

Consultant Directory

Connecting your patients with
expert care across every specialty

2026 Edition 1
Correct as of March 2026



Supporting you and *your* patients

On behalf of the team at One Stop Healthcare, hello and thank you for using our latest Consultant Directory.

Formally known as One Stop Doctors (OSD), One Stop Healthcare is a super-modern, day-case, private hospital, conveniently located in Hemel (with lots of free and accessible parking).

Totally independent, we're person-first, and proudly people-powered. We exist to enrich healthcare with complete focus on supporting the neighbourhoods of Herts, Beds, Bucks, and N. London.

Our promise to you is being safe, proactive, and personal in everything we do: If there is anything we can do to further support your delivery of excellent patient care, please get in touch directly with Jacqui.Waterfield@OneStopHealthcare.com

Phil Bates
CEO
One Stop Healthcare

Speciality Index

Explore our trusted network of specialists delivering exceptional care across a wide range of medical disciplines. Our consultants combine expertise with a commitment to clinical excellence, ensuring your patients receive tailored treatment and support.

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Let's work together to change lives for the better



One Stop Healthcare proudly delivers high-quality, compassionate care to our patients while supporting clinicians in providing seamless treatment pathways.

As a leading day case private hospital in Hertfordshire, we offer a wide range of services for patients of all ages who choose to access private healthcare.

From diagnosis to treatment:

Patients can access an extensive range of treatments and services including:

- **GP Services**
- **Urgent Care Centre**
- **Physiotherapy & Rehabilitation**
- **Dentistry**
 - General & Specialist
- **Tests & Scans**
 - MRI Scan
 - CT Scan
 - Ultrasound
 - Mammogram
 - X-ray
 - CBCT X-ray
 - Fibroscan
- **Consultant appointments**
 - 25+ specialties
- **Rapid Access Clinics**
 - Women's Health
 - Prostate
- **Day Case Surgery**
 - Orthopaedics
 - Gastroenterology
 - General Surgery
 - Plastics and more

Our first-class facility has:

- 12 consultation & treatment rooms
- 9 spacious en-suite day-case patient rooms fitted to the highest standard to ensure optimal comfort
- 4 state-of-the-art dental suites
- 2 on-site day-case theatres equipped with the latest medical technology
- A specialist diagnostic imaging department
- A purpose-built gym for physiotherapy & rehabilitation

Doctify patient trust score:



The patient trust score is based on overall experience, cleanliness, friendliness and wait time. To read reviews and explore our ratings visit our profile on Doctify.com.

* Based on over 6000 patient reviews Correct at time of printing.

At One Stop Healthcare, we're here to support you. Business Relationship Manager, Jacqui Waterfield, is passionate about connecting you with our expert consultants, helping to bridge the gap between primary and secondary care - so your patients get the right care at the right time.

Here are just some of the ways we can support your practice:

- Provide Continued Professional Development with our virtual or face-to-face Consultant-led educational talks
- Facilitate training sessions at our hospital
- Deliver seamless patient care
- Offer same-day appointments
- Serve as a hub for extended outpatient and secondary care services

We are delighted to support our referring community through the delivery of complimentary education sessions. These range from Consultant-led talks to internally run qualifications such as Basic Life Support.

We offer our education sessions either virtually or face to face across a range of days and times to suit you.

How to Refer

We're committed to building a lasting partnership with you and your practice. We value the relationship we have with you and our goal is to make referring your patients to Specialist Consultants, scans, and tests as simple and stress-free as possible – so you can focus on what matters most: caring for your patients.

Referral forms for both diagnostic and outpatient consultations can be found on our website at: www.onestophospital.co.uk/refer-a-patient

Please return completed referral forms to: Referrals@OneStopHealthcare.com and they will be actioned in a timely manner.

REFERRAL PATHWAY:

Patient needs a specialist referral

Complete the referral form

Our team will contact the patient to arrange their consultation

If further treatment is required, we will coordinate this promptly

The patient returns to your care, with ongoing access to One Stop Healthcare support when needed

Support and Education



Jacqui Waterfield
Phone: 07377 899 183
Email: Jacqui.Waterfield@OneStopHealthcare.com

Price List

GP Service	
GP Consultations	
Same day	£150
Next day	£120
Health Assessments	
Absolute	£649
Vital	£449
Urgent Care Centre	
Urgent Care Centre Appointment	£150
Dentistry	
Dental Check-Up	
Adult	£125
Child	£40
Hygienist	
Routine appointment	£105
Emergency (Weekdays only)	
Adult	£110
Child	£55

Physiotherapy	
MSK, Neuro & Vestibular Physiotherapy	
Initial appointment	£95
Clinics	
Rapid Access Prostate	
Rapid Access Prostate Assessment	From £275
Women's Health	
Initial appointment	£325
Imaging	
MRI Scan	From £580
CT Scan	From £700
Ultrasound	From £450
Mammogram	From £290
X-ray	From £190
CBCT X-ray	From £180
Fibroscan	£630

Consultant Services	
Audiology	From £100
Breast	From £200
Cardiology	From £200
Dermatology	From £220
Dietetics	From £140
Endocrinology & Diabetes	From £220
ENT	From £200
Gastroenterology	From £200
General Surgery	From £200
Gynaecology	From £225
Haematology	From £238
Hypnotherapy	From £150
Neurology	From £290
Orthopaedics	From £200
Paediatrics	From £220
Pain Management	From £250
Plastic Surgery	From £150

Podiatry	From £195
Psychiatry	From £400
Psychology	From £320
Respiratory	From £250
Rheumatology	From £300
Sports & Exercise Medicine	From £250
Urology	From £175
Vascular Surgery	From £200

*Pricing is correct at time of printing

Quick access to expert care

Your patients can now book their appointment online



Scan to book

NHS e-RS now live at One Stop Healthcare

Supporting you clear waiting lists



We are pleased to announce One Stop Healthcare is now an official provider within the NHS e-Referral Services (e-RS).

Now we are an NHS e-RS provider, we can re-double our efforts in supporting you, and your patients, with their healthcare needs.

Find us in the Directory of Services as:
One Stop Doctors (One Medical House)

Live NHS e-RS clinics

Your patients can now be referred to One Stop Healthcare for the following secondary care services:

Endoscopy

Gastroscopy - Gastroenterology - One Stop Doctors - AWR01
Lower GI (colon) - Gastroenterology - One Stop Doctors - AWR01

General & Colorectal

Colorectal Surgery - GI and Liver - One Stop Doctors - AWR01
Gallstone clinic - GI and Liver - One Stop Doctors - AWR01
Hernia - Surgery - Not otherwise specified - One Stop Doctors - AWR01

Orthopaedics

Adult Hand & Wrist - Orthopaedics - One Stop Doctors - AWR01

Pain Management

Pain- Ortho clinic - One Stop Doctors - AWR01

Please direct your e-RS patients to One Stop Healthcare

As with any e-RS referral, the NHS require you to generate a 12-digit referral code and two-word password for your patient who can then make their appointment.

How to locate OSD Healthcare on the e-RS portal

1

Request type

Referral

Advice

Set the Request type to 'Referral'

2

Priority

Routine

Urgent

2-week wait

Set the Priority type to 'Routine'

3

Specialty

Diagnostic Endoscopy

Clinic type

Gastroscopy

Select the relevant Specialty and Clinic Type

4

Add more search detail +

Select the Plus (+) icon on Add more search detail

5

Specialty

Diagnostic Endoscopy

Clinic type

Gastroscopy

Set the Postcode to HP2 7YU

6

Search

Finally select the Search button

7

Select	Distance †	Service †	Notes for referrer	Appointment wait † time	Average treatment wait † time	CQC rating †
<input type="checkbox"/>	0 miles	Face-to-face ONE STOP DOCTORS LTD (ONE MEDICAL HOUSE) Gastroscopy - Gastroenterology - One Stop Doctors - AWR01	Not recorded	About 7 days	Not recorded	● Overall: No rating available

You should now see One Stop Healthcare under the name: **One Stop Doctors Ltd (One Medical House).**

Questions?

