

MAKING Strides

AUTUMN/WINTER 2017

Your free, local health
& wellbeing magazine
brought to you by
Horder Healthcare

ADVICE P18

KNEE REPLACEMENT SURGERY:

Getting Closer to a Natural Knee

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HORDERHEALTHCARE

www.horderhealthcare.co.uk

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ASK YOUR GP, IT'S YOUR CHOICE.

Did you know the NHS offers you the right to choose where you are referred for your treatment?

At Horder Healthcare, we are extremely proud to announce our two hospitals The Horder Centre and The McIndoe Centre have been rated 'outstanding' and 'good' following their latest Care Quality Commission inspections. We are a leading healthcare provider with an impressive heritage in orthopaedic surgery and musculoskeletal treatment. Read our 5* reviews on the NHS Choices website and ask your GP to be referred.

Visit www.nhs.uk search: [The Horder Centre/The McIndoe Centre](#)

To discuss your referral or for more information:

Call [01892 620943](tel:01892620943) or visit horderhealthcare.co.uk & themcindoecentre.co.uk



HORDERHEALTHCARE

Welcome



An organisation is only ever as good as its people and in this edition, we are very proud to share with you some of the outstanding achievements of our fantastic team.

Senior physiotherapist Gemma Freeman, who has worked with us since 2011, was selected to represent Great Britain in the ITU World Triathlon Championship in Rotterdam last month - an extraordinary achievement considering it was just three months after taking part in her first triathlon. Well-deserved congratulations Gemma, whose story you can read on page 4.

It is because of the commitment and dedication of our team that we have exceeded national average scores in patient-led assessments of non-clinical services including cleanliness, food and our patients' privacy, dignity and wellbeing, which is of paramount importance to deliver our five key values of being caring and friendly and delivering quality healthcare with integrity and pride. Find out more on page 7.

Whilst we love to see our team helping patients, it's also important they make time for themselves and each other so it was great to see an impressive level of participation in our Workout at Work day where our physiotherapists promoted the importance of keeping physically active during the working day and offered advice to colleagues about health and fitness. See page 5 for the full story.

Finally, we are very pleased that we can now offer a new finance option to our patients who wish to be treated privately but who want to pay by a means other than health insurance. Providing this option makes private healthcare more accessible and means the cost of treatment can be spread over a period of time - we currently offer representative 0% APR up to six months. It also gives our patients choice, which can be particularly important for those who may wish to get access to treatment faster. More information can be found on page 5.

Richard Tyler
Chief Executive, Horder Healthcare

HORDERHEALTHCARE

- Crowborough
- Eastbourne
- East Grinstead
- Seaford
- Tunbridge Wells

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LATEST NEWS

Horder Centre physio represents GB in World Triathlon event

Horder Healthcare physiotherapist Gemma Freeman represented Great Britain in the ITU World Triathlon championship in Rotterdam on 17th September. Gemma, 30, who was supported by Horder Healthcare for the event, battled nerves and navigated the narrow cycle paths of Rotterdam to complete the 1.5k swim, 40K cycle and 10K run in the 30-34 age group.

She was selected for the team after taking part in an event at Arundel in July, just three months after competing in her first triathlon in Steyning.

Gemma, who works as a senior physiotherapist at The Horder Centre in Crowborough, has always been sporty and played a lot of football until a year ago when an old neck injury flared up. She decided to give triathlons a go, though

had never really swum competitively until she joined the Brighton Triathlon Club where she began training.

She said: "The support was brilliant near the finish and the atmosphere was amazing as I headed down the blue carpet towards the finish line. I was absolutely buzzing after the race. It was a truly amazing experience that I will never forget. I wanted to say a big thank you to Horder Healthcare for their support and I would recommend to anyone of all ages to give triathlon a go."

Gemma, who joined The Horder Centre in 2011, has a specialist interest in musculoskeletal and sports injury rehabilitation. Visit horderhealthcare.co.uk/news to read the full race report.



‘Going private’ at Horder Healthcare might be easier than you think

Many of our patients choose to be treated privately for surgical procedures which can range from hip and knee replacements to cosmetic surgery and ophthalmic treatments. Private treatment doesn’t necessarily mean that you must have private medical insurance. In fact, many patients prefer to pay for themselves or self-finance.

