Chelmsford Medical Centre is delighted to announce it has secured a three year sponsorship agreement with Essex Cricket. The agreement will see Chelmsford Medical Centre become the Official Medical Partner to Essex Cricket.

John Sutcliffe, Chairman of Chelmsford Medical Centre said “We are looking forward to building our relationship with Essex Cricket and supporting them through the next three seasons. We have an excellent facility with state of the art equipment in the town centre for all sporting injuries which includes diagnostics, spinal and back pain experts, Orthopaedic surgeons, sports medicine and specialist Sports Injuries Physiotherapists. We see this partnership with Essex Cricket as a natural fit with the services we provide.”

Essex Cricket

Perry Norton, Business Development Manager at Essex Cricket said “We are pleased to have secured yet another long term partner at the club. We look forward to developing our relationship over the next three years. Chelmsford Medical Centre is located a stone’s throw away from the ground and their first class service will be beneficial not only to our staff but also our many members and supporters.

In the first month of our new status as Official Medical Partner to Essex Cricket, several of the players have been in to the Centre for treatment, including Graham Napier. He has had a run of bad luck with injuries this winter and most recently tore a tendon in his right elbow joint whilst bowling in a season-opening loss to Otago. He said: “It was not a major injury, but it was quite a serious one, the medical team at Essex and at Chelmsford Medical Centre have been brilliant, and I’m hoping to begin bowling again next week.”

New Face - Dr Tom Crisp, Consultant Sports Physician

Dr Tom Crisp is a full time Specialist in Sport & Exercise Medicine being just the second doctor in UK to be placed on the Specialist Register of General Medical Council as a sports physician.

Dr Crisp started work in Sports Medicine in 1982 when he opened a sports injury clinic in Chelmsford in the local physiotherapy clinic and acted as team doctor to Essex Cricket Club. In 1986 he gained a Diploma in Sports Medicine at Royal London Hospital (now Queen Mary College University of London) and travelled to Moscow with the England Hockey team soon after.

He has travelled with Great Britain teams to Olympics in USA in 1996 as HQ Medical Officer, Paralympics in Sydney in 2000 as Chief Medical Officer, and 3 World University Games in 1993, 1995 and 1997 as Chief Medical Officer. He is now a member of the International Medical Commission of FISU (International University Sports Federation) supervising World Games and Championships around the world in many different sports.

Dr Crisp is currently part of the Organising Committee for London 2012 planning the sports medicine provision for the Olympic Games.

He acted as Team Doctor to Tottenham Hotspur for 4 months in 1994, Medical Officer to London Division rugby and worked with Wasps Rugby from 1990-2000.
In the Operating Theatre: Consultant Plastic and Aesthetic Surgeon, Mr Garrick Georgeu

The star of Mr Garrick Georgeu, one of the most popular and entrusted Plastic and Aesthetic Surgeons in Essex, continues to rise. He currently practices at Chelmsford Medical Centre and is a member of UKAAPS (who only have Plastic Surgeons as members and represent ISAPS within the UK). UKAAPS pride themselves on patient safety and after-care that is second to none. See www.ukaaps.org for more information.

Mr Georgeu was raised in Cape Town, South Africa where he qualified at the highly regarded University of Cape Town in 1993. He then came to the UK in for his surgical training. He specialised in plastic surgery and trained exclusively from 1997-2007 at seven different hospitals throughout the UK, including Broomfield Hospital in Chelmsford.

During his 10 year training period, he completed a research degree, wrote 24 clinical papers and a book chapter, and gained his place on the GMC specialist register for Plastic Surgery. In addition, Mr Georgeu has completed 15 months in specialist fellowships in Aesthetic, Breast and Microsurgery, and Trauma Reconstruction in London, Chelmsford and South Africa respectively.

Over the past 18 months, Mr Georgeu has worked under the mentorship and guidance of Professor James Frame, a highly acclaimed and respected Cosmetic Surgeon.