We are looking forward to seeing you (and your patients) soon. If you have any questions, please call Jacqui Waterfield directly on 07377 899 183 or email Jacqui.Waterfield@OneStopHealthcare.com

Mr Arunmoy Chakravorty

MBBS, MS, FRCS Edin, FRCS Gen



Clinic Times

Ad-hoc

NHS Base

Mount Vernon and
The Hillingdon Hospital
NHS Foundation Trust

Mr Arunmoy Chakravorty obtained his medical qualification before becoming a fellow of the Royal College of Surgeons of Edinburgh in 1999. He underwent specialist training in general and breast surgery at the Royal Surrey County Hospital, Guildford and Royal Marsden, Sutton before undertaking an Oncoplastic Fellowship at The Royal Marsden Hospital, London. He also visited and trained abroad in Vienna and Dusseldorf, Germany and undertook a senior residency (training programme) in Plastic Surgery in a tertiary centre of Plastic Surgery, New Delhi India.

Specialties

Sentinel node biopsy
Axillary surgery
Benign breast diseases
Breast pain
Breast lump
Breast oncology
Breast cancer surgery
Breast reconstruction
Implant based breast reconstruction
Symmetry surgery
Breast augmentation
Breast reduction surgery

Mr Sherif Monib

MBBCh, MSc, MRCSEd, FEBS



Clinic Times

Thursday
18:45 - 19:15
Friday
18:45 - 19:15

NHS Base

West Herts NHS Trust

Mr Sherif Monib is a highly experienced Consultant Breast Surgeon with extensive training and expertise in surgical oncology. He obtained his medical degree from Cairo University Medical School, Egypt, in 1994. Subsequently, he pursued his surgical training with a particular focus on surgical oncology at the National Cancer Institute of Cairo University (NCI). He spent some time in the Gulf region before relocating to the UK where he worked in various regions including the East of England and London Northwest.

Specialties

Breast health
Breast pain
Breast cancer risk assessment and management
Breast cancer
Surgical treatment
Individualised patient care

Mr Kelvin Chong

MBChB(Glas), MD(Lon), FRCS (UK)



Clinic Times

Ad-hoc

NHS Base

West Herts NHS Trust

Mr Chong is a graduate of the University of Glasgow. He completed surgical training at St George's Hospital, London, where he also conducted clinical research investigating the effects of growth factors on breast cancer. He was awarded an MD for this research by the University of London. He completed his advanced surgical training in London, including at the Royal Marsden Hospital and Royal Surrey County Hospital (Guildford), before embarking on fellowships in Dusseldorf and Lyon, working with breast surgeons and plastic surgeons at the forefront of their fields.

Specialties

Breast Cancer
Breast Pain Management
Sentinel Lymph Node Biopsy
Mastectomy
Nipple Reconstruction
Axillary Clearance
Breast Augmentation (Enlargement)
Breast Augmentation Mastopexy (Enlargement & Lift)
Breast Reconstruction
Breast Reduction
Implant Reconstruction

Dr Georgios Karagiannis

MD, FESC, FHFA, PhD in Cardiology



Dr Georgios Karagiannis qualified in medicine at the Aristotle University of Thessaloniki in Greece. He then completed his specialist training in Greece and was awarded 'excellent' marks on completion. In 2009, he successfully completed his PhD in Cardiology. Since 2013 he has worked as a senior clinical fellow in advanced heart failure at Harefield Hospital. Dr Karagiannis has been awarded a fellowship of the European Society of Cardiology and a fellowship of the European Heart Failure Association.

Clinic Times

Tuesday
17:00 - 20:00

NHS Base

The Hillingdon Hospital
NHS Foundation Trust

Specialties

Management of heart failure patients

Specialties

General cardiology including;
Palpitations
Chest Pain
Breathlessness
Fainting
Dizziness
Atrial Fibrillation

Dr Malcolm-Lawes graduated from Edinburgh University Medical School, having already received an intercalated BSc in Anatomical Sciences. She undertook postgraduate training in the Royal Free Hospital, East Sussex NHS Trust, West Herts NHS Trust and Imperial College London. She is a Member of the Royal College of Physicians and has a PhD in cardiac electrophysiology, from Imperial College London. Her research into the role of the cardiac autonomic nervous system in atrial fibrillation resulted in multiple high impact factor publications and ongoing major clinical trials in the field at Imperial College.

Dr Louisa Malcome-Lawes

MBCChC, BSc, MRCP, PhD



Clinic Times

Monday 15:30 - 16:30

NHS Base

Imperial College
Healthcare

Dr Joban Sehmi

BSc FRCP PhD



Dr Joban Sehmi trained in medicine at Guy's and St Thomas' medical school and qualified in 2003 with numerous academic awards. He acquired a place on the Northwest London cardiology training scheme and completed prestigious sub-specialist fellowships in advanced cardiac imaging at Imperial College Healthcare NHS Trust and the Royal Brompton Hospital. Dr Sehmi carried out a PhD at Imperial College, which was awarded in 2013. For his PhD he investigated genetic and environmental factors that determine the increased risk of type-2 diabetes amongst South Asians in comparison to Europeans.

Clinic Times

Thursday
17:00 - 20:00

NHS Base

West Herts NHS Trust

Specialties

Chest pain
Palpitations
Arrhythmia
Loss of consciousness/
cardiac syncope
Heart failure
Preventative
cardiology
Heart valve disease

Dr Piyush Jain

MBBS, MRCP(UK), MD(Res)



Dr Piyush Jain is a consultant cardiologist at West Hertfordshire NHS Trust, he completed his core medical training through the North London rotation, which included the Royal Brompton and Harefield Trusts as well the Barnet and Chase Farm hospitals, obtaining MRCP in 2010. He also pursued an MD (Research) at Imperial College London, which was awarded in 2015. This was as a part of a large population-based study and involved Cardiac CT, Nuclear myocardial perfusion imaging and echocardiography. The work was supported by the prestigious Dorothy Hodgkin Post Graduate award (Research Council UK).

Clinic Times

Alternate Friday
15:00 - 17:00

NHS Base

West Herts NHS Trust

Specialties

Advanced imaging
(echo, stress echo,
transoesophageal
echo and cardiac CT)
Hypertension
Heart failure
Breathlessness
Chest pain
Valvular heart disease
Heart murmurs
Palpitations

Dr Chris Barrowman

BDS Dundee 2001



Dr Chris Barrowman is the founder and owner of Infinityblu Dental Care & Implant Clinic, one of Scotland's best known and most respected dental brands with 12 highly regarded dental practices. He has over 20 years of experience in the dental field.

Specialties

Full arch dental implants

NHS Base

Private Only

Dr Ian Arad

BSc (Hons) Biochemistry BDS (Lond) Dentistry MJDF RCS (Eng) MClintDent Orthodontics Morth RCS (Eng)



Dr Ian Arad graduated from the University of Dundee with a degree in Biochemistry, he then went on to study Dentistry at King's College London. He has a diploma in Membership of the Joint Dental Faculties of The Royal College of Surgeons of England. He has completed additional training at the Royal London Hospital and Southend Hospital NHS. He also has a Master's in Clinical Dentistry and Membership in Orthodontics from the Royal College of Surgeons.

Specialties

Orthodontics
Cosmetic dentistry

NHS Base

Private Only

Dr Julia Panteli

DDS 2012 (LSMU) MSc 2019 in Restorative Dentistry (UCL Eastman Dental Institute, London, UK)



Dr Julia Panteli completed her aesthetic and restorative dental training at world best institutions including Eastman Dental Institute (MSc) and clinics in Harley Street.

Specialties

Aesthetic and restorative dentistry
Management of tooth wear, especially early diagnosis and intervention
Paediatric dentistry

NHS Base

Private Only

Specialties

Restorative and general dentistry

Dr Luke Levy graduated from the University of Birmingham and completed his foundation training in Swindon. He joined the Royal College of Surgeons and continually seeks further professional development through additional training courses.