Choosing to be treated privately may suit you if you wish to get access to treatment faster so that you can get back to work or resume a normal life more quickly. To make

this easier, we have introduced a finance option so that you can spread the cost of your treatment. Furthermore, we are offering representative 0% APR up to six months.

Rachel Dixon, Operations Director at Horder Healthcare, said: “Whilst we provide many of our services free at the point of delivery under the NHS, we also cater for those patients who, for one reason or another, prefer to be treated privately.

“Private healthcare offers patients quick access to treatments, such as hip and knee replacements that can have long waiting lists so they can get back to a full life as soon as possible. To make private healthcare more accessible, we have introduced a finance option so that patients can spread the cost of their treatment over a period of time.”

To find out more about how you can spread the cost of your treatment visit www.horderhealthcare.co.uk/patients/personal-medical-loans

Horder Healthcare staff get fit for Workout at Work day!

Staff at Horder Healthcare got themselves moving for Workout at Work day with their very own fitness challenge!

Under the watchful eye of the physiotherapy department, staff completed 1,000 press ups, 500 squats and 1000 seconds of planking as they took part in the event to promote the importance of keeping physically active during the working day and keeping fit for work. It was the second year running that we have

taken part in the national initiative, organised by The Chartered Society of Physiotherapists.

Physiotherapist Michael Anderson said: “As a charity, Horder Healthcare aims to promote fitness and healthy living so we thought it would be a great idea to practise what we preach! As well as getting people involved we were able to chat with them and answer any questions they had on health and fitness.”



McIndoe

development update



Refurbishment and reconfiguration of The McIndoe Centre continues apace, with new clinical and diagnostic facilities being added as our extensive building project progresses through the centre.

The first phase of the new Ophthalmic Suite has been officially opened and has extended the range of diagnostic tests available to patients with eye conditions, giving their consultants the best possible information with which to plan their treatment. The new consulting rooms and dedicated waiting area ensure patients are seen in comfort and privacy.

Our admissions lounge is now open and as well as making patients more comfortable, the space is regularly used for demonstrations and events.

All patients coming to The McIndoe Centre for in-patient treatment are assessed and prepared for admission by our Pre-Admission team of specialist nurses. Their new Pre-Assessment Centre has just been completed, providing purpose designed rooms allowing every patient the opportunity to discuss their needs in privacy and with all facilities to hand.

Dental and maxillofacial surgery are receiving a boost as our new treatment room opens its doors for the first time. Together with new state of the art x-ray equipment being added to our out-patient treatment area, the new facilities mean dental and reconstructive surgeons can plan treatment more effectively and carry out additional procedures in dedicated rooms.

Looking ahead, we are delighted to announce major work is now underway developing a brand new Day Care Suite, greatly enhancing our ability to provide specialist day surgery and treatment in the future. With private rooms for patients before and after their treatment, a new operating room fully equipped for a wide range of procedures and with our consultants able to offer new and more effective treatments without the inconvenience of an overnight stay, we are looking forward to a very exciting start to 2018.

EXEMPLAR STATUS REACCREDITED

We are delighted to announce that The Horder Centre has been revalidated by NHS England as a VTE Exemplar Centre. VTE stands for venous thromboembolism and relates to the formation of blood clots inside blood vessels that can obstruct the flow of blood in the circulatory system.

Staying sedentary after surgery can increase the risk of blood clots. However, there are numerous ways of reducing this risk. As a VTE Exemplar Centre, The Horder Centre is nationally recognised as providing excellent care related to blood clot prevention.

The Exemplar Centres remain central to the continued success of the National VTE Prevention Programme. We are now preparing for the assessment at The McIndoe Centre as we hope to have two VTE Exemplar status hospitals.

The Horder Centre surpasses national average in recent PLACE assessment

We are pleased to share with you that in our recent PLACE assessment at The Horder Centre, we surpassed the national average in all eight of the measured criteria.

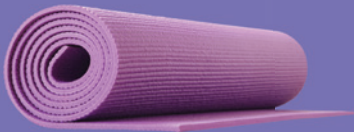
PLACE (Patient-Led Assessments of the Care Environment) assessments are carried out annually to assess the standard of non-clinical aspects of hospitals providing care for NHS patients.

