



London
Medical



Welcome to London Medical,
where everything connects



Welcome to London Medical, where everything *connects*

Since we started over 25 years ago, we've grown to be the UK's leading private specialist outpatient clinic. We offer the finest facilities and an enormous range of treatments, provided by world-class experts, right at the leading edge in their respective fields. But what truly sets us apart is that at London Medical, everything connects...

A joined-up approach to personalised clinical care

As medical science advances, the interconnectedness of the human body is increasingly well understood; how every condition, or set of symptoms, may relate to - or impact upon - another, elsewhere in the body.

That's why at London Medical we take a uniquely joined-up approach to providing highly personalised head-to-toe clinical care. Here, under one roof, we offer patients a very wide range of expertise and treatments, provided by leading consultants in their specialist fields.

More important still, our world-class experts are able to work as a single team to develop a fully integrated treatment plan for each patient. Which means we don't just address the original issue, but can also see the bigger medical picture, and optimise every aspect of your long-term health and wellbeing.

Now, what can we do for you?

Why better connected means higher standards of head-to-toe care

So what's the advantage of our fully connected, joined-up approach to providing clinical care? To put it simply, it means that we look after you as a "whole patient". Of course, we'll focus on the specific symptoms or condition that brought you to London Medical; but, if the need arises, we're here to take care of every aspect of your physical and psychological health.

From your first visit, you'll become a London Medical patient, with easy and unlimited access not just to individually brilliant consultants, but to the vast collective and seamlessly integrated expertise of our entire team.

No one ever is ever just a diabetes patient

Take diabetes, the condition we know best of all. As the UK's No 1 private diabetes clinic, we are constantly discovering new and better ways to help patients manage the condition successfully.

But the longer people live with diabetes, the more likely it is to affect other parts of their body - potentially leading to problems in the eyes, brain, heart, kidneys, skin, joints, pancreas, bowel and feet. So for optimum long-term health, it's essential to take every possible step to prevent diabetes-related problems from developing.

An altogether more personal experience, with time to talk

In addition to the important medical advantages of our joined-up approach, you'll notice a real difference in the way you are treated, from the moment you arrive at our clinic.

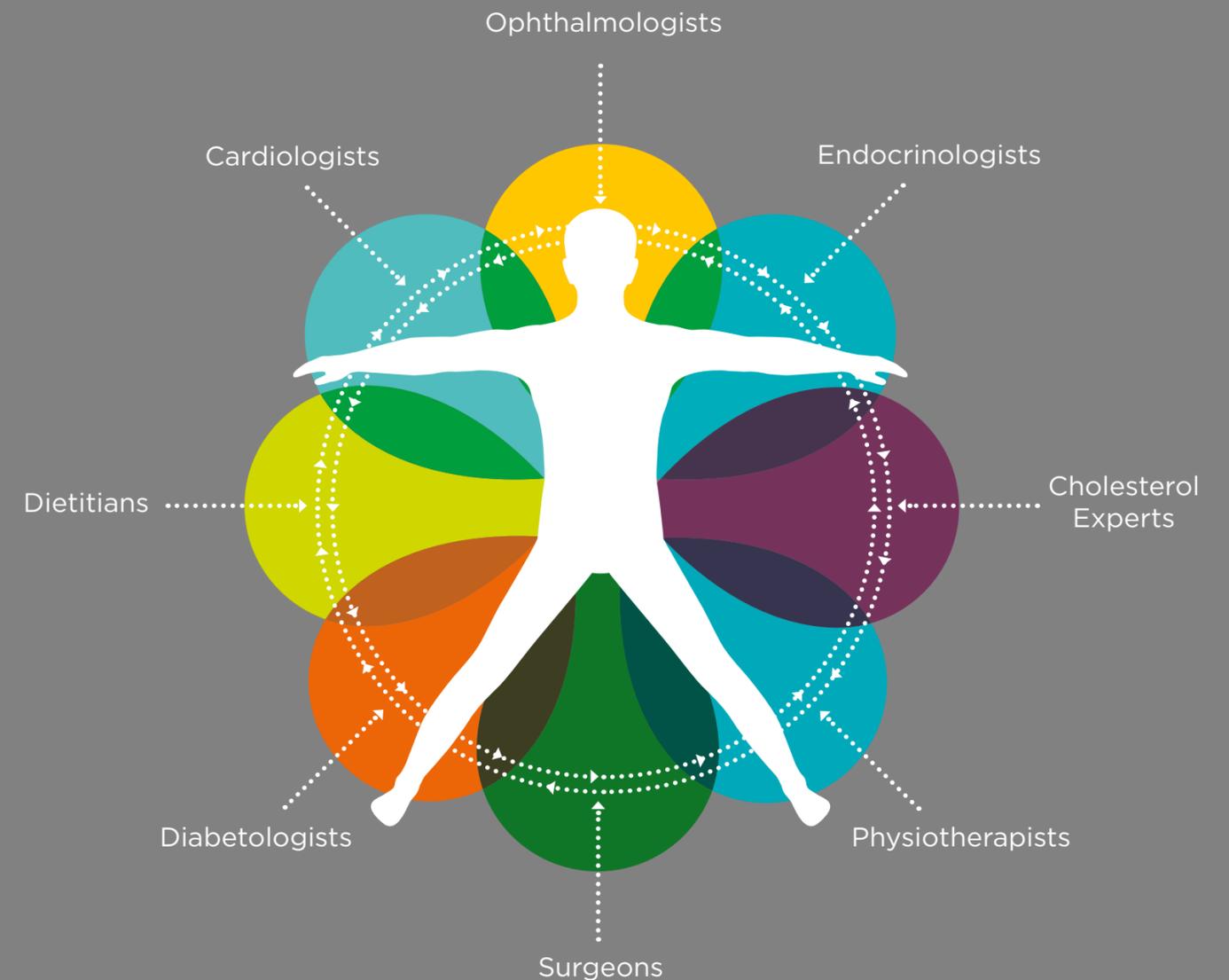
In particular, we firmly believe that first-class care can't be rushed. So your consultations will always give you long enough to discuss your health issues in depth, and ask questions about any aspect of your treatment.

You'll usually be able to see the consultant of your choice with minimal delay. And if you have multiple reasons to visit us, we'll do our best to co-ordinate your appointments, so you can do everything on the same day.

How everything connects: a recent consultation with Patient A

Patient A was overweight and had been referred to us because his doctor felt he was "edging towards" diabetes. We confirmed that he already had poorly controlled diabetes, and started the process of helping him adjust to this condition, take medication, and change his lifestyle.