Dr Luke Levy

BDS MFDS RCS (Eng)



NHS Base

Private Only

Dr Sonia Ramdoo

BDS



Dr Ramdoo graduated from the University of Birmingham in 2003 and has since built a wide-ranging career in general dentistry across both NHS and private practice. She has strong clinical skills in prosthetics, cosmetic dentistry, and minimally invasive techniques, always aiming to preserve natural tooth structure

Specialties

Preventative dentistry
Non surgical facial aesthetics
Cosmetic (teeth whitening, veneers, composite bonding)
Prothetics (denture, crowns, bridgework)
Oral health education
Dental pain (root canals, extractions)

NHS Base

Private Only

Dr Tee Wei Siah

MBChB, BMedSci, FRCP



Dr Tee Wei Siah is a GMC registered, UK trained Consultant Dermatologist that specialises in the diseases of hair and scalp. Dr Siah also offers consultations on all dermatological conditions include acne, hyperhidrosis (excessive sweating), eczema, psoriasis, rosacea, mole checks, skin cancers, pigmentation and wrinkles (Botox and fillers).

Specialties

All dermatological conditions
Hair loss problems
Scalp disorders

Clinic Times

Monday
18:00 - 19:40
Saturday
10:00 - 14:00

NHS Base

West Herts NHS Trust

Dr Sharon Crichlow

MBBS, FRCP, CCT Dermatology



Dr Sharon Crichlow qualified in Medicine at the University of the West Indies and then moved to the UK where she specialised in Dermatology. She undertook training in Internal medicine at Derriford Hospital in Plymouth before completing her training in Dermatology at the University of Leicester Teaching Hospitals in 2008.

Specialties

Eczema
Psoriasis
Lichen planus
Acne
Rosacea
Skin infections e.g.:
Fungal infections
Allergic contact dermatitis
Moles reviews
Sun damage
Skin cancer including surgery

Clinic Times

Wednesday
10:30 - 19:00

NHS Base

West Herts NHS Trust

Dr Sophie Grabczynska

MBBS, FRCP



Dr Sophie Grabczynska graduated from Charing Cross and Westminster Medical School (University of London) in 1990. Her higher specialist training was undertaken in London teaching hospitals, and at the St John's Institute of Dermatology, a postgraduate teaching hospital. She gained specialist accreditation and was awarded a place on the Specialist Register in dermatology by the General Medical Council in 2002. She was elected a Fellow of the Royal College of Physicians in 2006.

Specialties

Eczema
Psoriasis
Acne
Pigmentary changes
Blistering and inflammatory rashes
Photosensitivity
Skin cancer and skin surgery

Clinic Times

Thursday
08:30 - 12:30

NHS Base

Buckinghamshire
Hospitals NHS Trust

Specialties

Skin cancer
Mohs surgery

Dr Dev Shah graduated from The University of Leicester in 2002 with Bachelor of Medicine and Bachelor of Surgery degrees, he also attained a membership of the Royal College of Physicians in 2005. He has done further training in skin cancer and Mohs surgery, and is a leading specialist in Mohs surgery for basal cell carcinoma.

Dr Dev Shah

MBChB, BSc. (Hons), MRCP (Dermatology)



Clinic Times

Ad-Hoc

NHS Base

Private Only

Dr Seher Rahmatulla

MBBS BSc MRCP MSc (Dermatology)



Dr Rahmatulla qualified in 2022

Specialties

General dermatology
Acne
Eczema
Psoriasis
Skin infections
Skin cancers
Mole checks
Warts and verrucae (including cryotherapy)

Clinic Times

Alternate Thursday's
10:00 - 13:30

NHS Base

West Herts NHS Trust

Specialties

General dermatology
Paediatric dermatology
Eczema
Psoriasis
Moles
Rashes
Minor skin surgery

Dr Sheerja Bali is an experienced Consultant Dermatologist who started Dermatology journey in 2009. She specialises in the diagnosis and treatment of skin conditions in adults and children. She offers expert care in general dermatology including acne, eczema, psoriasis, rashes, mole checks, skin cancer and minor skin surgery. Alongside her NHS role at West Hertfordshire Teaching Hospitals, Dr Bali is involved in training and contributing to national dermatology education and governance. She takes a personalised approach to care, ensuring treatments are safe, evidence-based and tailored to each individual's needs.

Dr Sheerja Bali

MBBS, MRCP(Derm)



Clinic Times

Monday
14:30 - 17:30

NHS Base

West Herts NHS Trust

Miss Ruth Conroy

BSc (Hons), SRD



Miss Ruth Conroy qualified in 1994 from the University of Surrey with a BSc (Hons) in Human Nutrition and Dietetics (SRD), following her training at University College/Middlesex Hospital London. She has a wide range of experience in adult clinical dietetics, and worked as the lead specialist oncology dietitian for 11 years at Mount Vernon Cancer Centre, Northwood. Miss Conroy has extensive experience in providing dietetic care and nutritional support for oncology patients.

Specialties

Dietetics
Cancer and palliative care
IBC
Coeliac Disease
Diverticular Disease

Clinic Times

Monday
10:00 - 13:00

NHS Base

Private Only

Mrs Naomi Joseph

BSc



Mrs Naomi Joseph completed her Bachelor's degree (BSc) in Human Nutrition and Dietetics at King's College London in 2001.

Specialties

Gastroenterology
Bowel surgery
Intestinal failure
Oncology
Weight loss
Diabetes
Allergies

Clinic Times

Ad-Hoc

NHS Base

Barnet and Chase Farm
Hospitals NHS Trust

Dr Samer Al-Sabbagh

MD, MRCP, CCST and FRCP



Dr Samer Al-Sabbagh graduated from Damascus Medical School and completed post-graduate training in general medicine at Damascus University Hospitals. He then went on to research diabetic foot disease with Professor Andrew Boulton at Manchester Infirmary, before specialising in GIM, diabetes and endocrinology at Ipswich and Cambridge University Hospitals

Specialties

Thyroid
Gonads (menopause and testosterone replacement)
Adrenals
Pituitary and parathyroid disease (hypercalcaemia)

Clinic Times

Ad-Hoc

NHS Base

East & North Herts
NHS Trust

Mr Bhav Patel

BSc. (Hons) MB BS (Dist) M Ed. (Surg) FRCS ORL-HNS FHEA



Mr. Bhav Patel graduated from Imperial College with an MBBS (Hons), earning distinction in Medical Sciences, along with a first-class Honours degree in Healthcare Management from Imperial College Business School. He was admitted to the Royal College of Surgeons as a member within a year of graduating, making him one of the youngest surgeons in the country.

Specialties

Hearing loss
Ear discharge
Tonsillitis
Nasal blockage
Sinusitis
Nasal polyps
Throat pain

Clinic Times

Tuesday
13:00 - 17:30

NHS Base

London North West
University Healthcare

Mr Pranay Singh

MBChB(Hons), BSc (Hons), MD, FRCS(ORL-HNS)



Mr Pranay Singh completed his undergraduate medical training from Manchester. After basic surgical training he undertook a period of research in Cambridge, investigating the genetics of hearing loss. He did his Speciality Registrar Otolaryngology training in South Thames, including rotating through Guy's & St Thomas' Hospitals. Following this, he went on the prestigious TWJ Fellowship to develop advanced experience in Otology and Neurotology in Toronto.

Specialties

Tonsil problems
Nose blockage
Hearing loss
Wax impaction
Throat symptoms
Neck lumps

Clinic Times

Alternate Thursday's
14:30 - 17:00

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Dr Elizabeth Adesugba

AuD BSc (Hons) RHAD MSHAA



Dr Elizabeth Adesugba is a highly qualified hearing and balance specialist with over 13 years' experience in private and NHS audiological care. She trained in Audiology at the Royal National Throat Nose and Ear Hospital (RNTNE) London and proceeded to obtain a clinical doctorate in Audiology with Nova Southeastern University Florida.

Specialties

Balance assessments
Hearing tests
Hearing protection
Tinnitus management

Clinic Times

Alternate Friday's
10:00 - 13:00

NHS Base

Private Only

Mr Mani Naghibi

MBBS, BSc, DM, MRCP (Gastro)



Dr Mani Naghibi qualified as doctor from Guy's, King's and St Thomas' School of Medicine, London. While at University he also completed an intercalated degree in Anatomy and Physiology, while carrying out research on methods of drug delivery to the brain. After Dr Naghibi graduated he went on to specialise in Gastroenterology at hospitals across London and Wessex, before further specialising in Human Nutrition at University Hospital Southampton. During his higher specialism training he earned a Doctorate in Medicine (MD) for his thesis research on the use of artificial nutrition to improve outcomes in cancer patients.

