the pelvis. Often referred to as a Bertolotti

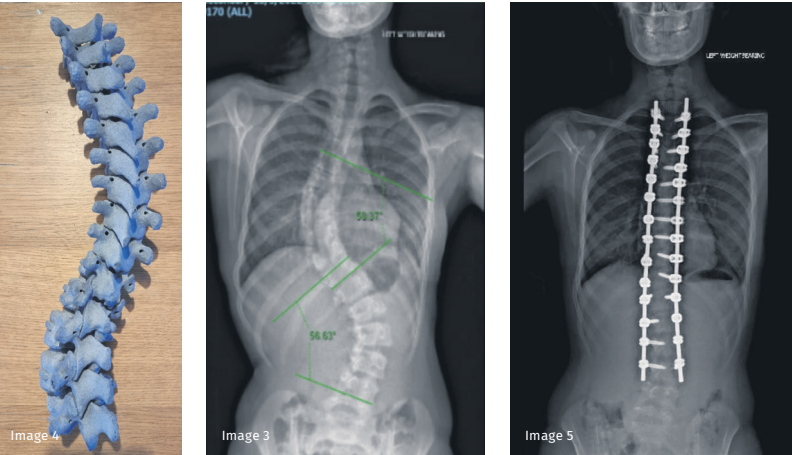
segment, it can be a common anatomical variant but sometimes can become degenerative and painful. The surgeons involved, Mr Lui and Mr Bishop, utilised the 3D Printed custom model to plan the surgery and use an ultrasonic bone scalpel to carefully excise it with minimal blood loss and muscle dissection. (Image 2)

Image 3 shows the X-ray of AHM who was a 12-year-old girl when she was discovered with a double scoliosis — two curvatures of the spine that in some cases can continue to grow in size, causing a progressive deformity such as a rib hump, shoulder height imbalance and a waistline shift. It's common in young people going through puberty. One of the easiest ways to check if a child has a scoliosis is to perform an Adam's Forward Bend Test. This is as simple as asking the child to keep the legs straight and touch their toes. We look from behind to see if there's a hump on the back formed by high-riding ribs and feel for a curved spine.

Surgery for scoliosis can be a complex decision for the child, the family and the surgeon to make. There's a spectrum of recognised care pathways ranging from observation to braces and scoliosis specific physiotherapy exercises (SSPE — often called Schroth exercises) all the way to various forms of surgery. The age and growth velocity of the child dictates the treatment options (for example, bracing is only effective in the growing child). Mr Bernard and St George's Hospital recently published five-year data on a non fusion technique called vertebral body tethering (VBT), with a 95% success at avoiding fusion. However, fusion surgery remains the gold standard.

AHM was growing rapidly and their family decided that they'd prefer to stop the progression early rather than wait for it to get inevitably worse. Image 4 shows a 3D model that was created from the low radiation dose CT Scan. From the life-size model of the spine, specialised jigs were created that would guide the accurate placement of the titanium screws into the spine and help avoid the important structures such as the spinal cord and nerves. Fusion of the spine stops progression of the scoliosis and helps correct the deformity. Image 5 shows the spine after surgery.

Mr Lui recently presented the data on 50 such cases showing that the insertion time and blood loss per screw was significantly lower than free hand techniques



allowing more time and concentration on the other important aspects of the surgery. Other methods the team have employed similar to this are the use of navigation or robotic surgery.

Mr Darren F Lui is a fellowship trained complex spinal surgeon and looks after children and adults of all spinal pathology. He works in a highly specialised group practice with Mr Jason Bernard and Mr Timothy Bishop at St George's Hospital NHS London and privately at Wimbledon Clinics. They cover the HCA Women and Children's Portland Hospital, HCA London Bridge Hospital, HCA Harley Street Clinic, The London Clinic, Nuffield Wimbledon Parkside Hospital and Spire St Anthony's Hospital.

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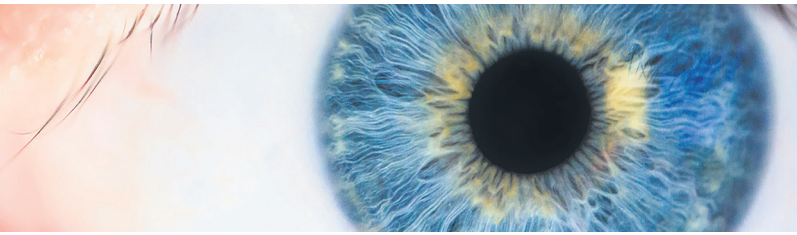
OPHTHALMIC SURGEON AVAILABLE IN MILTON KEYNES

Tristan McMullan, a UK- and US-trained ophthalmologist, will be able to offer surgical services at Athena Surgical Centre in Milton Keynes, from March 2023
This is a state-of-the-art facility for day case surgery either under local or general anaesthesia. This will allow Tristan to serve patients from further south and London. He currently offers private practice consultations at the Three Shires Hospital, Northampton and Woodland Hospital, near Kettering.

Mr McMullan has been looking after patients as a hospital consultant in Northamptonshire for 15 years and has developed a reputation for his care and attention to detail for cosmetic eyelid surgery and other eye-related disorders, including cataract, tumours, cysts, lesions and watery or dry eyes.

