

## Get healthy for Summer at Brompton Cross Clinic

### 10 week health makeover programme

Comprising: 10x1 hour sessions with a top exercise specialist and three one-to-one consultations with one of London's premier nutritional therapists from Brompton Cross Clinic.

We will guarantee the results if you follow our programme!

Come for a free assessment to discuss the results you could achieve.

10 weeks, 10 exercise sessions £1,499 or  
10 weeks, 20 exercise sessions £2,699

## Enjoy the skin you're in

The facial that all Hollywood stars are talking about is now available at Brompton Cross Clinic. Especially beneficial for sun-damaged, lined, unevenly pigmented or scarred complexions, the Environ facial treatment improves cell renewal and increases fresh collagen and elastin production, softening lines and scars to a degree considered impossible even with surgery. Skin appears firmer and finer-textured, with dramatic results.

## Life Coaching – something for everyone

Brompton Cross is one of the few medical institutions in this country that has a dedicated Executive and Life Coach. Anna Percy-Davis, the clinic's coach, has a training in Psychology and Psychotherapy and spent a number of years in investment banking and headhunting before training to be a coach.

Anna is enthusiastic about coaching at Brompton Cross and is clear that absolutely anybody and everybody benefits from coaching at some stage in their lives. Individuals going through periods of change in their careers or in their personal lives can benefit significantly if they are coached through these periods.

Coaching is an entirely positive experience. It is not about explaining why people are where they are, but it is about helping people to focus on the Now and on their lives going forward. Coaching brings out the best in a person so they can really enjoy living today.

Anna recommends at least of couple of coaching sessions if you are to get any benefits. And, if you are going through a period of big change, it is worth seeing Anna throughout this period.

Anna is upbeat and proactive – book in a session with her today, you will not be disappointed.



## New team additions to Westover House and Brompton Cross Clinic

We are delighted to welcome the following people to the group:

Dr Helen Cox	Paediatric Allergy Specialist
Dr Brian O'Connor	Respiratory Physician
Mr Bijan Khoubehi	Urologist
Jo Craddock	Westover Practice Nurse
Claire MacDonald	Homeopath
Philippa Chance	Environ Beauty Therapist

Most of the team will be available for consultation at both Westover House and Brompton Cross.

Westover House | BROMPTON | CROSS  
CLINIC

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### Doctors:

Dr Tim Evans  
*(Clinical Director)*  
Dr Carolyn Barshall  
Dr Michael Criswell  
Dr Peter King-Lewis  
Dr Stella Major  
Dr Gillian Ostrawski  
Dr Afza Zaki

### Dentists:

Dr James Hall  
Dr Jo Metz

### Consultants:

Dr Carl Brookes  
*Cardiologist*  
*(Medical Director)*  
Dr Nilesh Morar  
*Dermatologist*  
Mr Hamid Daya  
*ENT Specialist*  
Dr John Martin  
*Gastroenterologist*  
Dr Michael Pelly  
*General Medicine*  
Mr David Nott  
*General Surgeon*  
Dr Nazima Pathan  
*Paediatrician*  
Dr Helen Cox  
*Paediatric Allergies*  
Dr Owen Bowden-Jones  
*Psychiatrist*  
Dr Mandy Bryon  
*Psychologist*  
Dr Brian O'Connor  
*Respiratory Physician*  
Dr Martin Seifert  
*Rheumatologist*  
Mr Bijan Khoubehi  
*Urologist*

We are delighted that both the Westover House and Brompton Cross clinics are now functioning as one integrated practice. At whichever location you are a member you will now receive the same range of services and you are free to choose at which clinic you would prefer to see us.

The most palpable sign of this integration is the new dental suite that has now been inaugurated at Westover – with a particularly fine view of our garden for patients 'in the chair'! Please do drop in to see our dentists when you are next in the clinic so they can show you the state of the art facilities that we have installed. I do appreciate that changing your dentist is sometimes even harder than changing your GP, but we hope that many members will take up our dental membership plan which offers an annual check-up and two hygiene visits for just £22.00 per month.

We have also launched our in-house pharmacy which stocks many of the medicines we most frequently prescribe. Now at the end of your consultation you will be able to pick up your medicine from reception at a price that will match or beat the main High Street chemists.

We have also launched a weekly Saturday morning surgery at Brompton Cross on 29th March for members who find it difficult to find the time to visit us during the working week. In addition we are taking our Out-of-Hours service back 'in-house' to ensure continuity of care for our members around the clock.

I look forward to bringing you more news of the clinics in three months time – we will have opened in Notting Hill by then too!

With best wishes as ever,

**Dr Tim Evans**  
Clinical Director  
April 2008

## New clinic opens in Notting Hill, at 304 Westbourne Grove, W11

We are delighted to announce the opening of a new clinic in May. Just as at our Brompton Cross and Wandsworth clinics, 'The Westover – Notting Hill' will offer a comprehensive range of specialist services and complementary therapies in addition to GPs and dentists. Your membership will be extended to include the new clinic to help you achieve and maintain optimal health wherever you find it easiest to see us. We look forward to welcoming you to The Westover – Notting Hill.

## Saturday surgery hours

We are also delighted to be able to make more GP consultations available at Brompton Cross. The clinic is open on Saturdays from 10:00am until 2:00pm.