Clinic Times

Alternate Tuesday's
14:00 - 16:00

NHS Base

St. Mark's Hospital
London

Specialties

Abdominal pain/
bloating
Reflux/gastritis
Constipation/diarrhoea
Haemorrhoids/
rectal bleeding
Fatty liver
Weight loss injectable
treatments

Dr Matthew Johnson

BSc MB BS FRCP MD



Dr Matt Johnson went to St. George's Medical School in South West London, where he also completed a BSc to compliment the MB BS. He went on to train in the South East Thames region, through Guy's, St. Thomas's and King's. He completed his MD research fellowship at St. Mark's in 2009 investigating the bacterial pathogenesis of inflammatory bowel disease and studying the use of probiotics as a novel form of therapy. He's dual qualified as a Gastroenterologist and General Medical Physician. He was invited to become a Fellow of the Royal College of Physicians in 2013.

Clinic Times

Alternate Monday's
09:00 - 12:30

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Specialties

Acid reflux
Hiatus hernias &
barretts
Coeliac disease &
food allergies
IBS & small bowel
pathology
IBD (ulcerative colitis
& Crohn's disease)
Constipation
Colonic polyps and
cancer

Dr James Evans

BSc (Hons), MBChB, MRCP, PhD



Dr James Evans obtained his BSc in Neurosciences at Sussex University in 1998 and qualified from Leicester/Warwick Medical School in 2006 with a prize for Clinical medicine. He undertook his speciality training in North West London between 2012 and 2018 working at centres of excellence including St Marks, St Mary's and Royal London Hospitals. In 2015 he received the Derek Butler Award and subsequently gained his PhD in 2018 from Queen Mary University of London for research into the biology of Barrett's oesophagus and its role in cancer development.

Clinic Times

Wednesday
12:30 - 16:30

NHS Base

East & North Herts
NHS Trust

Specialties

Reflux and heartburn
Barrett's oesophagus
IBS
Constipation
Abdominal pain
Inflammatory bowel
disease (IBD)
Diagnostic and
therapeutic endoscopy
Upper GI physiology
testing
Investigation of
abnormal liver function
tests
Anaemia



Dr Arun Rajendran

MD FHEA FRCP



Dr Arun Rajendran graduated in 2001 and undertook specialist training in gastroenterology in North West London. He further developed his expertise through a three-year research and teaching fellowship at St Mark's Hospital, a world-renowned centre for bowel disease. In 2020, he was awarded a research MD from King's College London for his work on the learning curve of colonoscopic polypectomy, a key technique in preventing colorectal cancer. His research has been recognised with several honours, including the NIHR CLAHRC Support Award, the ASGE Cook Medical Marsha Dreyer Award, and the BSG Best Teaching Abstract Award.

Clinic Times

Saturday
09:00 - 11:00

NHS Base

The Hillingdon Hospital
NHS Foundation Trust

Specialties

IBS
Acid-related disorders
IBD
Dyspepsia
Bowel habit changes,
Gastrointestinal
cancer
Gastroscopy and
colonoscopy
Polypectomy and
endoscopic mucosal
resection
Stricture and achalasia
management

Dr Nikolaos Kamperidis

MSc, MD (Res), MRCP (UK)



Dr Nikolaos Kamperidis graduated from the Aristotle University in Greece in 2003. He undertook his specialist training in London and Kent, and in Surrey and Sussex, as well as an advanced endoscopy fellowship at St Mark's Hospital. He completed his postgraduate studies and was awarded an MSc degree and an MD (Res) from Barts and the London School of Medicine.

Clinic Times

Saturday
11:00 - 13:00

NHS Base

St. Mark's Hospital
London

Specialties

IBD
Endoscopy
Colonoscopy,
Indigestion
IBS
Impact of diet on
symptoms and
diseases of the
digestive tract



Dr Raj Rameshshanker

MBBS, MD (Res), MRCP



Dr Raj Rameshshanker completed his specialist training in Gastroenterology and General Internal Medicine within the Northwest London region. He has completed Doctorate in a Medicine degree from Imperial college London in 2020. He spent four years at the Wolfson Academic Medical Institute, St. Marks Hospital, to attain advanced skills in Endoscopy including enteroscopy, capsule endoscopy and advanced colonoscopy.

Clinic Times

Friday
17:00 - 19:30

NHS Base

The Hillingdon Hospital
NHS Foundation Trust

Specialties

Advanced colonoscopy
and polypectomy
Interventions using
fluoroscopy including
stent placements
Stricture dilatation
Capsule endoscopy
and ERCP; complex
inflammatory bowel
diseases
Upper gastro intestinal
disorders
Pancreato biliary
disorders
Complications of post
cancer therapy

Mr Mohamed Shariff

BMBCh MA (Oxon) MRCP PhD



Dr Mohamed Shariff undertook medical school training at Oxford University and his registrar training in London, pursuing sub-speciality interests in liver and biliary medicine at King's College Hospital, Imperial College and The Royal London Hospitals. He also undertook a PhD in liver cancer research at Imperial college London in 2012.

Clinic Times

Alternate Wednesday's
17:00 - 19:00

NHS Base

West Herts NHS Trust

Specialties

General gastroenterology
Abdominal pain
Dyspepsia
Diarrhoea
Liver disease
Viral hepatitis
Pancreatic disease
EUS
ERCP

Dr Ravi Misra

MBBS, BSc, PhD, FRCP



He qualified from Imperial College, London in 2005. He completed an intercalated BSc. in Surgical Science. His junior doctor training in medical specialities took place on the Hammersmith hospitals rotation. He entered specialist training on the prestigious North West London rotation. He has completed a fellowship in advanced endoscopy at St Mark's Hospital and is skilled at diagnostic and therapeutic endoscopy. Dr. Misra runs a complex IBD tertiary service receiving referrals from the south of England.

Clinic Times

Alternate Thursday's
14:30 - 16:00

NHS Base

St. Mark's Hospital
London

Specialties

IBD
IBS
Constipation
Heartburn
Bloating and abdominal pain

Dr Elliot Tash

FRCP, MRCP (Gastro), MRCP (UK), MB ChB, BSc (Hons) Pharmacology



Dr Elliot Tash graduated from King's College, London in 1997 with a BSc (Hons) in Pharmacology and Leicester University Medical School in 2003. He completed his postgraduate specialist training in the East of England (Cambridge) deanery training rotation and is dual accredited in both Gastroenterology and General Internal Medicine.

Clinic Times

Ad-Hoc

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Specialties

Endoscopy
Diagnostic and therapeutic gastroscopy (including all modalities for emergency UGI bleeds),
Flexible sigmoidoscopy,
Colonoscopy
ERCP (for gallstones, jaundice and bile duct exploration)

Dr Shamel El-Hayani

M.B.Ch.B 1992, Master of Science - Urgent care 2012



Dr Shamel El-Hayani graduated from medical school in 1992. He completed GP training in 2005 in Hemel Hempstead. Since then, he has continued to work for the NHS in North London and as private GP. He completed Master Degree of Science in Urgent Care 2012.

Specialties
Respiratory conditions
Minor trauma
Urgent minor illnesses
Hayfever
Allergies
Dermatology
Depression

Dr Ayaz Aleem

MBBS, MRCP, BSc, DFSRH



Dr Ayaz Aleem is a highly experienced General Practitioner who qualified from Imperial College School of Medicine in London in 2005. He has been practising as a General Practitioner since 2010 and is a member of the Royal College of General Practitioners. In addition to his core medical training, he holds a Diploma in Sexual and Reproductive Health and an intercalated BSc in Healthcare Management from the prestigious Tanaka Business School, Imperial College London.

Specialties
Health assessments
Preventative medicine
ENT disorders
Men's health
Paediatrics
Obesity

Dr Parvez Hamdulay

MBBS BSc MRCP MRCP PgDip



Dr Parvez Hamdulay trained at Guy's, King's & St Thomas' School of Medicine. He initially trained as a hospital physician at the institutions in London including the Royal Brompton, Royal Marsden, Hammersmith & Charing Cross Teaching Hospitals. Dr Hamdulay now has over 22yrs of experience in Medicine, 16yrs as an NHS General Practitioner, Out of Hours (OOH) Doctor & Urgent Care provider. He held a clinical & management leadership role for Herts Urgent Care, the largest OOH provider in the UK up until 2024.