These assessments are carried out by volunteers and local members of the public to help identify room for improvement and also highlight what is being done well.

The Horder Centre has improved in each criterion since the last assessment in 2016, scoring 95.63% for Dementia, compared to the national average of 76.71%, also scoring 99.68% for cleanliness whilst the national average is 98.38%.

	The Horder Centre	National Average
Cleanliness	99.68%	98.38%
Food	98.29%	89.68%
Organisation Food	97.84%	88.8%
Ward Food	98.87%	90.19%
Privacy, Dignity and Wellbeing	97.5%	83.68%
Condition, Appearance and Maintenance	99.72%	94.02%
Dementia	95.63%	76.71%
Disability	97.85%	82.56%

New Saturday Pilates classes at Tunbridge Wells



Pilates can help build strength and improve flexibility, coordination and balance through a series of physical exercises. We offer a form of Pilates that has been modified by physiotherapists to make it safe for people with injuries or suffering from muscle pain.

Starting from 21st October, in addition to weekday classes, we are offering a new Pilates class every Saturday from our clinic in Tunbridge Wells. Fitness classes are also available from The Horder Centre in Crowborough and our clinics in Seaford and Eastbourne. Please visit horderhealthcare.co.uk for a timetable of the classes available at all Horder Healthcare sites.

HORDER HEALTH TIP

Boost your immune system in the colder months.

As the days start getting darker, we tend to feel a bit more run-down and tired. Follow these tips to keep your immune system fighting fit during the colder months:



GET A GOOD NIGHT'S SLEEP.

Make sure you get into a regular sleeping routine and give your body plenty of time to rest, restore and rejuvenate. Set yourself a strict sleep schedule.

TREAT YOUR TUMMY.

Believe it or not, your gut is actually a vital part of your immune system. We all need probiotics to keep our digestive system ticking over and the good bacteria found in these can help to reduce the severity of colds and flu. They can be found in probiotic yoghurts, but it doesn't hurt to take a supplement over the colder months.

QUIT SMOKING.

Smoking is one of the worst things you can do for your immune system, this is because smoking actually promotes inflammation, making it harder for your body to fight off colds and flu.

KEEP FIT.

Moderate exercise is a great way to keep your body working the way it should; you should aim for about five 30-minute cardio sessions a week. Don't overdo it, though. Too much exercise and not enough rest can actually have the opposite effect on your health.

For more tips on boosting your immune system this autumn or to find further information on how to live well, visit the healthy living section at horderhealthcare.co.uk

HEALTHY EATING

Salmon patties

Salmon is an oily fish and a great source of omega 3. 1-2 portions of oily fish are recommended a week to reduce the risk of cardio vascular disease. These salmon patties go very well with potatoes and salad.

By Steve Fennell, HCPC Registered Dietician *HCPC Registered Dietician*

6 patties	Preparation time: 10mins (+ chill time)	Cooking time: 14mins
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INGREDIENTS

- 2 tins pink salmon (2x212g)
- 5 spring onions, thinly sliced
- 2 eggs beaten
- 100g whole wheat bread crumbs
- 1-1 ½ tbsp wholegrain mustard
- Olive oil cooking spray

HOW TO PREPARE

1. Drain and flake the salmon with a fork
2. Add the spring onion to the salmon followed by the beaten eggs and mix well
3. Add the bread crumbs a handful at a time, continually mixing
4. Finally add the mustard and continue to mix. (Add a finely chopped chilli if you like a little more heat)
5. Allow the patties to chill in the fridge for 20-30mins
6. Spray with olive oil spray and fry for 7mins on each side until cooked through

NUTRITIONAL CONTENT*

Calories 153 Kcal

Total fat 6.2g

- Saturated fat 1.3g

- Polyunsaturated fat 1.4g

- Monounsaturated fat 2.5g

Carbohydrate 6.8g

Protein 16.5g

Fibre 1.4g

Salt 0.9g

*per pattie

For more recipes, please visit our Healthy Living section at horderhealthcare.co.uk

NEW

Our brand new selection of Christmas cards for 2017



ALL CARDS HAVE THE GREETING:

**“Wishing you a Merry Christmas
and a Happy New Year”**

Each year we offer a variety of Christmas cards for sale and with your continued generosity, you really do make a difference to our fundraising efforts.