But diabetes is rarely just about glucose levels, and Patient A had sleep apnoea, which was making him tired during the day; his obesity was causing him back pain, but he had been refused surgery for his right knee until he had lost some weight; and we also picked up the beginnings of early kidney and eye disease. By working with him, we were able to develop an integrated treatment plan that would successfully address all these related issues.



The evolution of London's best connected private specialist clinic

London Medical first opened its doors to patients back in 1991, as a specialist diabetes clinic. But, as we've explained, diabetes is never "just diabetes", so we very quickly started to widen our focus to provide first-class clinical care across the various conditions and problems commonly experienced by diabetes patients.

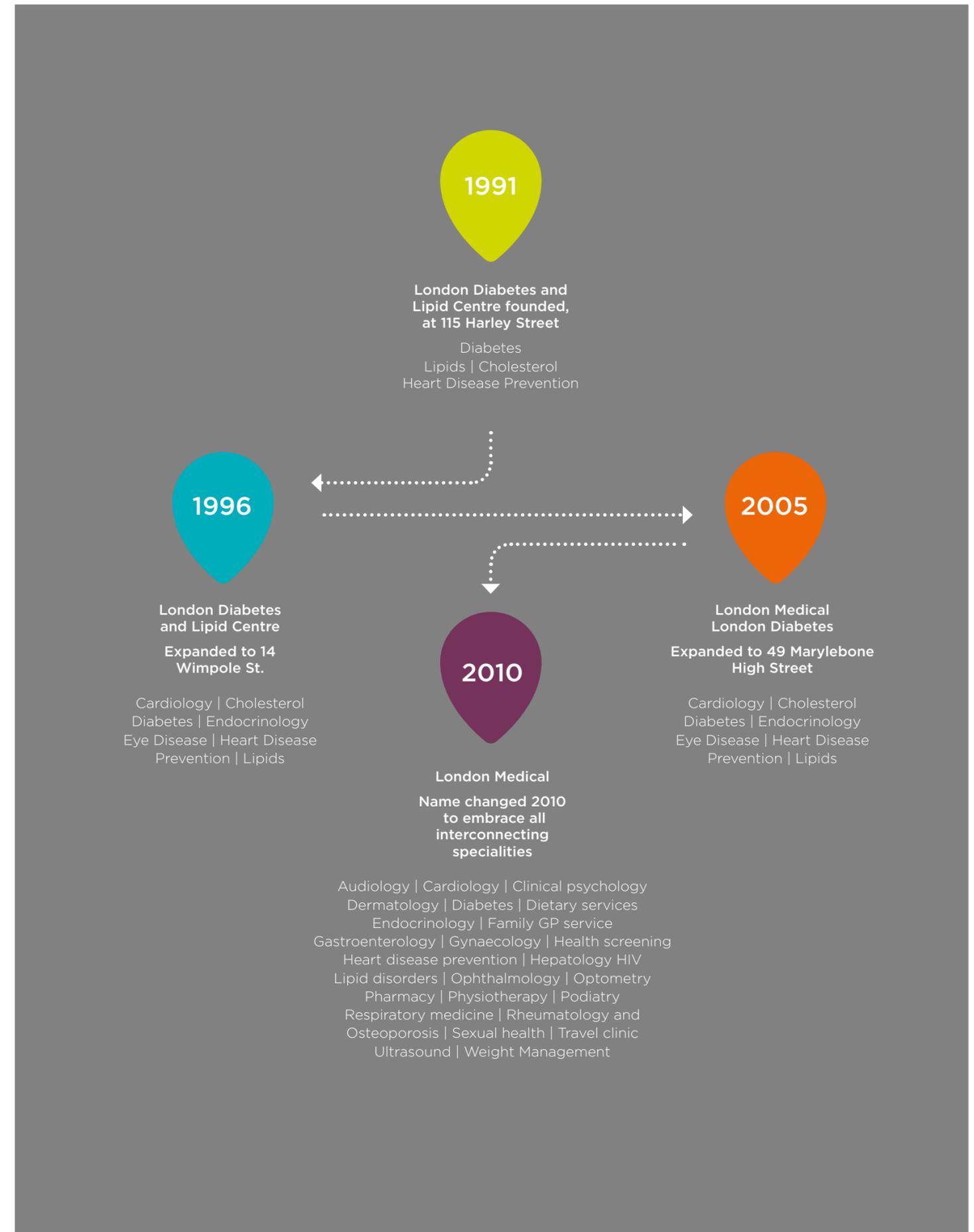
In addition to world-class expertise in every aspect of diabetes care, we soon built an outstanding reputation in the fields of ophthalmology, cardiology and endocrinology, as well as in obesity and weight management. And today our dream team of leading diabetes specialists work together, within London Medical, as the London Diabetes Centre, in recognition of our unrivalled expertise in treating this condition.

But London Medical's evolution didn't end there. Realising how much our patients appreciated the convenience and connectedness of our "one-stop-shop" approach, we began to develop the wide range of specialist treatments that we offer today - attracting leading consultants, eager to practise state-of-the-art medicine in the exceptionally welcoming and patient-friendly environment we've created.

The home of leading edge treatments and technology

To mention just a few examples of state-of-the-art medicine at London Medical:

- We were the first to offer ground-breaking new treatments for diabetes, heart disease protection and weight-loss, including medications such as Victoza®, Saxenda®, Mysimba®, Fiasp®, Repatha®, and Praluent®.
- We measure the resting metabolic rate of patients before and during our weight management programme, which enables us to prescribe exactly the right calorie intake for effective weight-loss.
- We were the first in the UK to offer diabetes patients comprehensive digital quantification of any nerve damage caused by their condition, enabling us to monitor its progress and take appropriate action.
- We will be the first private clinic in the UK to offer the new Eversense® implantable glucose sensor which is inserted under the skin and works for up to 180 days, providing continuous recording with great accuracy.



Introducing our six “super-specialities”

Today at London Medical, our team of world-class specialists can provide highly personalised clinical care across a very wide range of conditions (outlined later in this brochure). But in six specific areas, we can justifiably claim unmatched breadth and depth of expertise.

In the following pages, you'll find more information on each of these London Medical super-specialities:

Diabetes: world-class care from the UK's leading private specialist outpatient clinic, The London Diabetes Centre, based on over 25 years' experience caring for thousands of diabetes patients of all ages.

Endocrinology: closely connected to diabetes, this specialism focuses on hormones, and the treatment of conditions due to hormonal dysfunction. High level expertise is crucial for correct diagnosis and in providing complete care, and we have no fewer than 10 eminent consultants specialising in this field.

Heart disease prevention and treatment: a more rigorous and better connected approach to accurately assessing your risk, and taking effective steps to reduce it, including leading-edge treatments for reducing cholesterol, and expert management of coronary artery disease, heart failure and cardiac arrhythmias.