## Weight Exchange at The Westover – Wandsworth

Exchange unwanted pounds for a healthier lifestyle with a six-week integrated diet and exercise programme that offers you the opportunity to discover what works best for you.

Research shows that sustainable weight loss calls for a combination of dietary change with physical activity. When people make both these adjustments in their lifestyles, they have the best chance of shedding unwanted pounds and keeping them off for good.

Led by experienced nutritional therapists and a personal trainer, Weight Exchange offers regular reviews and support, weekly interactive workshops and exercise workouts inspire you to include regular physical activity into your daily routine.

Find out more at an introductory talk at The Westover – Wandsworth on 10th April at 7.00 pm.

## Acupuncture Revelation

Acupuncture can increase the chances of becoming pregnant for women undergoing fertility treatment by up to 65%. Doctors in the US collated evidence from all relevant studies and published their conclusions in the British Medical Journal recently.

**Emma Cannon** our Acupuncture and Fertility Advisor has been integrating acupuncture with other complementary therapies since the early 1990's and specialises in fertility and women's health, gynaecology, conception, IVF support, pregnancy and postnatal care. Working at both our clinics Emma develops a bespoke package of therapies for all of her patients calling on her expert team to deliver acupuncture, electro-acupuncture, nutritional support and other supportive therapies. This personalised approach within an integrated practice setting allows Emma to provide a one-stop shop for the whole range of fertility, conception and pregnancy issues.

Emma's team's first priority is always to raise general health levels in couples before conception so as to ensure healthier pregnancies and healthier babies.

## Biophysical250

The Westover is delighted to be offering the single most comprehensive health assessment available today: the Biophysical250. This comprehensive battery of tests, previously only available in the USA, is now accessible in the UK, exclusively at Brompton Cross.

### Can you give me an overview of the Biophysical250 test?

Everything that happens in your body manifests itself in your blood. For example, when you get excited adrenaline rushes into your bloodstream and your body reacts accordingly. Biophysical250 measures the levels of more than 250 individual blood-based biomarkers, such as adrenaline, glucose and cholesterol, to provide your doctor with vital information as to what is going on in your body. Thus the Biophysical250 test allows a doctor to make better and more informed decisions about your health by developing a significantly clearer picture of what is occurring in your body.

### What makes the Biophysical250 a better tool than other tests?

The comprehensive battery of tests included in the Biophysical250 sets it apart from all other types of testing. Annual examinations, executive physicals, imaging technologies, and other tests are important, but evaluate a limited number of organ systems and screen only for certain diseases. Biophysical250 delivers a more thorough assessment of the many different metabolic processes and organ systems simultaneously.

### How does the Biophysical250 compare to an annual check-up?

Annual check-ups should be an important part of everyone's care plan, but the Biophysical250 is a much more comprehensive test. The annual physical generally measures a fairly limited amount of biomarkers whereas the Biophysical, as its name suggests, looks at over 250 markers. As a result you can determine a much clearer health picture when you look at the levels of specific biomarkers and see how they relate to one another.

### Who are the best candidates for the Biophysical250 assessment?

The test was developed to give patients and their doctors a far more comprehensive assessment than any other single examination or screening process. However, we have found that companies that want to safeguard their employees' health are using this test as a supplement to their corporate healthcare plan.

### How much does the test cost?

The Biophysical250 is an expensive set of tests: £2,200. This will be an unparalleled investment in your future health.

### What's involved in the process?

The first step is to come into Brompton Cross, complete a medical history and get a sample of your blood drawn. After about three weeks you will then be asked back to the clinic where a GP will go through the very detailed report that indicates your results on every biomarker tested. Each individual report is kept confidential. No medical data will be made available to anyone but the individual.

## Skin Care

Dr Nilesh Morar, our consultant dermatologist specialises in diagnosing and treating conditions affecting the skin, hair and nails of both children and adults. Common conditions treated include acne, psoriasis, all forms of eczema and infections of the skin. He also performs mole checks and treats undamaged skin and skin cancers. In addition he performs minor procedures such as cryotherapy for sun damaged skin and warts, removal of moles and skin biopsies for diagnostic purposes.

Dr Morar obtained his PhD from Oxford where he studied the genetics of atopic dermatitis (Eczema). Dr Morar also practices at Chelsea & Westminster Hospital and Great Ormond Street Hospital whilst continuing his research at Imperial College, London. Please ring Brompton Cross to make an appointment.

## Podiatry and Bespoke Orthotics

Our Specialist Podiatrist, Mr Sas Ahmadi, is an expert in the diagnosis and management of disorders relating to the skin and nails of the feet, as well as problems arising from poor alignment of the foot, ankle, knee and hip. He uses video gait analysis and Biomechanics to ascertain faulty movement patterns which may be influencing pain or injury.

Mr Ahmadi prescribes both semi-bespoke and bespoke orthotic devices from a mould of the foot or foot and ankle to alter the function of the lower limb in order to improve alignment and prevent injury-provoking movements.

Mr Ahmadi graduated from UCL Medical School and as well as being Clinical Lead in Biomechanics at a London teaching hospital, he treats club level athletes through Roehampton University Sports Sciences department.