With your help we hope we can increase our sales and raise even more funds than last year. We offer free postage & packing - although any donations to cover this cost are greatly appreciated.

1. SELECT YOUR CHRISTMAS CARD(S)

CARD NAME	NO. IN PACK	PRICE	NO. OF PACKS	TOTAL
A Ready for Christmas	10	£3.00		
B Its a bit chilly	10	£3.00		
C Angel light	10	£3.00		
D Colourful stag	10	£3.00		
E First class Christmas	10	£3.00		
F Winter Wonderland	10	£3.00		

Please make cheques or postal orders payable to **'Horder Healthcare'**.

Thank you for your order

TOTAL COST OF ORDER £

DONATION FOR POSTAGE & PACKING £

TOTAL PAYMENT £

2. YOUR DONATION:

I would like to support Horder Healthcare with a gift of:

£1,000 **£500** **£250** **£100** **£50** **Other** £

I enclose a cheque/CAF voucher made payable to **'Horder Healthcare'**

giftaid it **YES**, I am a UK taxpayer and consent to Horder Healthcare claiming Gift Aid on this and all my donations in the last four years and from the date of this declaration until I notify Horder Healthcare otherwise. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please sign to confirm:

Date: / /

3. YOUR DETAILS:

NAME: Mr/Mrs/Miss/Ms

TEL:

ADDRESS:

POSTCODE:

EMAIL:

SEND TO: Fundraising and Marketing Department, Horder Healthcare, St John's Road, Crowborough, East Sussex TN6 1XP.
Alternatively you can email: fundraising@horder.co.uk or call 01892 665577.

Please tick this box to indicate your consent to receive marketing communications by post or email.

HORDER HEALTHCARE CHRISTMAS CARDS ARE ALSO AVAILABLE TO BUY ONLINE AT
horderhealthcare.co.uk

Fundraising Update

We would like to thank everyone who has contributed towards developing the services at Horder Healthcare. No matter how large or small the donation, your support allows us to purchase the necessary equipment required to make our services the very best that they can be and continue delivering outstanding care to the local communities we serve.

For our current appeal, we are aiming to raise £20,000 to purchase the equipment listed in our wish list. We are making a final push to reach our target by the end of the year.

The Horder wish list:

- **Two Accu Vein Systems**

One for each hospital site. The system will allow us to illuminate veins, reducing the risk of patient discomfort and speeding up the process of inserting needles

COST £8,000

- **Continuous passive movements machine (CPM)**

To aid knee joint recovery at The McIndoe Centre

COST £3,000

- **A HoverJack and HoverMatt**

Used for safe patient lifting at The McIndoe Centre

COST £8,000

- **Two dementia friendly patient rooms**

As part of the Butterfly scheme

COST £1,000

Christmas cards

This year we have a lovely selection of Christmas cards available to purchase at our hospitals and clinics, online and through the form which can be found on p.11 of this edition of Making Strides. The proceeds will contribute towards this year's appeal.



The Butterfly Scheme

As can be seen in our wish list, part of our appeal is to raise funds for two dementia friendly patient rooms. Last year, Horder Healthcare introduced The Butterfly



Scheme at both The Horder Centre and The McIndoe Centre. The scheme has been adopted by hundreds of hospitals around the UK to provide a system of effective care for those with dementia or experiencing memory problems.

Staff at all of our hospitals and clinics who interact with patients are given a training session by the Butterfly Scheme coordinator so that they can offer effective dementia care to those patients who need it.

Adapting two bedrooms to be dementia friendly will involve incorporating further signage to promote independence, a reminder board for the patient to be able to schedule their day (e.g when to expect visitors or the consultant) and also brightly coloured, super-strong tableware to create visual cues for eating and drinking.

For more information please visit horderhealthcare.co.uk where you will find specific advice for patients and carers. Alternatively, visit butterflyscheme.org.uk to discover more about the scheme.