Eye health: a dedicated service from a team of consultants with specialist expertise in every type of eye disease, using the latest technology for diagnosis and treatment.

Weight management: unmatched expertise in developing personalised made-to-measure weight management programmes, using the latest science and medication (as well as bariatric surgery, when necessary) to help you achieve, and maintain, a healthy weight, for ever.

Family GP service: with appointments at a time to suit you, and based on a belief in building long-term relationships between doctor and patient.



Diabetes: type 1 or 2, the UK's No 1 private clinic

Since London Medical started as a specialist diabetes clinic, more than quarter of a century ago, we have provided high quality care for thousands of patients. In the process, we have acquired unparalleled expertise in treating and managing all types of diabetes, in adults and also in children.

Today, using the very latest treatments and technologies, our multidisciplinary team aims to provide each individual patient with truly world-class one-to-one care.

Type 1: a focus on you and your diabetes

No one understands your type 1 diabetes better than you. Our approach is to work very closely with you to develop a personalised treatment plan, making use of the latest insulins, ideas and technology, such as pumps and monitors – which can have a transformative effect on your life.

There are no “one-size-fits-all” solutions. With us, the focus is on how our expert team can best provide the know-how and support you need to take control of your condition, and live better with diabetes.

You'll be looked after by experienced consultants, who are renowned experts in type 1 diabetes. They are supported by a specialist team including dietitians, nurse educators, and clinical psychologists.

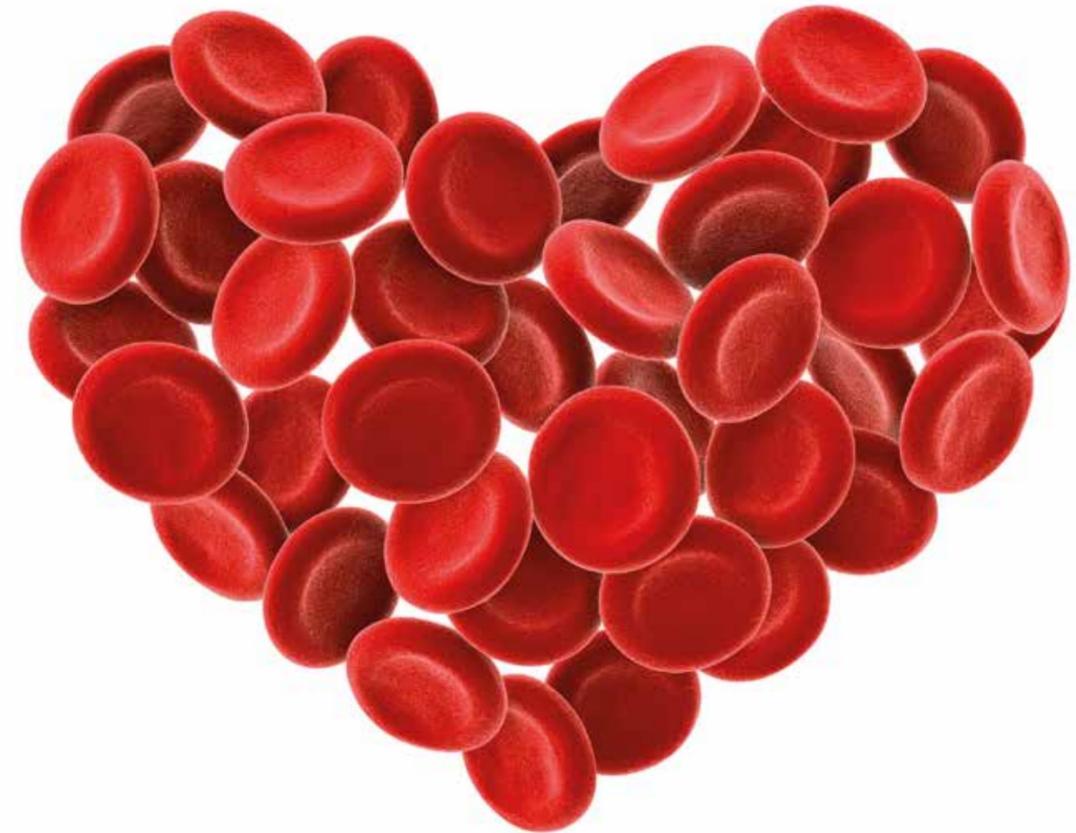
Type 2: a personal approach to successful management

Type 2 diabetes can pose serious threats to your long-term health. At London Medical, we have world-class expertise in the intensive management of glucose, cholesterol and blood pressure, to prevent damage to key organs such as your heart, eyes and kidneys.

We are also experienced in developing personalised weight management programmes, another vital aspect of reducing the risks that come with type 2 diabetes.

Above all, we're here to help you learn to manage your condition successfully - with our specialist team of consultants, dietitians and nurses always on hand, to help keep you motivated and provide the expert guidance you need.

To find out more about diabetes care at London Medical, visit www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk



Endocrinology: the “secret” speciality that affects every body

Endocrinology may not be a familiar term, but it's the branch of medicine concerned with hormones, which affect virtually every organ and function in the body. So patients with a very wide range of complaints – from diabetes to sudden unexplained weight gain – are referred to our world-class team of consultants specialising in this field.

Hormones: connected to all kinds of health issues

Hormones are vital for our survival and are found in all organisms with more than one cell. Problems with the way your hormones work can contribute to all kinds of diseases and other health issues – including diabetes, thyroid and pituitary conditions, obesity, some sexual problems, and some neurological problems.

That means our 10 highly respected consultant endocrinologists have an extremely varied work-load. In addition to patients with diabetes and other major diseases, they regularly treat others with symptoms such as unexplained weight gain, hair loss, skin changes, impotence, menstrual disturbance, or lack of energy.

10 consultants, a range of specialist interests

Between them, our consultants have a wide range of specialist interests including paediatric endocrinology, disorders of puberty and growth, thyroid, parathyroid, sex and fertility, pituitary, adrenal and neuro-endocrine disorders.