Specialties
Gastrointestinal
Cancer
Diabetes
Cardiovascular disease

Dr Rakhi Choudhary

AKC, MBBS, BS Medicine, BS in Surgery, MRCP, MAcadMED, DFSRH



Dr Rakhi Choudhary qualified from Kings College London in 2009. She completed her Foundation years and GP training in the Midlands. After becoming a GP she worked in central London gaining experience in a variety of conditions and treatments.

Specialties
Sexual and reproductive health

Dr Chiraush Patel

MBBS, BSc, MRCP, DRCOG, MScSEM



Dr Chiraush Patel is an established GP with experience within the NHS and private medicine. Having completed medical training at Imperial College London, he went on to foundation and GP training in the competitive Oxford deanery. He was appointed a partnership position upon completion where he continues to work.

Specialties
Understand a patient's complaint within the context of their life
Work with them to provide a holistic solution to their problem

Dr Asma Akhtar

MBBS BSc MRCP PGCert DRCOG DCH DFSRH



Dr Asma Akhtar is a GP with over 20 years experience as a doctor and more than 15 years working in General Practice. She qualified from Imperial College London and completed all of her postgraduate training in and around London. She was awarded her Certificate of Completion of Training (CCT) in General Practice in 2011. In addition to her clinical work, she holds a Postgraduate Certificate in Teaching in Primary Care. She also holds additional qualifications in women's health, child health, and sexual and reproductive health

Specialties
Women's health
Child health
Sexual and reproductive health

Dr Mark Sandler

MB, ChB



Dr Mark Sandler qualified in Medicine from the University of Sheffield in 1984, before completing his GP VTS training at St. Mary's in Paddington. He is a Senior AME having trained in aviation medicine initially at RAF Farnborough in 1989 and proceeded to obtain a distinction in the Advanced Aviation Medicine training course in 2003.

Specialties

Health screenings
Lifestyle medicine

Dr Jeff Offside

MBBS



Dr Jeff Offside qualified from the University of London in 1997

Dr Nighat Arif

MRCGP, DRCOG, LoTiud, FSRH IMPART Menopause, Honorary FRCOG



Dr Nighat Arif is a GP specialising in women's health and family planning with over 15 years of experience in the NHS and private practice. She is based in Buckinghamshire and is able to consult fluently with patients in Urdu and Punjabi. Dr Nighat is a medical educator and provides teaching to local trainee GPs as well as at national and international conferences.

Specialties
Women's healthcare

Clinic Times

Thursday
09:30 - 13:00
Friday
09:30 - 15:30

Dr Shilpa Mistry

MBBS, BSc, MRCGP



Dr Shilpa Mistry graduated from Imperial College London in 2009 with Bachelor of Medicine, Bachelor of Surgery degrees. She also has a BSc, a Diploma in Clinical Pathology, a Membership of the Royal College of General Practitioners and a membership of the General Medical Council. She became a fully registered practitioner in August 2010.

Specialties
Nutritional education and advice
Metabolic rate
Vitamin infusions

Clinic Times

Intravenous vitamin infusions
Alternate Wednesday's
16:00 - 18:30

Dr Harsha Master

MBBS, BSC, MRCGP



Dr Harsha Master graduated from Imperial College, School of Medicine in 2003 with an academic interest in infectious disease, with a BSc in Infection and Immunity, completed in 2000. She is a General Practitioner by background and completed her GP training in 2008. Her previous role was GP Medical Lead in the Covid Rehab Assessment and Rehabilitation Service at Hertfordshire Community Trust, which was one of the first NHS clinics to be set up nationally in May 2020.

Specialties
Long Covid

Clinic Times

Ad-Hoc

Dr Vishen Ramkisson

MBBS MRCGP DFFP MBA FFCI GPwSI (Vasectomy)



Specialties
Vasectomy (GPwSI)
No-scalpel vasectomy procedures

Dr Vishen Ramkisson held several national roles within the NHS, including Senior Clinical Lead for NHS Digital and National Specialty Advisor for Urgent Emergency Care at NHS England. He played a pivotal role in developing key national services such as the Electronic Prescribing Service (EPS), the NHS e-Referral Service (eRS), and the Data Platform for the COVID-19 Vaccine Service during the pandemic, earning recognition and multiple awards for his contributions.

Clinic Times

Ad-Hoc Surgical Only

Mr Aruna Munasinghe

MBBS, BSc MRCS FRCS (Gen Surg) ChM



Mr Munasinghe completed his surgical training at the prestigious Guy's & St Thomas' Hospital, followed by advanced postgraduate training at several leading centres of excellence across London, the South East, and the West Midlands. His academic background includes a period of research at Imperial College London, reflecting his commitment to evidence-based medicine and innovation. Mr Munasinghe undertook a specialist fellowship in Bariatric and Complex Upper GI Surgery at St George's Hospital, London, one of the UK's foremost centres for advanced gastrointestinal surgery.

Clinic Times

Alternate Tuesday's
18:30 - 20:00

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Specialties

Gall bladder removal
(Cholecystectomy)
Keyhole Surgery
Weight Loss/Bariatric
Surgery
Hernia Repair
Upper GI Endoscopy
Anti Reflux/Hiatal
Hernia Surgery

Specialties

Varicose veins
DVT (deep vein
thrombosis)
Swollen legs
Peripheral vascular
disease
Haemorrhoids
Hernias

Mr Sanjeev Sarin is an experienced general and vascular surgeon with over 35 years in clinical practice, including 25 years as a consultant. In 1984 he graduated from the Southampton Medical School, he completed his postgraduate training—along with an MS thesis—at University College and Middlesex Hospitals in London.



Mr Sanjeev Sarin

MS, FRCS (Eng), BM



Clinic Times

Thursday
13:00 - 16:00

NHS Base

Private Only

Mr Periyathambi Jambulingam



MBBS, MS, FRCS Ed, FRCS (Gen Surg)



Mr Periyathambi Jambulingam qualified in Medicine in 1991 from the University of Madras in India, before moving to the UK where he undertook his surgical training in the West Midlands at the Queen Elizabeth Hospital in Birmingham. He worked in the Liver Transplantation unit for a year before completing the intercollegiate speciality examination and being awarded his Certificate of Completion of Specialist Training (CCST). He is an experienced bariatric surgeon who performs insertion of intragastric balloons (Obers), laparoscopic gastric banding, sleeve gastrectomy, gastric bypass and revisional bariatric surgery.

Clinic Times

Alternative Thursday's
16:30 - 17:30

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Specialties

Gallstones
Hernia
Hiatus hernia with
acid reflux
Abdominal pain
Dysphagia
(UGI Cancers)
Anaemia

Mr Farhan Rashid



MBBS, DM, FRCS Eng



Mr Rashid trained at Midlands, East of England and Cambridge. Higher surgical training at Cambridge rotation. Trained at five regional oesophagogastric cancer units and two regional Bariatric units in UK. His specialist interests are bariatric/metabolic surgery, anti-reflux/hiatus hernia surgery, laparoscopic hernia repair and oesophagogastric cancer surgery. He performs all oesophageal and gastric cancer operations at regional centre at Hammersmith hospital, Imperial college, London and full range of Bariatric Surgery at regional Bariatric unit at Luton and Dunstable.

Clinic Times

Alternate Wednesday's
18:00 - 20:00

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Specialties

Gallbladder / gallstone
removal
Gastroscopy
Hernia surgery
Upper gastrointestinal
cancers
Anti-reflux surgery

Mr Gary Atkin

MB ChB, MD, FRCS



Mr Gary Atkin graduated from Manchester University and underwent specialist training in Colorectal Surgery at St Mark's Hospital, the internationally-renowned centre for gastrointestinal disease. He completed a fellowship in laparoscopic colorectal surgery at Queen Elizabeth II Hospital before taking up his expert post in 2010.