YOUR AUTUMN/WINTER

Physiotherapy

Q I was always very active and played a lot of sport in my 20's. I'm now 38 and after having a long spell off exercise I have been trying to get back to cycling. However, I have been experiencing a severe catching type pain deep in my hip when I'm cycling. My GP ordered some X-rays and has told me I have a 'CAM deformity' and 'femoroacetabular impingement' (FAI). What does this mean and how is it treated?

A This type of hip pain is extremely common, particularly in active young and middle aged men and women. There are a number of potential structures that can cause pain in your hip including the soft tissue structures that surround the joint (muscles, tendons and ligaments) as well as joint surfaces themselves.

The 'CAM deformity' you refer to essentially means that the head and neck of the thigh bone is a different shape to the more common ball shape, resulting in more bone tissue being formed around the top of the thigh bone. This is a completely normal kind of variation. However, this type of variation may increase certain forces to the front of the hip, causing

pinching (impingement) to the soft tissue structures in the front of the hip between the socket of your hip (acetabulum) and neck of femur (thigh bone). This is what is called femoroacetabular impingement. If too much stress is placed upon these soft tissue structures, pain may develop. The soft tissue that is often pinched is the labrum. This important structure helps to deepen the socket making the hip joint overall more stable, helps to lubricate the joint, and acts like a shock absorber which reduces the stress being placed directly on the cartilage that covers your bones.

The labrum can sometimes become damaged in the form of a tear which may

Question



Paul Jones, *Extended Scope Practitioner (hip and spine)*, answers your health and fitness questions

result in pain, clicking or catching deep in the hip. This may explain why you feel a catching feeling in your hip when cycling as the thigh bone and hip socket can trap the labrum in the front of your hip causing pain.

A tear can also change the biomechanics of the hip joint resulting in the joint not being able to take as much load as what it would normally. As a result excessive stress is placed on the joint surfaces which may lead to further hip changes such as osteoarthritis (OA) if not addressed early. Research has highlighted that CAM deformity with FAI is a risk factor for developing OA but it is still not known why some people with a CAM deformity go on to develop OA and others do not.

The labrum can tear for many reasons such as during falls or sporting injuries, repetitive movements into extreme ranges of movement or simply with ageing.

However, almost 75% of cases of a torn hip labrum have no known direct cause. Interestingly, tears to the labrum are seen regularly during key-hole surgery procedures of the hip with up to 93% of people presenting with a tear during surgery.

You mentioned that you have recently re-started exercising after a prolonged period off. This is a common cause of developing hip pain as people often try to start exercising at the same level to where they were previously. If this is the case, your muscles are not likely to have coped very well in supporting your hip with this sudden increase in load. However, over time your muscles and joints are able to adapt superbly well to the new forces you are asking them to withstand if these extra forces are added in a gradual way.

The initial treatment for hip pain of this nature is usually physiotherapy. Physiotherapy will help you to restore your hip range of movement with manual techniques and show you specific hip muscle strengthening exercises to help offload the irritable structures. Physiotherapists also provide you with a graded and sensible way in which to gradually get you back to cycling again along with possible bike adjustment tips. Unfortunately for some people, symptoms can continue despite a thorough course of physiotherapy. Treatment then will often consist of injections which may help to settle symptoms down in the short term but if this fails to produce long term improvement further investigation and surgery may be required.

Visit horderhealthcare.co.uk to find out more about our physiotherapy services or call **01892 665577** to book an appointment. Please email your physiotherapy questions to info@horder.co.uk

THE EFFECTS OF EXERCISE ON STRESS

by Hannah Munn, MSK Clinical Quality Manager

Stress levels are increasing! Research published in 2016 revealed that stress affecting the working population accounted for 30 million days being lost in the preceding 3 years and for 43% of all days off in 2014/15. So how can we best manage our stress levels? One way to do so is.... Exercise!

Exercise has been researched to have a proven benefit on the reduction of stress levels. Whether you experience low level everyday stresses or more long term stress, it is beneficial to incorporate exercise into your daily or weekly routine.