Osteoporosis: effective treatment, at any age

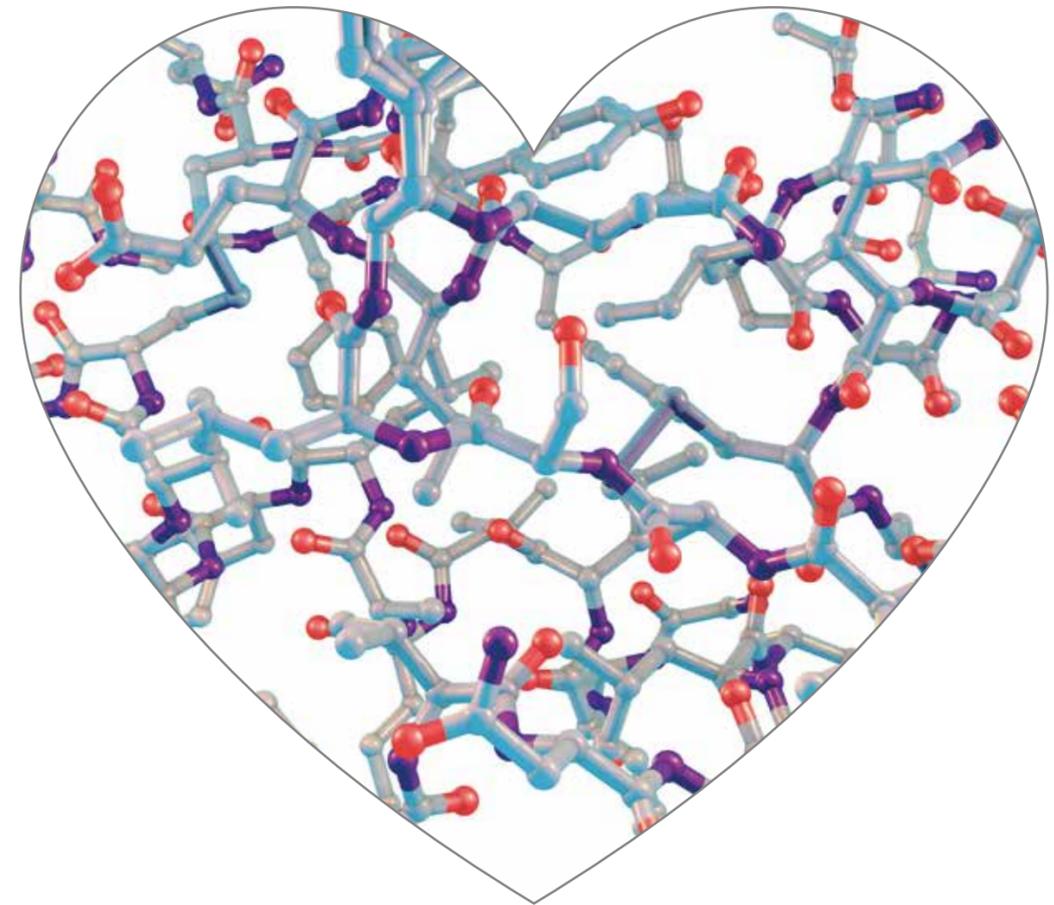
Hormones also maintain healthy bones. Osteoporosis is a condition resulting in loss of bone-strength, the most common cause of fractures and hospitalisation in the elderly. But it's vital to recognise that it's never too late for effective treatment of osteoporosis.

At London Medical, we have the most up-to-date technology available for accurately assessing bone density, and routinely carry out specialised biochemical tests to determine the most successful treatment options for each individual patient.

To find out more about endocrinology care at London Medical, visit www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk

Other endocrine tests regularly carried out at London Medical include:

- Thyroid ultrasound and thyroid fine needle aspiration (FNA)
- Insulin stress testing and glucagon stress test
- Dexamethasone suppression and other adrenal tests
- Thyroid function tests
- Pituitary releasing hormone tests
- Hormone day curves
- Water deprivation test



Heart disease prevention: world-class risk assessment and protection

How healthy is your heart? Whether you have reason for concern, such as high cholesterol, or you would just like to be sure you are in good cardiac shape, London Medical is right at the leading edge of heart disease prevention. And our cardiac consultants are among the most eminent currently practising in London.

A personal in-depth assessment of your heart health

Conventional cholesterol testing doesn't give you the full picture. Effective heart disease prevention starts with getting your risk properly assessed - for you, personally, using the latest testing methods.

Ours are among the most advanced and rigorous available in the UK. In addition to checking your cholesterol, we offer a wide range of other tests that help us accurately assess your risk of a heart attack, some of them unique to London Medical.

In fact, we're the only private clinic offering such a thorough and comprehensive risk assessment for future heart disease, while minimising your exposure to contrast or radiation through imaging studies.

Know your risk, manage your risk

Once we have an accurate picture of your heart's current state of health, we can help you protect it, by taking a joined-up approach to managing all the risk factors.

We'll connect you with all the relevant expertise, right here at London Medical - whether you need a personalised weight management programme, leading edge treatment for diabetes, or help with giving up smoking.

Statins, and beyond: the right medication

As for medication to protect your heart, with us, it's never just about taking a statin. For example, if your cholesterol is very high for genetic reasons, you may benefit from being treated with the incredibly effective new PCSK9 inhibitor drugs, which we were among the first to use, here at London Medical.

To find out more about heart disease prevention at London Medical, visit www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk



Eye health: for leading edge ophthalmology, look no further

The health of your eyes, both now and in the long term, is too important to leave to chance. At London Medical, our team of leading specialists provides a dedicated service, using the very latest techniques and technology to diagnose and treat all kinds of eye diseases and disorders.

Many patients come to London Medical initially to have their eyesight measured, and lenses prescribed, by our specialist optometry team. But when other issues arise, our Ophthalmology clinic has particular strengths in retinal vascular disease; diabetes-related eye disease; "Dry Eye" (or red eyes); and blurred vision. And between them, our consultants also offer high level expertise in all of the following conditions and treatment areas:

- Cataracts
- Uveitis
- Macular disease
- External eye disease
- Contact lens fittings
- Optometry
- Glaucoma
- Vitreoretinal disease
- Age-related macular degeneration
- Medical retina
- Orthoptics

Equipped to provide the finest care

Our consultants are among the very best in the UK, and we have all the state-of-the-art technology they need to provide London Medical patients with leading edge ophthalmic diagnostics and treatment. As well as lasers for photodynamic therapy and treatment of retinal disease, we offer medical photography for same-day fluorescein angiography, optical coherence tomography, computerised visual field analysis, and specialist optometry.