Specialties

Bowel cancer
Laparoscopic (key-hole) and robotic surgical techniques
Non-cancerous bowel conditions
Haemorrhoids
Anal fissures and fistulas
Hernia repair
Gall bladder removal

Clinic Times

Alternate Friday's
08:00 - 11:00

NHS Base

East & North Herts
NHS Trust



Mr Partha Das

MBBS, ChM, FRCS (Colorectal/Gen Surg)



Mr Partha Das qualified from the University of Calcutta, India, in 1992. He completed higher surgical training in the South East Thames London rotation. He spent three years in a Research Fellowship at St Mark's Hospital, London, internationally renowned centre for treatment of Intestinal and Colorectal Diseases. He was a postgraduate clinical tutor during this placement. He was appointed as a Consultant Colorectal Surgeon at the Luton and Dunstable University Hospital in 2015.

Specialties

Colorectal cancer surgery
Surgery for IBD (Crohn's disease and ulcerative colitis)
Laparoscopic complex major abdominal wall reconstruction

Clinic Times

Saturday
13:00 - 14:00
Thursday
08:00 - 09:00

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Mr Shashank Gurjar

MBBS FRCS, Dip (Med Ed), MSc, MBA, MA



Mr Shanks Gurjar qualified as a doctor from Imperial College London in 1997, and then completed his basic surgical training at King's College. He completed specialist training in colorectal surgery in the South East Thames region and gained the FRCS degree in 2009. He has completed a senior post-CCT fellowship in pelvic floor surgery at John Radcliffe Hospital in Oxford which gave him expert training in the management of rectal prolapse and evacuatory disorders.

Specialties

Laparoscopic hernia surgery
Haemorrhoids
Fistulas and fissures
IBD
Pilonidal sinus surgery
Colorectal cancer
Diverticular disease.

Clinic Times

Monday
18:00 - 20:00

NHS Base

Luton & Dunstable
University Hospital
NHS Trust



Mr Eriberto Farinella

MBBS, MD, CCT General Surgery 2010



Mr Eriberto Farinella completed medical school at the University of Palermo in Italy. He then undertook surgical training at the Universities of Perugia and Milan, where he achieved his MD qualification. Mr Farinella relocated to the UK and spent his last two years of surgical training at St Mark's Hospital, London, a specialist bowel hospital, and at the Royal Marsden Hospital, a specialist cancer hospital, gaining exposure to complex GI (gastrointestinal) and colorectal cases. He then underwent specialist training in laparoscopic and GI surgery on the highly regarded North-West Thames rotation and obtained a subspecialist fellowship in colorectal surgery.

Specialties

Cholecystectomy (gallstone surgery)
Abdominal wall reconstruction
Laparoscopic gastrointestinal surgery
Open gastrointestinal surgery
Diagnostic laparoscopy (including retroperitoneal biopsies)

Clinic Times

Monday
18:00 - 20:00

NHS Base

East & North Herts
NHS Trust

Mr Alla Amin

MBChB, MS, FRCS (General and Colorectal)



Mr Alla Amin's main higher surgical training was in the North East Thames region. He also trained in coloproctology, inflammatory bowel disease and ano-rectal functional disorders at the Royal Free Hospital in London. His training at Whipps Cross Hospital expanded his experience in General Surgery, laparoscopic surgery, especially cholecystectomy (Laparoscopic key-hole surgery for gall bladders and hernia repair surgery).

Specialties

Cholecystectomy
Laparoscopic and open hernia repairs
Haemorrhoidectomies
Anal fissures
Anal fistula's and pilonidal sinus

Clinic Times

Thursday
14:00 - 17:00

NHS Base

Private Only

Mr Arvind Mittal

MRCOG, MBBS, MS (Ob/Gynae), DRMD (Radiology), PG Cert. (advanced Gynae endoscopy)



Mr Arvind Mittal qualified in medicine with Bachelor of Medicine and Bachelor of Surgery (MBBS) degree from India in 1987. He is a member of the Royal College of Obstetricians and Gynaecologists (MRCOG) and has a Diploma in Radiology (DMRD), Master of Surgery (MS in Obs/Gynae) and PGC (Advance Gynae Endoscopy) qualifications. He has nearly 40 years experience in obstetrics and gynaecology including extensive training in laparoscopy and hysteroscopy and is also trained in major London university hospitals including Guys and St. Thomas and Kings College Hospitals.

Clinic Times

Monday
18:30 - 20:00
Sunday
11:30 - 13:00

NHS Base

West Herts NHS Trust

Specialties

Keyhole (laparoscopic and hysteroscopic) surgery
Benign gynaecological conditions
Early endometrial cancers

Miss Shahnaz Akbar

MBBS, MSc (USS), MRCOG, MRCPI, PgDip (Medical Health & Education), PgCert (Counselling skills)



Miss Shahnaz Akbar qualified for her medical degree in 1984 from the University of Karachi in Pakistan. She was admitted as a full member of the Royal College of Obstetrician and Gynaecologist in 2000 and became qualified as a Consultant Gynaecologist in 2005.

Clinic Times

Wednesday
17:30 - 19:30
Saturday
12:30 - 14:00

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Specialties

Male factor subfertility
Implantation failure
Polycystic ovaries (PCOS)
Fibroids / bloodless myomectomies
Adolescent gynaecology

Miss Pushpa Maharajan

MBBS, FRCOG, Diploma in Obstetrics & Gynaecology, DFFP



Miss Pushpa Maharajan received her primary medical qualification in 1995 before completing her post-graduate degree in obstetrics and gynaecology at Madras Medical College in India. While doing her specialist training in the Oxford deanery, Ms Maharajan worked in various teaching hospitals.

Clinic Times

Tuesday
18:00 - 20:00

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Specialties

Colposcopy
Menopause
Menstrual disorders and abnormal bleeding
Minimal access surgery
Benign gynaecological conditions

Miss Sayan Patra-Das

MBBS, MRCOG



Miss Sayan Patra-Das is a Consultant Obstetrician and Gynaecologist with a special interest in gynaecology, early pregnancy diagnostics, and preterm birth prevention.

Clinic Times

Saturday 10:00 - 13:00

NHS Base

Homerton Hospital
NHS Trust

Specialties

Pelvic Pain
Ovarian Cysts
Endometrial Polyps
Early Pregnancy problems
Prevention of Preterm and Postmenopausal problems

Mr Alasdair Drake

MBBS, MA, MRCOG



Mr Alasdair Drake studied medicine at first at Oxford University and then at Kings College Hospital School of Medicine in London graduating in 1990. He trained in Obstetrics and Gynaecology at the Princess Anne Hospital in Southampton and St Mary's Hospital in Portsmouth. He trained as a cancer surgeon at St James's Hospital in Leeds.

Clinic Times

Alternate Tuesday's
10:00 - 13:00

NHS Base

East & North Herts
NHS Trust

Specialties

Major gynaecological surgery
Cancer treatment
Minimally invasive procedures (laparoscopic surgery)
Endometriosis
Ovarian cysts
Heavy periods
Fibroids
Prolapse

Dr Moez Dungarwalla

FRCPATH, MBBS, MRCP



Dr Moez Dungarwalla trained in Medicine at Imperial College School of Medicine graduating with Honours in 2000. He then underwent specialist training in Haematology at the Royal Marsden Hospital in London. He was appointed as a Consultant Haematologist at Milton Keynes NHS Foundation Trust in 2008.

Clinic Times

Alternate Thursday's
18:00 - 19:00

NHS Base

Milton Keynes Hospital

Specialties

Leukaemia
Lymphoma
Myeloma
Anaemia
Myeloproliferative disorders
Thrombosis
Haemochromatosis
Bleeding disorders
Thrombophilia
Myelodysplasia

Dr Caroline Houlihan-Burne

MBBS, MRCP, DRCOG, DCH, MDCH, BSCH (Assoc.)



Dr Caroline Houlihan-Burne is a GP and a Clinical Hypnotherapist. She undertook her medical training at St Mary's Hospital Medical School, now part of Imperial College, London, followed by General Practice training both in London and in Buckinghamshire. She undertook a Medical Diploma in Clinical Hypnosis at the London College of Clinical Hypnosis.