Mr McMullan has introduced a technique for ptosis surgery, which he learned in the US. Ptosis causes droopy eyelids and the results of this minimally invasive approach are more predictable and can also be achieved more reliably under general anaesthetic.

Tristan is also very happy delivering cataract surgery and includes the recently introduced enhanced monofocal lenses in his practice. Enhanced monofocal lenses give patients a degree of intermediate vision — for example, the dashboard in the car or a computer screen, as well as good long-distance vision. These lenses don't have the same risks of glare and dazzle as multifocal lenses, hence his preference for these lenses for patients who are looking for more than standard cataract surgery.



As Tristan says: "cataract surgery is something we tend to take for granted, but it's just shy of a miracle."

You don't need a referral to book a self-funded private appointment. However, insurance providers do insist on either a GP or optometry referral if you're planning to fund your consultation and/or surgery via insurance.

Cosmetic patients should bring some old photographs of themselves. Prospective cataract surgery patients should bring their last optician report, and cataract patients shouldn't drive to their appointments because they'll need their pupils dilated as part of the assessment.

Meet the expert
Mr McMullan prides himself in providing gold-standard general ophthalmic and oculoplastic services, which were honed via 11 years of training in both the UK and US before he became a consultant in 2007. He applies cosmetic surgery principles to functional surgery and vice versa, in order to optimise results for both patient wellbeing and professional satisfaction. 'Less is more' would summarise his approach. "I want my patients to look fresh, rejuvenated and well — not surgical," he explains. "If you want to look overcooked, I'm afraid I am not the surgeon for you."

Tristan's training took place at respected, world-renowned centres and organisations including the University of Cambridge. In the US, Mr McMullan developed his skills in oculoplastic cosmetic procedures at the Center for Facial Appearances in Salt Lake City, Utah, training with two of the world leaders in the field.

He's also significantly contributed to medical research. He has a PhD in human genetics (2003), researching at the Sanger Centre, Cambridge and the Wessex Regional Genetic Laboratory, and has had his work published in numerous peer-reviewed journals and presents regularly at national and international conferences.

● **Mr Tristan McMullan, consultant ophthalmic and oculoplastic surgeon**
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UNDERSTANDING YOUR HEART CONDITION

Your doctor says: "I'm afraid you have a heart problem." Patient thinks: "You're afraid, what about me?"
Dr Pitts Crick is an eminent and pioneering heart specialist working in Bristol and Bermuda. After many years working as consultant cardiologist and educator at the university teaching hospital and regional cardiothoracic centre, he's sharing his knowledge online so that those affected by heart conditions can gain a clear understanding of them.



Dr Pitts Crick says, "Over the years, I've found that patients are generally more troubled by the uncertainty and anxiety about heart disease than the illness itself. Most people expect to be more or less in control of their lives, but finding themselves with a potentially serious disease suddenly makes them feel that their plans have been thrown into chaos with little reliable information to go on. They need to know what's gone wrong, and especially why it's happened, along with an outline of what can be done to restore them to good health. A clear explanation of these, in plain English, is often the most powerful medicine."

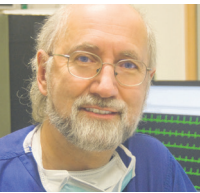
Dr Pitts Crick has prepared a programme of video tutorials covering each aspect of how the heart and circulation work, what happens when it doesn't work properly, what can cause it to malfunction and what tests can be done to identify the problem. All this adds up to a diagnosis. Further videos explain the range of treatments available and how they can be tailored to your specific needs, both to relieve the immediate problem and to safeguard your future heart health. This includes lifestyle changes and guidance on returning to full activity.

This will enable you to engage in a meaningful discussion with your doctors about:

- The nature and details of your disease
- What caused you to develop it
- How the diagnosed is confirmed
- What the treatment options are
- What the outlook is, short and long term
- How you can help yourself

Knowledge is power — get the knowledge and retake control of your future.

● **Scan the QR code with your phone camera or follow this link to the Heart Info website heartinfo.uk where you can watch Dr Pitts Crick's free webinar, Understand Your Heart Condition**



PERSONALISED ORTHOPAEDIC SURGERY

Jose Blanco is personalising orthopaedic surgery. Seek the care and advice of an award winning, UK-trained orthopaedic surgeon
Mr Jose Blanco is a consultant trauma and orthopaedic surgeon with specialist expertise in the adult hip and knee and paediatric orthopaedic surgery.

He works with a pre-selected group of expert anaesthetists, nurses, theatre teams and physiotherapists to provide tailored care in all stages of a patient's treatment. When surgery is agreed, the pre-assessment teams work closely to maximise safety and minimise risk. If appropriate, Mr Blanco works with international implant manufacturers to provide bespoke implants or robotic procedures.

Mr Blanco is a surgical tutor for the Royal College of Surgeons and has a 100% entry rate for the national joint and ligament registries.

The team provide consultations, outpatient and surgical treatments in Peterborough, Huntingdon and Kettering. He can also provide telemedicine appointments.

● **Visit mrblan.co or call Kirsty or Elizabeth on 07818 304865 for a consultation**