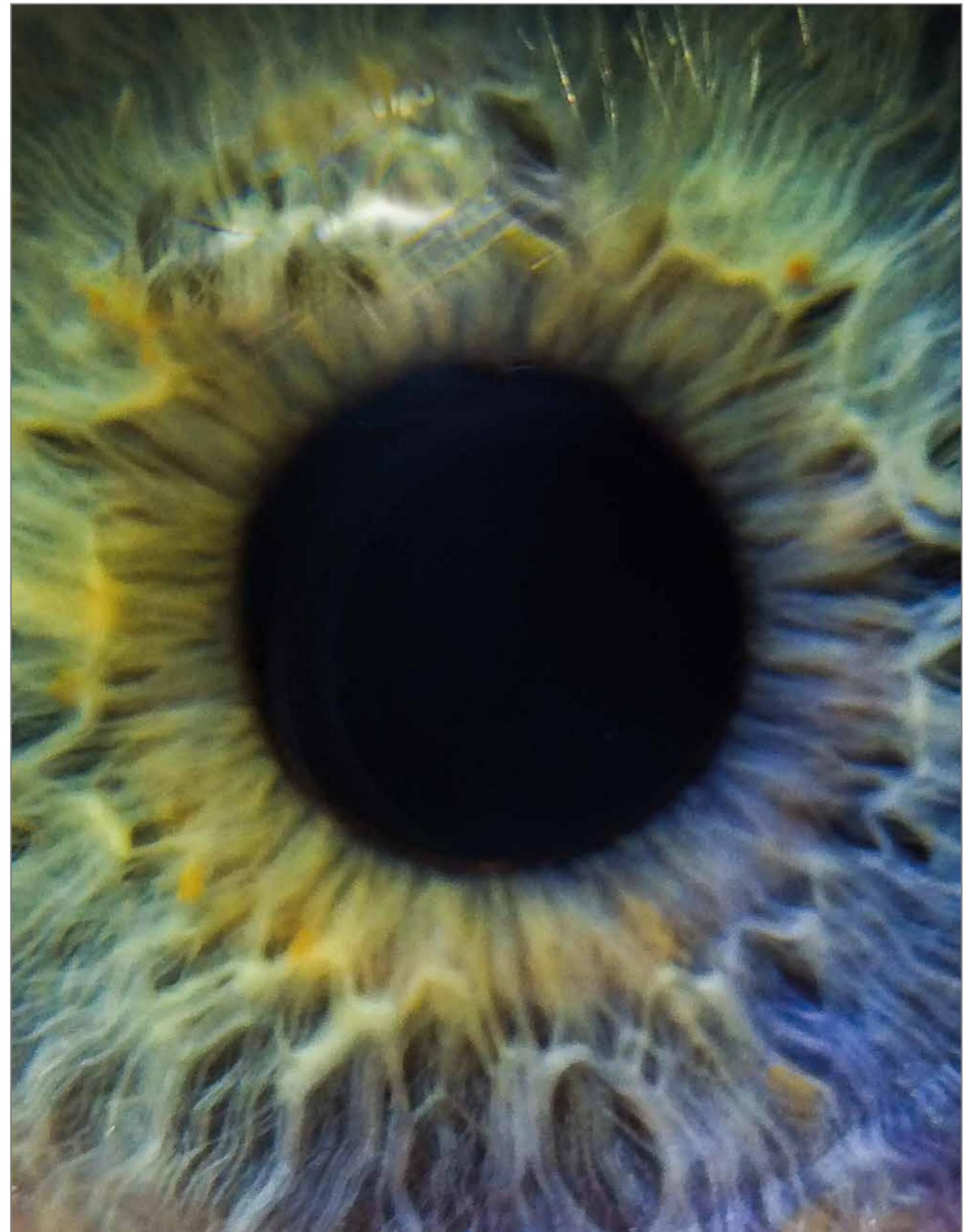
In addition, diabetes patients can have their eyes photographed and reported on by a consultant ophthalmologist, together with eye pressures and visual acuity – a rapid, comprehensive screen not available on the NHS.

To find out more about eye health at London Medical, visit www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk

10 signs you might need to see an ophthalmologist

If you experience any of the following warning-signs, we'd strongly advise you to make an appointment with one of our eye health specialists:

- Recurrent or sudden pain in or around the eye
- Hazy, blurred, or double vision
- Seeing flashes of light or sudden bright floating spots
- Seeing rainbows or halos around lights
- Seeing floating "spider webs"
- Seeing a "curtain coming down" over one eye
- Sensing a "cup filling up with ink" in one eye
- Unusual, even painful, sensitivity to light or glare
- Changes in the colour of the iris
- White areas in the pupil of the eye
- Sudden development of persistent floaters
- Any sudden change in vision



Weight management: made-to-measure, for lasting results

Learning to eat well, lose weight sustainably, and manage your weight effectively, is one of the most valuable things you'll ever do to ensure your long-term health and wellbeing. With our expert one-to-one help, you'll greatly increase your chances of doing that - even if you've struggled with your weight before.

Over the years, as the UK's leading private diabetes centre, we've developed enormous expertise in nutrition and weight management, to help patients live better with that complex lifelong condition.

Today, we apply that world-class know-how to providing tailor-made, state-of-the-art support and treatment for anyone wanting to lose weight and live more healthily. (We have particular expertise in the field of childhood obesity.)

No quick-fixes: lose weight for good

The good news is that losing even a small amount can make a big difference to your future health prospects. But, as you may know from experience, short-term quick-fix solutions hardly ever deliver lasting results.

If you want to lose weight for good, in order to live a long and healthy life, it's essential to take a realistic and sustainable approach.