The form of exercise does not matter, as long as it suits you. It could be an hour of yoga, a woodland walk, or a long distance run. Exercise has been shown to boost the production of endorphins, your body's 'feel-good' chemicals, which provide



the enhanced feeling of well being after an exercise activity. Endorphins help to modulate appetite and enhance immune response.

Exercise also assists with the process of relaxation which, in turn, reduces stress levels. After a fast paced game of badminton or a few lengths of the swimming pool your body and mind is focussed upon the current task, and sheds the daily tensions.

Participating in regular exercise has been shown to improve overall energy



levels, optimism and self-confidence. It has also been shown to improve sleep quality. All of these factors assist in lowering the symptoms associated with mild depression and anxiety.

As well as managing stress, exercise has been shown to reduce the risk of developing chronic diseases when performed at a moderate intensity. This is when your heart rate increases and you break into a sweat. Another way to determine if you are working at this level is if you are able to talk but unable to sing a song. Types of exercise could include fast walking, aqua aerobics, riding a bike or even mowing the lawn!

When considering taking up new exercise it is important to choose an activity that you enjoy which will help to keep your levels of motivation high. It is also important to gradually build up your levels of exercise. This reduces the risk of injury that may occur if you start participating at too high a level. If you have not exercised for a while, or you suffer from health issues then it is advisable to visit your GP prior to starting a new exercise regime.

At The Horder Centre in Crowborough and our outreach clinics in Tunbridge Wells, Seaford and Eastbourne, a number of exercise classes are run by our physiotherapists and fitness instructors. These include Classical Pilates, Modified Pilates, Fitness for Over 50's, Balance and Flexibility and Lower Limb Stability classes. Please call 01892 600815 or visit horderhealthcare.co.uk for more information on class costs and timings and to book your place on a class.

We hope that through our classes you will enjoy meeting new people, have fun and of course de-stress!



Hannah Munn is the MSK Clinical Quality Manager for Horder Healthcare. In addition to fitness classes, Horder Healthcare

offers physiotherapy services to treat a range of musculoskeletal conditions. Please speak to your GP to be referred to Horder Healthcare as an NHS patient or call **01892 600815** to arrange a physiotherapy appointment as a self-pay or privately insured patient.

EXCESSIVE WEIGHT LOSS AND MALE BREAST TISSUE:

Your Guide to Male Plastic Surgery

Surgery to change or enhance appearance has increased significantly in the last few years.

Whereas before many people simply accepted an area they were unhappy with and covered up, we have become more aware of what is possible and are increasingly turning to surgery to help. Although traditionally such surgery has mostly been performed on women increasingly men are seeking information on how they too can address their concerns.

In my practice, most men who seek a consultation have concerns over the appearance of their chest or abdomen. Common causes that lead to men wanting to consider surgery include gynaecomastia (male breast tissue or “moobs”) or loose skin on the chest and abdomen after major weight loss. Both of these concerns can be readily treated with surgery to enhance or improve appearance. In my experience, such surgery can have a dramatic effect on confidence and improve well-being.

The surgical options for gynaecomastia fit broadly into three categories: liposuction, gland excision and skin excision combined with gland excision. All of these generally require a general anaesthetic and may require an overnight stay in hospital.

Liposuction on its own is rarely effective for gynaecomastia, which is caused by the growth of male breast tissue rather than fat tissue. However, it may often be used in conjunction with the other techniques. Having said this, in a small number of cases it may be all that is required. It is important to have a proper assessment to help decide.

Gland excision can make a significant difference and the scarring made less visible as they can often be placed within the nipple area. However, in certain cases, if there is a lot of tissue, skin also needs to be removed. This often results in either a circular scar around the nipple or possibly scars on the chest skin. As with any surgery, there are potential complications and you should make sure you are aware of them as well as knowing how to look after yourself post-op.



By Mr Baljit Dheansa,
*Consultant Plastic
and Reconstructive
Surgeon*
MB BS FRCS (Eng)
FRCS (Plast) MSc

This is also the case when considering surgery for excess skin after weight loss. Although skin excess can affect any part of the body, the abdomen, chest and back are the most common areas. Excess skin can often cause redness and reduce the ability to play sport or go to the gym. Surgery to remove this can be in the form of an abdominoplasty (tummy tuck) for abdominal excess, circumferential body lift (combined tummy tuck and back skin removal) if the back is also affected and various patterns of skin excision for chest excess. These operations really allow you to see the success of your weight loss.