Specialties

Hypnotherapy

Clinic Times

Alternate Monday's
15:00 - 18:00

NHS Base

Private Only

Dr Mara Sittampalam

MBBS, BSc (Hons) Tumour Biology, MRCP (Neurology), FRCP



Dr Sittampalam studied Medicine at St Bartholomew's and The Royal London School of Medicine and Dentistry, graduating in 2002. She completed her general medical training at several leading London teaching hospitals, and went on to undertake her specialist neurology training and clinical research fellowship across two major neuroscience centres in the South West Peninsula and Edinburgh.

Clinic Times

Alternate Tuesday
09:30 - 12:00

NHS Base

Bedfordshire Hospitals
NHS Trust

Specialties

General neurology
Neuroinflammatory conditions
Epilepsy
First seizures
Tremor disorders
Memory problems
Multiple sclerosis
Parkinson's disease

Dr Paul Watts

BSc MB BS PhD FRCP



Dr Watts registrar training in general neurology began at the Royal Free Hospital and sub-specialty training was completed at the National Hospital for Neurology and Neurosurgery, Queen's Square, London. Prior to receiving his CCST, he was attached to the department of Neurology at the Mount Sinai Medical Centre, New York, in the capacity of visiting registrar. He was an MRC Clinical Training Fellow at King's College, London, where he received a PhD in neuropharmacology for work on the role of P450 enzymes in the basal ganglia in Parkinson's disease.

Clinic Times

Alternate Wednesday
15:00 - 19:00

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Specialties

General neurology
Parkinson's disease
Balance disorders and vertigo
Headache management

Mr Jeremy Read

MBBS, BSc, MSc (sports medicine), FRCS (Tr & Orth)



Mr Jeremy Read trained at Charing Cross & Westminster Medical School, where he qualified in medicine and gained a BSc in pharmacology. He completed basic surgical training at St Peter's Hospital before earning an MSc in Sports Medicine. He undertook general orthopaedic training on the South West Thames rotation, followed by specialist hand surgery fellowships at Middlemore Hospital, New Zealand, and University College Hospital, London. At Middlemore, he trained alongside orthopaedic and plastic surgeons, gaining extensive experience in elective and traumatic hand problems, including microvascular repair and tendon injuries, which he further advanced during his second fellowship in London.

Clinic Times

Alternate Wednesday's
13:30 - 17:30

NHS Base

West Herts NHS Trust

Specialties

Hand & wrist arthritis
Dupuytren's contracture
Needle fasciotomy
Carpal tunnel
Kienböck's disease
Athlete's hand & wrist
Trigger finger
Hand & wrist fractures
Ligament injuries
Wrist arthroscopy
Thumb basal joint replacement

Mr Tony Corner

BSc (Hons), MBBS, MRCS (Eng), FRCS (Tr & Orth)



Mr Tony Corner qualified from St Mary's Hospital, Imperial College London, before completing specialist Orthopaedic training in London (North West Thames Rotation). He undertook a one-year advanced upper limb fellowship with Mr Steve Drew at University Hospitals Coventry and Warwickshire. In 2009 he was awarded the prestigious British Orthopaedic Association European Travelling Fellowship, gaining experience with leading shoulder surgeons in France, Italy and Switzerland. He was appointed Consultant Orthopaedic Surgeon at West Hertfordshire Hospitals NHS Trust (Watford, St Albans and Hemel Hempstead) in 2010.

Clinic Times

Monday
14:00 - 17:00

NHS Base

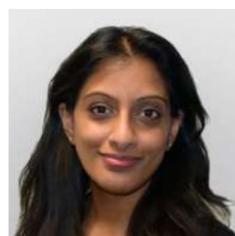
Private Only

Specialties

Keyhole shoulder surgery
Rotator cuff tears
Shoulder instability
Frozen shoulder
Sports injuries
Shoulder & elbow Arthritis surgery
Joint resurfacing
Total and reverse shoulder replacements
Upper limb trauma care
Fractures
Dislocations
Tendon and sports injuries

Miss Tressa Amirthanayagam

MBBS (Hons), MA (Cantab), FRCS (Tr&Orth)



Miss Amir trained at the University of Cambridge and Imperial College London and completed her specialist orthopaedic training in London, followed by an advanced UK fellowship in shoulder, elbow, wrist, and hand surgery at the Robert Jones and Agnes Hunt Orthopaedic Hospital in Oswestry. She was appointed a Wellcome Trust Fellow in 2013 and undertook research into rotator cuff-sparing approaches to total shoulder replacement. She also contributed to the development of a new shoulder replacement in collaboration with the Biomechanical Engineering Department at Imperial College London. Her work has been published and presented internationally.

Clinic Times

Thursday
09:30 - 11:30

NHS Base

West Herts NHS Trust

Specialties

Shoulder pain
Rotator cuff tears
Frozen shoulder
Shoulder Arthritis
Shoulder instability & dislocations
Elbow pain & ligament injuries



Mr Nawfal Al-Hadithy

MB BS, B.Sc, M.Sc (Sports Med), D.M.Ed, FRCS (Tr & Orth)



Mr Nawfal Al-Hadithy was educated at St Paul's School in Barnes and then studied medicine at University College London, where he also gained a B.Sc.(Hons) in Orthopaedic Science from the Royal National Orthopaedic Hospital in Stanmore. His specialist training was in the prestigious North-West Thames rotation in London where he rotated through St Mary's Hospital; a major trauma centre. He then completed an upper limb fellowship at Addenbrooke's Major Trauma Hospital in Cambridge.

Clinic Times

Tuesday
14:00 - 16:00

NHS Base

Hillingdon & Mount Vernon NHS Trust

Specialties

Manual therapy
Extracorporeal shockwave therapy
Minimally invasive shoulder & elbow surgery
Ligament reconstruction
Osteotomy
Arthroscopy

Mr James Langdon

BSc (Hons) MB BS MRCS (Eng) FRCS (Orth)



Mr James Langdon qualified from St. Mary's Hospital Medical School (now part of Imperial College School of Medicine) in 2000. He undertook his specialist orthopaedic and spinal training at the Royal National Orthopaedic Hospital, and also underwent a one-year UK advanced training fellowship in spinal surgery as part of his training. He has lived in Hertfordshire since 2008 and was appointed as a Consultant Orthopaedic Spinal Surgeon to West Hertfordshire Hospitals NHS Trust (Hemel Hempstead, St Albans and Watford) in 2011, where he was the Clinical Director for Trauma, Orthopaedics and Spinal surgery between 2017 and 2019. He was the Clinical Lead for Spinal surgery between 2014 and 2023.

Clinic Times

Wednesday
14:30 - 17:30

NHS Base

Private Only

Specialties

Minimally invasive spinal surgery
Spinal injections
Disc surgery
Spinal decompression
Spinal fusion
Cervical (neck) surgery
Lumbar (low back) surgery

Mr Stuart Blagg

MBBS BSc FRCS FRCS (Tr and Orth)



Mr Stuart Blagg has been a Specialist Spinal Consultant for the South Bucks NHS Trust and the National Spinal Injuries Centre at Stoke Mandeville since 2004. He is fellowship trained in spinal trauma, degeneration, tumour, paediatric spinal problems including scoliosis and deformity of the whole spine from occiput to coccyx.

Clinic Times

Friday
14:00 - 18:00

NHS Base

South Bucks NHS Trust

Specialties

Spinal tumours
Cervical spine conditions
Cord compression
Nerve compression
Spinal deformity
Paediatric spinal problems
Sports-related spinal problems
Degenerative spinal conditions

Mr Nana Osei

FRCS (Tr&Orth), MA (Oxon), MBBS (Lon)



Mr Nana Osei graduated from Christ Church, Oxford University with a Bachelor of Arts in 1997. In 1999 he graduated from University College London with Bachelor of Medicine, Bachelor of Surgery degrees. He undertook clinical medicine training at The Royal Free Hospital, and has trained at centres of excellence in London, East Anglia, in the EU, Toronto and the US. He has a Fellowship at the Royal National Orthopaedic Hospital and Great Ormond Street Hospital.