SmartWeight™ - the key to sustainable success

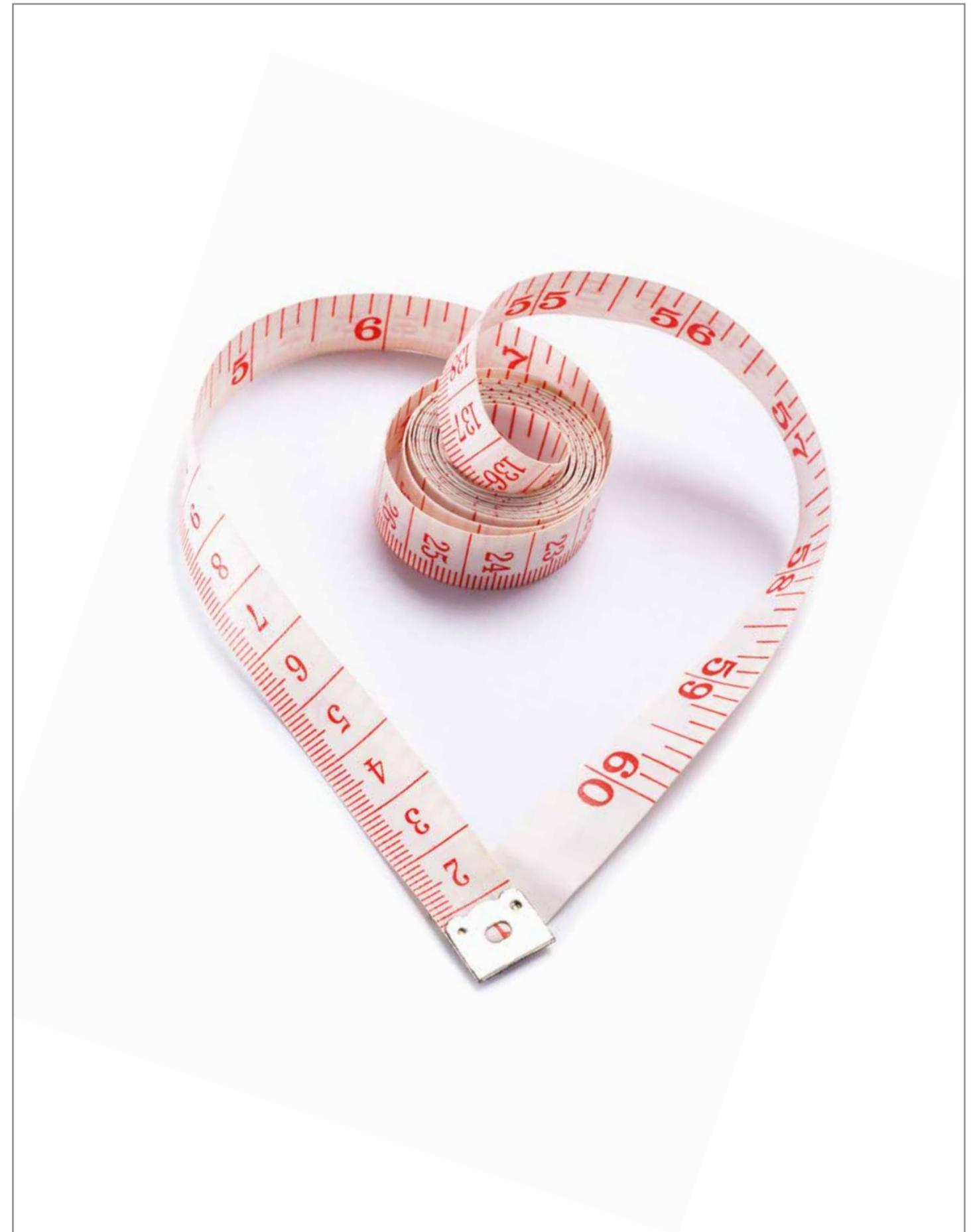
Devised by an experienced multidisciplinary team, including dietitians, specialist nurses, and psychologists, the London Medical SmartWeight™ programme focuses on achieving a healthy weight and maintaining it for ever.

It's not just about our dietitians telling you what you should or shouldn't eat. Instead, SmartWeight takes a "holistic" approach, guiding you through important change in your lifestyle, and providing you with the support you need to win the "mind-game" that's critical to long-term weight loss.

State-of-the-art medication and treatment

Depending on your specific weight management issues, your personalised SmartWeight programme may incorporate advanced medications, such as the revolutionary new weight-loss drugs Saxenda® and Mysimba®. And we can also provide expert advice on the use of devices, such as an endobarrier or gastric balloon, and even bariatric surgery.

To find out more about weight management at London Medical, visit www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk



Our GP service: an experienced family doctor, without the wait

You might say the only old-fashioned thing at London Medical is our private Family GP service. Over more than 20 years, we've built a practice based on long-term relationships with patients, just like family doctors used to do. And you can see your GP without delay, at a time to suit you...

Outstanding care, whenever you need it

Based here at London's leading specialist outpatient clinic, our Family GP service provides an outstanding level of personal care, with appointments available at short notice, if you need to see a doctor urgently.

We call it a Family GP service because, in most cases, that accurately describes the patients we care for. We start by treating one family member, who then brings along the rest of the clan - very often from newborn babies through to those in their remarkably fit-and-active 90s, and beyond.

It's the personal relationship aspect of this service that makes it so special. In some cases, as a registered patient, you'll even have your GP's mobile number, and be free to call any time, day or night, if you urgently need immediate help or advice.

The luxury of time

Appointments with your friendly family physician will never be rushed. So you'll have plenty of time to discuss whatever is troubling you, and your GP will gain a better understanding of you, your health issues, and how best to treat them.

Some of our GPs even do home-visits, which we have found to be a valuable way of getting to know our patients even better.

Fast referrals, to leading specialists

Because our Family GP service is based here at London Medical, that means we can quickly and efficiently arrange referrals to one of our world-class consultants, if required.

What else can we do for you?

As part of our commitment to building relationships, our Family GP service also provides a number of specific services, such as travel medicine, vaccinations (especially for children), and tailor-made health-checks.

To find out more about our Family GP service, visit www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk



Our specialist areas from A to Z (well, A to U actually)

Whatever ails you, London Medical is here to provide the most effective treatment possible, with world-class expertise in all of the following specialities of medicine

To find out more about any of the specialities here, visit www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk

Audiology

Disorders of the ear can make life a misery - for you, and those closest to you. Our expert Audiology team will get to the root of the problem quickly, so that you can receive exactly the right treatment without delay.

Cardiology

With some of the UK's most renowned cardiologists practising at London Medical, using state-of-the-art investigative and treatment techniques, you can't put your heart in better hands.

Clinical psychology

Our expert psychologists can provide effective support for all kinds of emotional difficulties - including helping patients learn to live with long-term health conditions, such as diabetes, cancer and HIV.

Dermatology

Our consultants are highly experienced in diagnosing and treating all kinds of skin conditions, from acne and psoriasis to possible skin cancers. We're expert in helping patients prevent skin diseases, too.

Diabetes

London Medical started over 25 years ago as a specialist diabetes clinic, and today we remain at the very forefront in the field; the UK's leading private provider of head-to-toe diabetes care.

Dietary services

Our experienced dietitians and nutritionists are here not just to provide expert advice on a healthy diet, but to support you in making lasting changes in your eating habits.

Endocrinology

Your endocrine system, which controls your body's production of hormones, is a highly complex mechanism - and potential problems can easily be missed. But not by our experienced team of dedicated endocrinologists.

Family GP service

Possibly the only old-fashioned thing about London Medical: a Family GP service, based on building long-term relationships with patients, by providing prompt, personalised care. Just like your GP used to do...

Gastroenterology

Our expert consultants know every inch of your nine metre long gastrointestinal tract - providing care of the highest quality for all kinds of gastrointestinal diseases, as well as pancreatic disorders.

Gynaecology

Our expert consultants provide the highest standards of compassionate, confidential care for all aspects of women's health, with a particular focus on the reproductive system.