Mr Baljit Dheansa is a Consultant Plastic and Reconstructive Surgeon at The McIndoe Centre in East Grinstead. Please call **0800 917 4922** or visit **themcindoecentre.co.uk** for further information or to arrange a consultation.

We hold regular cosmetic surgery events giving you the chance to meet our consultants in an informal setting and ask them any questions. Visit **themcindoecentre.co.uk/events** to see what is coming up and to book your place.



PATIENT STORY

Mike Brazier

Aged 82, Mike outlines his journey with The McIndoe Centre and finding a solution for his cataracts with Samer Hamada.

I was becoming increasingly frustrated at the deterioration in the quality of my vision. Because of this I consulted with an optometrist who advised that:

1. I had reached optimum benefit from varifocal glasses
2. I would benefit from glasses specifically designed for office work
3. Cataracts were developing in both eyes which were not helping matters and would benefit from surgical intervention in the relatively near future

As a consequence of the above the optometrist referred me to my GP. Various consultations followed and as a result of this I discovered that the limit of treatment available under the NHS was the removal of the cataract in one eye now and the fitting of a 'distance lens'. The second eye would have to wait for treatment at a later date. This is a brilliant service, but it left me wondering if there might be a better outcome for me through private surgery.

I knew of The McIndoe Centre through a long family association with the Queen Victoria Hospital in East Grinstead and was delighted to discover that eye surgery was a strong option with a number of well qualified specialists available. The list was most impressive, but I was particularly struck with the background and qualifications of Mr Samer Hamada.

From the first consultation, time passed in a flash; I have met some lovely, dedicated people, been subjected to no more than a mild inconvenience and feel that my life has changed very dramatically. I could not be more pleased at undertaking this intervention. Well done everyone who has been involved with me in this adventure and "THANK YOU ALL".

How would I sum it all up from my point of view;-

"I LIKE WHAT I SEE"

PATIENT STORY

Mo Parry

Seventy-four-year-old Mo Parry is running five times a week after physiotherapy treatment on his arthritic hip at The Horder Centre.

Before the physio and exercise programme, Mo was finding movement a real struggle. Even getting in and out of bed was painful.

He put up with the pain for a couple of months before going to see his GP who referred him to The Horder Centre where an initial assessment offered him either an operation or the opportunity to try physio and exercise.

Mo, who lives in Crowborough, said: *"When I had my first appointment there was an 80% chance I would need an operation but by the end that had totally reversed. I had several physio sessions with Mike Anderson who gave me lots of exercises which I did every morning and afternoon for 30 minutes."*

When the exercises were going well, Mo was then given a run-walk programme which he kept to, and completed, after five weeks.

He said: *"After completing the final 30-minute run I had a day's rest and then ran a timed 5K. My personal best for 5K as a veteran is 16.20 and this timed run was 31 minutes but after the best part of nine months without any running exercise, the latter was far sweeter and more satisfying. Also, I had no pain during or after the run!"*

Mo is now running five times a week for about 40 minutes and although his hip does niggle with certain DIY activities or gardening, he is hopeful that an operation can be avoided for the time being.

He said: *"Mike was brilliant! We are very fortunate to have The Horder Centre so close. My treatment couldn't have been better."*





KNEE REPLACEMENT SURGERY:

Getting Closer to a Natural Knee

A Q&A with Consultant Orthopaedic Surgeon Mr Sam Rajaratnam FRCS, knee joint replacement specialist, discussing the latest developments in knee replacement surgery.

Q: WHAT IS A KNEE REPLACEMENT?

A: A knee replacement is an operation that involves replacing a worn or damaged knee joint with an artificial one. One of the most common reasons for needing a joint replacement is osteoarthritis. This is a type of arthritis where gradual wear and tear leads to loss of the surface cartilage protecting the end of the bone. With the knee, a joint replacement involves replacing the joint surface at the end of the thigh bone and at the top of the shin bone.

Q: WHO CAN BENEFIT FROM A KNEE REPLACEMENT?