Though much of the work Mr Georgeu is currently undertaking is breast augmentation, he also specialises in face and neck lifts, eyelid surgery, body contouring and fillers / Botox.

Please see our website for more details about our Cosmetic Surgery services and Mr Garrick Georgeu.

In the Operating Theatre: Consultant Podiatric Surgeon, Mr Jason Nandlal

Mr Nandlal qualified as a Podiatrist, exclusively treating the foot and lower limb, at the Plymouth University School of Podiatric Medicine in 1985. In 1999 he completed his surgical fellowship at Bridge Hospital and achieved his Certificate of Completion of Surgical Training (CCST) in 2003.

He was appointed Consultant in Podiatric Surgery at Mid Essex PCT and South East Essex PCT in 2004. He also works in North West London and Central London.

Mr Nandlal is currently a tutor and examiner for the College of Podiatrists Faculty of Surgery. He has a special interest in performing day case foot surgery under ankle block anaesthesia and has performed over 5500 surgical procedures in the last nine years.

Mr Nandlal has lectured regionally, nationally and internationally on Podiatric Surgery.

Please see our website for more details about our Podiatry services and Mr Jason Nandlal.

Chelmsford Eye Clinic

The Chelmsford Eye Clinic at Chelmsford Medical Centre really is an all singing all dancing affair with a vast range of treatments and surgery available for all manner of eye conditions. From standard sight testing with our fully qualified team of Ophthalmologists and Orthoptists to corneal transplants by the only qualified corneal transplant consultant in Chelmsford, Mr Dimitris Pimenides. All our Ophthalmic specialists practice in the local trust with their sub speciality. See our website for full details of services.
Harley Street back pain expertise in the heart of Essex

Established fifteen years ago, the London Spine Clinic provides a multi-disciplinary centre of excellence for all spinal care. Having recently brought its expertise to the Chelmsford Medical Centre, it brings years of experience and dedication to the county town. With rates of reported cases of back pain in England having doubled over the past 40 years, it is estimated that one in five people will visit their GP in any given year complaining of back pain. 80 percent of adults will experience at least one episode of back pain at some point in their lives and approximately nine million working days are lost to the problem every year.

The London Spine Clinic is a world leader in the treatment of spine problems and has successfully pioneered several new surgical treatments such as disc replacement, facet joint replacement and the treatment of spinal stenosis.

Consultant, Mr John Sutcliffe from the clinic said, “I am excited to bring these techniques to Chelmsford Medical Centre. Patients travel from all over the world to be treated here. “I am proud of our ability to diagnose quickly and effectively the cause of patients’ back problems, and of having a range of options with which to treat them.”

The results can be life-changing. Gillian Dicrescenzo from Ipswich has suffered from back pain for over ten years and during her worst times, was confined to bed as the pain was so intense. Despite visits to her GP and local hospital, her pain was still with her. Her daughter started searching on the internet for a new lead and after reading about Mr Sutcliffe at Chelmsford Medical Centre, booked an appointment. “I can’t tell you how he made me feel,” she said. “Finally I had found someone who listened, understood and made me feel like I wasn’t wasting his time.” After years of being told nothing major was wrong, Mr Sutcliffe diagnosed three tears in a disc. Shortly afterwards, Gillian underwent a lumbar discogram and surgery, which transformed her life.

“You haven’t laughed like this for years” her husband commented.

“Mr Sutcliffe is someone I felt comfortable with immediately.” Gillian said. “The team at Chelmsford Medical Centre has been fantastic. Nothing is too much trouble for them. I just wish I’d known about it years ago.

Despite surgery being an expensive option for her, Gillian says it has all been worth it. “We had nothing to lose. At times I felt life wasn’t worth living. This seemed to be my last chance and I am so grateful for everything Mr Sutcliffe and the team at Chelmsford Medical Centre has done for me.”