Health screening

Early warning can reduce the risks of future health problems, or prevent them altogether. That's why we offer a comprehensive range of health checks, individually designed to help you identify any issues that may need to be addressed.

Heart disease prevention

Using advanced diagnostic tests, our eminent cardiac consultants take a uniquely thorough approach to assessing, and reducing, your risk of heart disease. And with the right management, it can often be prevented entirely.

Hepatology

This field of medicine relates to the liver, gall bladder, and pancreas. Our consultants have high-level specialist expertise in diagnosing, supporting and treating patients with conditions affecting these organs.

HIV

Our expert team offers a comprehensive range of treatments and services for anyone with HIV, or wishing to prevent it.

Lipid disorders

If you have high cholesterol, or a family history of heart disease, you are at increased risk of a heart attack or stroke. Using the most advanced tests and medication, our dedicated team can help reduce your cholesterol and optimise your chances of a long and healthy life.

Ophthalmology

In one of London Medical's exceptional areas of strength, our team of leading specialists provides a dedicated service, using the very latest techniques and technology to diagnose and treat all kinds of eye diseases and disorders.

Optometry

Led by one of the UK's leading optometrists, our specialist clinic provides a fast and friendly service, covering everything from eye examinations, through prescribing corrective lenses, to detecting and treating eye disease.

Pharmacy

We have our own in-house pharmacy - which means you can pick up your medications straight away, and often start treatment on the day of your consultation.

Physiotherapy

Whether you have a sports injury or are recovering after surgery, our experienced physiotherapists will help you achieve your rehabilitation goals - restoring movement, reducing pain, and increasing strength and flexibility.

Podiatry

Our expert podiatry team is here to help with everything foot-related - from dealing with in-grown toe-nails to providing specialist care for patients at risk of serious foot problems because of diabetes.

Respiratory medicine

Our specialist team brings enormous expertise to diagnosing and treating all kinds of respiratory complaints, from persistent coughs and asthma, to complex breathing disorders and sleep apnoea.

Rheumatology and Osteoporosis

Using state-of-the-art equipment, our highly regarded specialists provide holistic care, to help patients live better with rheumatism, arthritis, and other bone and joint disorders, including osteoporosis.

Sexual health

In addition to fast-turnaround testing for sexually transmitted diseases, our experienced team offers high quality, confidential care for every aspect of sexual health and wellbeing, from HIV counselling to treatment for sexual dysfunction.

Surgery

Our seven Fellows of The Royal College of Surgeons provide a range of surgical specialities, with particular expertise in diabetes-related and bariatric surgery, and cataract and vitreo-retinal surgery.

Travel clinic

If you're planning a trip abroad, we're here to ensure you are protected as well as possible against any health issues that may arise on your travels - by providing all the vaccinations, medication and advice you need.

Ultrasound

Scanning the body with high frequency sound waves, using the very latest technology, plays a crucial part in a wide range of diagnostic procedures - from assessing the risk of heart disease from thickened arteries to investigating the reproductive system.

Our world-class clinical team: in numbers

You can meet the outstanding individuals who make up our multidisciplinary “team of all the talents” on our website. But in the limited space we have here, we thought a few facts and figures would be the best way to convey the exceptional breadth and depth of expertise we bring together under one roof, at London Medical ...

Our clinical team consists of world leaders in their specialities, with 46 consultants drawn from London teaching hospitals and other eminent institutions.

We have:

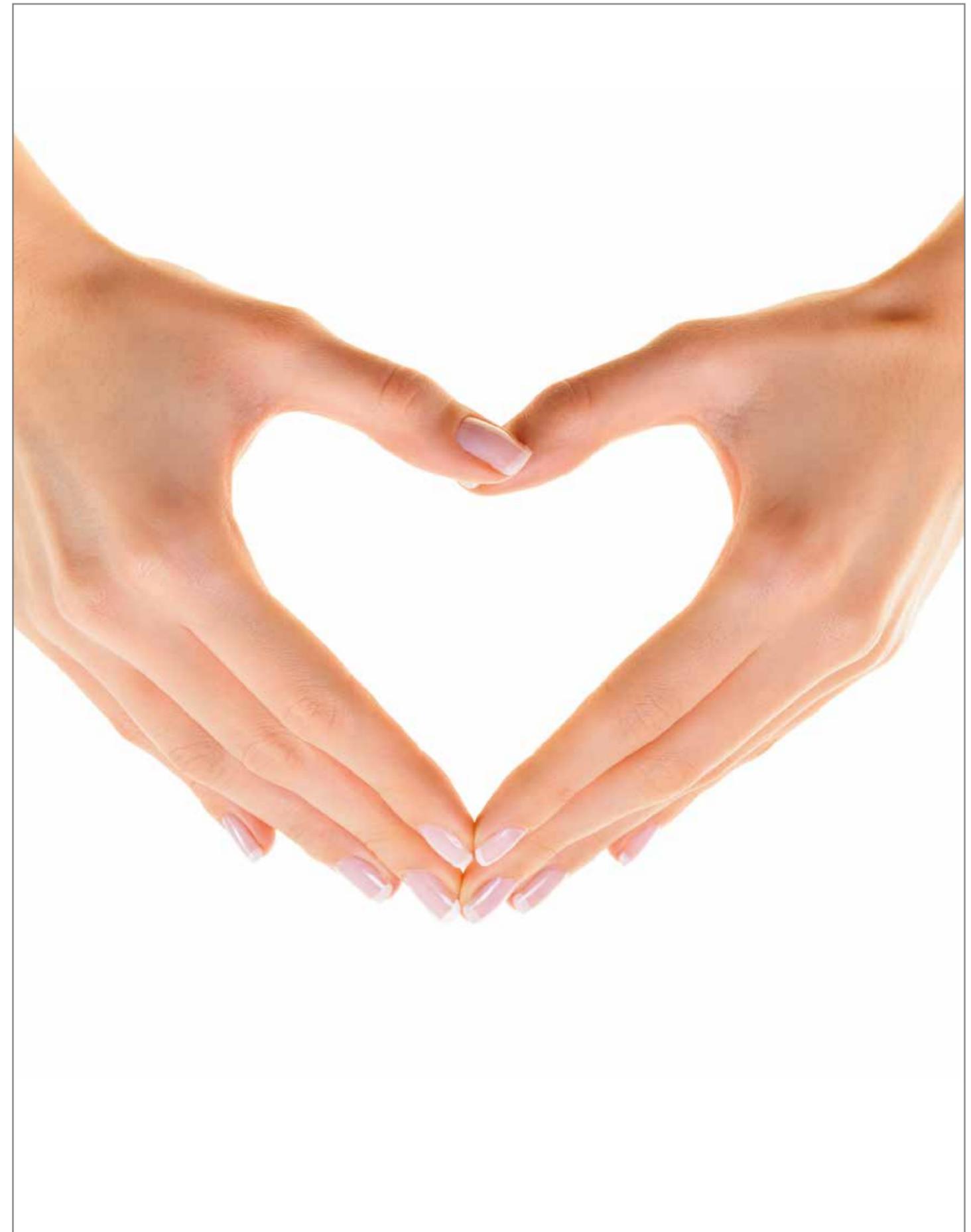
7	Fellows of the Royal College of Surgeons	13	Fellows of the Royal College of Ophthalmology
20	Fellows of the Royal College of Physicians	6	Fellows of other Royal Colleges.