A: Anyone who is in significant pain or has swelling and instability due to worn surfaces inside the knee may benefit from this procedure. Initially, conservative treatments such as painkillers, exercise, physiotherapy and muscle strengthening may have been tried to manage the condition, but if these are unsuccessful then a permanent surgical solution may be required.

Q: HAS THERE BEEN AN IMPROVEMENT WITH IMPLANT DESIGN OVER THE YEARS?

A: I believe implant designs have improved tremendously over the past ten years with modern replacements striving to mimic the natural shape of the knee more accurately. This can lead to better function and feel of the replaced joint.

Q: ARE THE MATERIALS THEY ARE MADE OF GETTING BETTER?

A: Implant manufacturers globally have invested tremendous resources into improving the manufacturing and materials resulting in reduced wear of the artificial joint. When combined with better surgical techniques, this seems to be leading to knee joint replacements lasting even longer. Currently, the industry expectation is that the majority of knee replacements are expected to last over 20 - 30 years

Q: DOES THIS MEAN THEY CAN BE USED IN YOUNGER PATIENTS?

A: Generally, we are seeing an increase in younger patients seeking joint replacement surgery as they seek to regain their quality of life rather than suffer for a number of years with arthritic pain. However, a particularly careful discussion about wear to the artificial joint and potential revision surgery down the line needs to be had when replacing the joint of the younger patient.



Q: AS A KNEE SURGEON, ARE THERE ANY ADVANCES IN KNEE REPLACEMENT SURGERY THAT YOU ARE EXCITED ABOUT?

A: The Holy Grail is to provide the patient with an entirely pain-free knee, which feels natural and that bends in exactly the same way as a healthy one. This would allow the patient to completely forget about their artificial knee.

Newer knee designs that resemble normal anatomy are an exciting advance along with personalised alignment solutions. However, as new technology is introduced, there needs to be a discussion on the risks and benefits of the latest implant designs versus the advantages of the “tried and tested” implants.

Q: HAS REHABILITATION IMPROVED IN RECENT YEARS?

A: This has been one of the biggest factors in the recent success of knee replacement/ resurfacing procedures. Over the past ten years, we have successfully introduced accelerated or rapid recovery programmes

which have seen a dramatic reduction in the length of stay in hospitals around the UK. Early movement greatly reduces complications such as chest infections and blood clots forming and also reduces pain in the replaced knee. The focus is now moving on from this to achieve “permanent and functional recovery” for the patient, enabling them to even return to an active sporting lifestyle if desired.

Q: ARE THE COMPLICATIONS OF THIS TYPE OF SURGERY REDUCING?

A: The famous golfer Gary Player once said: “The more we practice, the luckier we get!”

This applies to surgery too. Horder Healthcare performs high volumes of surgical procedures so is able to streamline its approach and reduce serious complications. The excellent patient outcomes achieved at The Horder Centre and The McIndoe certainly contributed to their respective ‘outstanding’ and ‘good’ ratings awarded by the Care Quality Commission after their last inspections - both extraordinary achievements.



Mr Sam Rajaratnam treats private and NHS patients at The Horder Centre in Crowborough and The McIndoe Centre in East Grinstead.

To arrange a consultation with Mr Rajaratnam, please call his secretary on **01892 602991**. Horder Healthcare offers treatment to both NHS and private patients.



Outstanding orthopaedics

OUR PROMISE TO YOU

As a private patient with Horder Healthcare you can get faster access to the very best orthopaedic consultants. Whether you are insured or paying for yourself, you will receive:

- A **bespoke service** where your care needs are met, including a dedicated Private Patient Pathway Manager who will facilitate and customise your guest stay;
- **Guaranteed appointment dates** and times that fit in with your personal requirements and lifestyle, with no hidden costs;
- **Clinical expertise** available to you 24 hours a day, 7 days a week for your wellbeing;
- **Continuity of care** up to and including 120 days following your surgery.

For faster access to treatment and to arrange a consultation call **01892 620938** (The Horder Centre) or **0800 917 4922** (The McIndoe Centre). Visit horderhealthcare.co.uk or themcindoecentre.co.uk for further information. Finance options are available (representative 0% APR on 6 months, terms and conditions apply - see online for details).

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