Chelmsford Medical Centre offers a rapid “one-stop” service with everything under one roof. Patients can often be assessed, scanned or x-rayed and, if appropriate, treated on the same day.

Erectile Dysfunction

Erectile dysfunction refers to the problem of being unable to gain or maintain an erection to have satisfactory intercourse. This is a common problem, with 1 in 10 men suffering, often unnecessarily as there are effective treatments available for the many causes of erectile dysfunction.

There are many known causes of erectile dysfunction, both physical and psychological, with some of the more common ones including smoking, excessive drinking, drug abuse, obesity and depression.

At Chelmsford Medical Centre we ensure that you have an individual assessment before being prescribed any treatment. In this way you will receive the best of our expertise as well as a treatment that is appropriate and safe for you.

We currently have an experienced private GP practising at Chelmsford Medical Centre who specialises in Men’s Health, Dr Christopher Parry. Simply call us on 01245 253760 to book your 30 minute initial consultation.
**Chilli peppers may hold the answer to our pain**

A new form of pain relief, using a derivative of chilli peppers, is now available in Chelmsford. The treatment – which has been nicknamed the “Chilli Patch” – is a cutaneous patch called Qutenza which delivers medicine to the skin. The patch contains a substance called capsaicin which is normally found in chilli peppers. The treatment is currently used in several hospitals in and around London but Chelmsford Medical Centre is the first place in Essex to make the treatment available and have their staff trained to administer it.

Dr Victor Mendis, Pain Management Consultant, jumped at the opportunity to bring the new treatment to Chelmsford Medical Centre. “The benefits of this treatment are that it is non-invasive and relatively cheap compared to other pain management procedures. Both I and Registered nurse Amanda Thorpe have been fully trained in how to administer the product. I have been very impressed with the results I have seen so far and hope that in due course it will be recognised by the NHS and insurance companies.”

Mrs Stephanie Chandler was one of the first patients to be treated at Chelmsford Medical Centre with the Qutenza patch. Stephanie had suffered from two years of pain in her foot after a toe joint replacement operation. She was diagnosed with torn nerves in her legs and subsequently had 6 nerve blocker injections which helped ease the pain in her leg but the pain in part of her foot never left her.

“I couldn’t walk far and needed hot water bottles and freezer packs to ease the pain on a daily basis. I was ready to try anything.” Stephanie went on: “Dr Mendis told me about this new patch and has been wonderfully helpful. I had to go to Chelmsford Medical Centre as that is the only place locally where it is available. It’s such a lovely environment – very bright and not at all like a hospital. The staff and nurses were all incredibly friendly and the treatment so much easier than the blocker injections. It was not painful, although I felt a slight burning sensation once the treatment took effect. That lasted a couple of days and now I am completely free of pain. It’s fantastic and I feel wonderful! I may have to go back for another session in a few months’ time but the procedure was so straight forward, that doesn’t bother me at all.”

Qutenza is used to treat peripheral neuropathic pain (pain that is caused by damage to the nerves). It is particularly effective for post-operative pain, burns, and localised pain related to nerves, especially post-shingles pain and scar pain. It can be used alone or together with other painkillers and can only be obtained with a prescription. The treatment is non-invasive with minimal side effects and one application lasts up to three months.

A local cream anaesthetic is applied an hour before the treatment to numb the area and help reduce discomfort. The Qutenza patch is cut to match the size and shape of the most painful areas of the skin. Up to 4 patches may be used at any one time and each patch should remain in place for between 30 and 60 minutes depending on which part of the body is being treated.

Qutenza has been tested in four main studies involving over 1,600 adults with moderate to severe neuropathic pain. The cost of the treatment depends on size and number of patches required and it is anticipated that it will become available on the NHS and recognised by medical insurance companies in 2012.

For more information about this treatment, please call us on 01245 253760.
Hair transplants are becoming more popular as high-profile celebrities admit to having undergone treatment for hair loss.