One of our consultants has the exceptional distinction of being a Fellow of the Royal Society.

Between them our consultants have been awarded 41 research doctorates, and many remain heavily involved in leading edge medical and scientific research, bringing the benefits to London Medical patients. No fewer than 9 of our consultants are Professors holding Chairs at leading universities, and many have received prizes and accolades from around the world for their clinical achievements.

All of these distinguished clinicians have chosen to practise at London Medical, not least because of the outstanding quality of our supporting team: our specialist consultant dietitians; our expert ophthalmologists, who have authored research papers in peer-reviewed journals; and our specialist diabetes and cardiac nurses, each with substantial clinical experience.

To find out more about individual members of the London Medical team, visit www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk



Connect with us: making an appointment couldn't be simpler

You don't need a referral from your GP to make an appointment with us. Just connect with us by email and we'll contact you to arrange it, as soon as possible.

Alternatively, call our Concierge service on the number below. Our friendly, dedicated team will be very happy to discuss your requirements, and recommend the most suitable consultant.

Please don't be shy. If there's anything at all you want to know about London Medical, and the vast range of world-class, joined-up, head-to-toe medical expertise we can provide for you and your family, just get in touch.

www.londonmedical.co.uk or call +44 (0)800 0483 330 or email info@londonmedical.co.uk

Making the cost of world-class care as painless as possible

At London Medical, we do all we can to ensure that the cost of first-class healthcare is not prohibitive – starting, of course, with being open and transparent about our prices, and always happy to discuss what a particular treatment will cost.

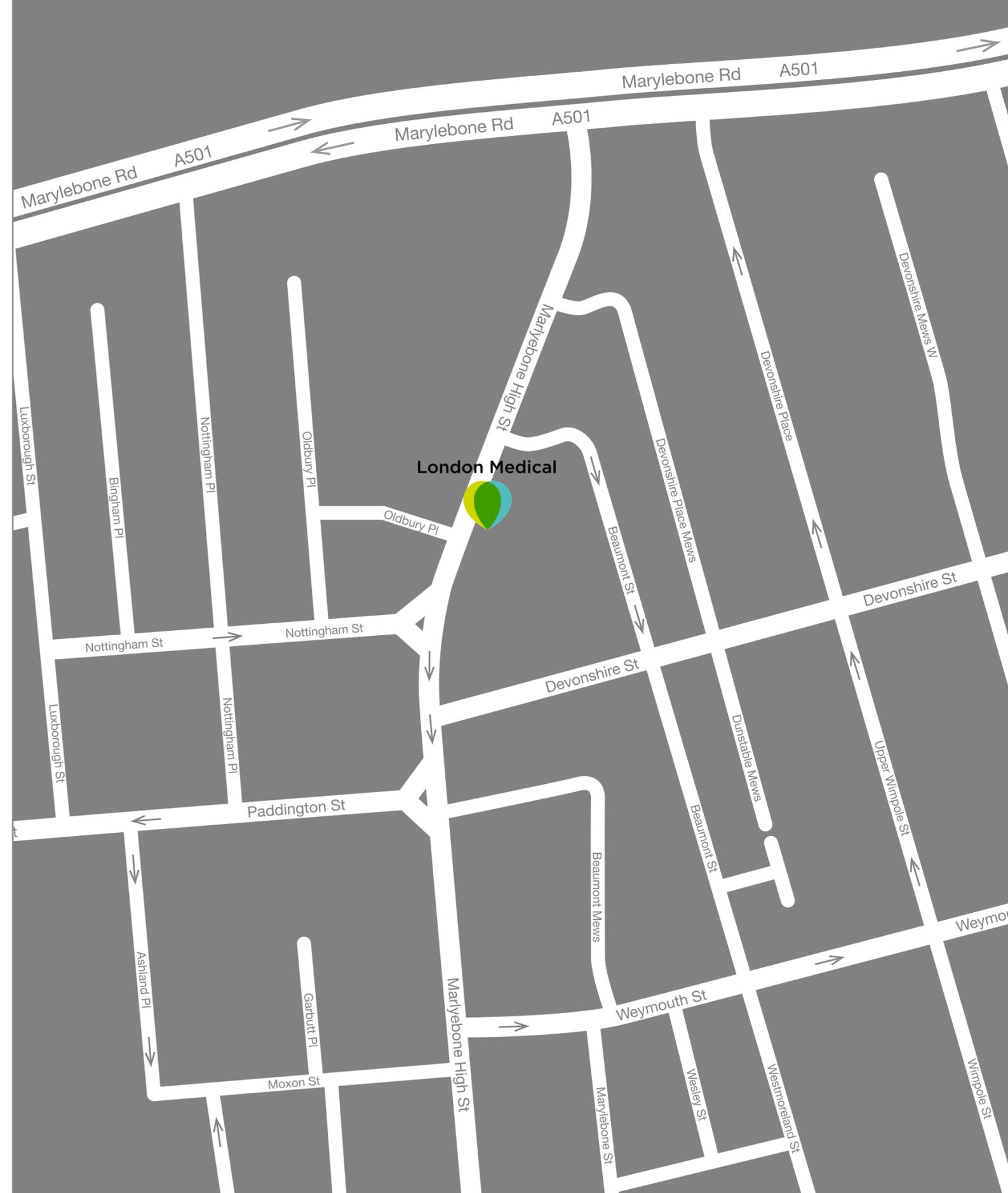
For ongoing diabetes care, we offer long term care plans, carefully designed to provide the personalised support you need at a fixed cost around 30% lower than paying for all the same components separately.

Please note that prices may vary depending on your exact needs, and you should confirm the cost of any treatment with your consultant. But you can find indicative prices for some of our most popular treatments on our website: www.londonmedical.co.uk

Your first visit? We look forward to welcoming you

When you come to London Medical for your first appointment, please bring details of your GP and any medications you are taking.

To make your first visit even easier and more relaxed, you can give us your details in advance with fast track registration, via our website: www.londonmedical.co.uk





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