Until now, most people in Essex wishing to have a hair transplant have had to travel to London or further afield to have the procedure performed.

Chelmsford Medical Centre is delighted to announce the start of this new service and hopes local Essex men and women looking to restore their hair growth will come and find out more.

Hair transplant is a surgical procedure that involves taking healthy hair roots from the back and side of the head and transplanting them to the area that has suffered the hair loss or thinning. Skilfully performed hair transplants are permanent and maintenance free. They grow, feel and look very natural and are hard to detect, even for a hairdresser.

A hair transplant is a suitable procedure for both men and women who have experienced baldness or thinning of hairs. This can also be used for localised hair loss on any part of the body due to scarring, such as eye brows, moustache or beard. Hair transplants are performed under local anaesthetic as a day case and take 5-7 hours depending on the area of hair loss and number of hair follicles transplanted. The areas from which hair is taken and transplanted into are totally numbed so no pain is felt. Hair transplantation is a safe cosmetic procedure.

Hair transplants at Chelmsford Medical Centre are carried out by Mr Bhagwat Mathur, an experienced Consultant Plastic Surgeon who specialises in Folicular unit hair transplantation.

An initial 15 minute consultation costs £50 which is refundable if you subsequently book a procedure. The cost of a hair transplant ranges from £3,000 to £5,000 depending on the size of area that requires new hair and the number of procedures required.

For more information, please see our website or call us on 01245 253760 to book your initial consultation.

New services available

Reflexology
Reflexology may help with a wide range of ailments including: headaches, sleep disorders, menstrual problems, muscular and joint pain, hormonal imbalances, fertility issues, sinus problems and stress related illnesses. It promotes good health and a general sense of well being.

Nutrition and Dietetics
Our specialist nutritionist provides evidenced based dietary advice and support on all areas where an improvement in your diet can bring an improvement in your health and wellbeing: weight loss, sports nutrition advice, manage diet-related conditions, such as diabetes, raised cholesterol, food intolerance, functional bowel disorders and poor appetite.

Excessive Sweating (Hyperhidrosis)
Excessive sweating occurs when the amount of sweat produced exceeds the requirement for thermal regulation: this condition is called hyperhidrosis. Hyperhidrosis affects up to 3% of the population and the symptoms of it can be embarrassing and distressing and have a negative impact on quality of life.

Botulinum toxin (Botox) is a relatively new treatment for people with hyperhidrosis. Around 12 to 20 tiny (minute) doses are injected in the affected areas of the body, such as the armpits, hands, feet or face during the 30 – 45 minute procedure. The toxin works by blocking the signals from the brain to the sweat glands, reducing the amount of sweat that is produced.

For more details on these services, please see our website.
Most people think about having laser hair removal in the summer when they have more skin on show. However the best time to have this permanent hair reduction treatment is when you have no tan which is usually in the winter/spring. This is because the treatment is more effective on darker hair against paler skin, therefore when the sun tans your skin and bleaches your hair it also makes laser hair removal less effective.

For prices and further information, please see our website.

**GP Lunch & Learn Sessions**

The hour long “Lunch & Learn” sessions comprise a Chelmsford Medical Centre Consultant coming along to your surgery at one of your regular GP meetings and giving you and your colleagues an informative talk on an aspect of their work. Lunch and certificates for your CPD records will be provided by us.

We have a selection of speakers and topics available for Lunch & Learn sessions. Presentations can be given on any of the following subject matters, subject to the availability of the respective consultant:

- Cognitive Behavioural Therapy
- Gynaecology
- Men’s Health
- Neurosurgery
- Ophthalmology
- Orthopaedics
- Pain Management
- Physiotherapy
- Podiatric Surgery & Podiatry
- Urology
- Vascular Surgery

For more information on our Lunch & Learn sessions, please contact Nicola Douglas on 01245 253783 or ndouglas@chelmsfordmedical.co.uk