Clinic Times

Wednesday
14:00 - 15:30

NHS Base

Private Only

Specialties

Spine surgery
Trauma and orthopaedic surgery
Spinal deformity
Dissectomies (full range)
Microsurgery and decompressions
Nerve pain

Mr Bilal Al-Obaidi

MBChB, MRCS, FRCS (Tr & Orth)



Mr Bilal Al-Obaidi completed his medical studies at the Baghdad College of Medicine 1995 and began his Trauma & Orthopaedic training in Jordan from 2002 until 2007, during which he finished his MRCS exam. He continued his senior training under the guide of City Hospital Munich-Harlaching, Germany whilst at the linked Rashid Hospital in Dubai. He came to the UK in 2010 to complete an extensive 8-year fellowship at Imperial College London

Clinic Times

Wednesday
17:30 - 20:00

NHS Base

Hillingdon & Mount
Vernon NHS Trust

Specialties

- Hip and knee surgery
- Complex trauma management
- Robotics-assisted surgery
- Hip and knee arthroplasty (including partial knee arthroplasty)
- Arthroscopic soft tissue knee surgery
- Revision of failed procedures
- Management of non-union cases

Mr Subhajit Ghosh

MBBS, MRCS Edin, D.Orth FRCS (Tr & Orth), MBA



Mr Subhajit Ghosh completed his specialist training in some of the most renowned centres of the country which were part of the North-West Thames Orthopedic Training Programme. He received further training as he completed 3 prestigious fellowships in centres of excellence including Royal National Orthopaedic Hospital Stanmore, Nuffield Orthopaedic Centre Oxford and the Guy's Hospital.

Clinic Times

Tuesday
14:30 - 16:30

NHS Base

West Herts NHS Trust

Specialties

- Hip and knee surgery
- Trauma surgery

Mr Ravi Popat

MD Res, FRCS, MBBS, BSc (Hons)



Mr Ravi Popat trained at some of the leading centres in the world, he looks to utilise his skills to offer the finest possible evidence-based care. He tailors each treatment plan to the individual, in an effort to enable his patient's to return to peak function

Clinic Times

Thursday
14:00 - 16:00

NHS Base

West Herts NHS Trust

Specialties

- Partial knee replacement surgery
- Enhanced recovery after joint replacement operations



FRCS (Tr & Orth), MFSTEd, MCh Orth (UK), DNB (Orth), Diploma in Orthopaedics, D.Orth, M.B.B.S

Specialties

- Paediatric orthopaedics
- Paediatric trauma and injuries
- Hip arthritis
- Knee arthritis
- Adult trauma
- Knee meniscus surgery

Mr Sobti studied Medicine in Mumbai, India and completed his core Orthopaedic training and fellowship at P D Hinduja National Hospital, Mumbai. He further maximised his exposure and Orthopaedic training with fellowships in the UK at Ashford and St Peter's Hospital, The Great Ormond Street Hospital for Children, Royal National Orthopaedic Hospital Stanmore and Chelsea Westminster Hospital, London. He is fellowship trained in complex trauma, Hip and Knee replacement and Paediatric Orthopaedics.

Mr Anshul Sobti



Clinic Times

Alternate Tuesday's
08:00 - 09:30
Alternate Friday's
11:00 - 13:00

NHS Base

The Hillingdon
Hospitals NHS
Foundation Trust

Mr Tarique Parwez

MBBS, FRCS, Diploma Orth Engineering, FRCS (Tr&Orth)



Mr Tarique Parwez completed basic surgical training rotation at Aberdeen Hospital, Scotland and successfully passed the FRCS Ed in 1996. Mr Parwez completed the West Midlands Trauma and Orthopaedics Higher Surgical rotation (1998-2004), during which time he completed a 2-year part time Diploma in Orthopaedic Engineering from Cardiff University (2001). He completed his FRCS (Trauma and Orthopaedics) in 2002 and has undertaken two fellowship posts, a Lower Limb Arthroplasty fellowship (West's Suffolk Hospital 2004-2005) and a Knee Soft tissue and Arthroplasty fellowship (Avon Orthopaedic Centre 2009-2010).

Clinic Times

Alternate Thursday
13:30 - 15:30

Alternate Saturday
14:30 - 16:00

NHS Base

Luton & Dunstable
University Hospital NHS
Trust

Specialties

Arthroscopic (keyhole) and minimally invasive foot and ankle surgery

Arthritis treatment (including ankle replacement and preservation)

Adult foot deformity correction

Achilles tendon injuries and tendinopathy

Heel pain (plantar fasciitis)

Sports injuries and trauma

Mr Raj Thakrar

MBBS, BSc(Hons), FRCS(Tr&Orth)



Mr Thakrar is a double Fellowship-trained Consultant Trauma and Orthopaedic Surgeon specialising in knee surgery and sports injuries. He graduated from the Royal Free and University College London Medical School in 2006 with a First Class Honours BSc in Physiology and Pharmacology and a Merit MBBS. After completing specialty training in the West Midlands in 2017, he undertook subspecialty knee fellowship training at the Academic Lower Limb Reconstruction Unit at University College London Hospital and the Institute of Sport, Exercise and Health. He then completed a second fellowship focusing on periarticular knee osteotomy and knee ligament reconstruction at Basingstoke & North Hampshire Hospital.

Clinic Times

Alternate Friday's
14:00 - 17:00

NHS Base

East & North Herts
NHS Trust

Specialties

ACL Repair

Knee Arthroscopy

LCL Reconstruction

Meniscus Tear Repair Surgery

Partial Knee Replacement

Total Knee Replacement



Mr Yaser Ghani

MBBS, BSc, FRCS (Tr & Orth)



Mr Yaser Ghani studied medicine at UCL in London and undertook a BSc in Orthopaedic & Musculoskeletal Science. He completed his Orthopaedic Specialty Training in London on the prestigious Royal National Orthopaedic Hospital, Stanmore Rotation and worked in several highly regarded hospitals across London including the Foot & Ankle Unit at the Royal National Orthopaedic Hospital. As a triple fellowship trained Consultant, he is highly skilled in the management of all aspects of Foot and Ankle Surgery.

Clinic Times

Alternate Wednesday
08:00 - 10:00

NHS Base

Homerton Hospital
NHS Trust

Specialties

Arthroscopic (keyhole) and minimally invasive foot and ankle surgery

Arthritis treatment (including ankle replacement and preservation)

Adult foot deformity correction

Achilles tendon injuries and tendinopathy

Heel pain (plantar fasciitis)

Sports injuries and trauma

Dr Anthony Cohn

FRCPCH, MBBS, MRCP



Dr Anthony Cohn graduated from St George's Hospital, London in 1989 and started work in Paediatrics in 1990, training at various London hospitals – including Great Ormond Street Hospital. He was appointed Consultant Paediatrician in West Hertfordshire in 1999

Specialties

Contenance and constipation
Soiling
Bedwetting
Children's sleep issues
Physical and psychological overlap
Safeguarding

Clinic Times

Thursday
17:30 - 19:00

NHS Base

West Herts NHS Trust

Dr Gulab Rastogi

MBBS, DCH, MD (Paediatrics), MRCP, FRCPCH



Dr Gulab Rastogi is a General Paediatrician with extensive experience across 3 continents. Working with children since 1974 initially in India and in the UK since 1984. He trained in Paediatrics in hospitals around West London and Liverpool.

Specialties

Asthma, wheezing and persistent cough
Abdominal pain, constipation and reflux
Headaches, faints and funny turns
Fits / epilepsy
Heart murmurs and chest pain
Kidney and urinary problems
Endocrine disorders
Infant crying and feeding problems

Clinic Times

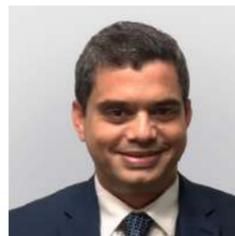
Monday
14:00 - 17:00

NHS Base

Private Only

Dr Nofil Mulla

FRCA, FFPMRCA, NBME (USA), MD, MB, BS.



Dr Nofil Mulla has trained in world renowned centres of excellence, including an advanced pain fellowship at the Guy's and St. Thomas' University Hospital affiliated to King's College London School of Medicine. He worked as a Consultant in Addenbrooke's Hospital, Cambridge and St. George's University Hospital, London. He also worked in General Medicine which enhances his scope of practice with an additional advantage in his clinical approach.

Clinic Times
Ad-Hoc

NHS Base
Luton & Dunstable
University Hospital
NHS Trust

Specialties

Ultrasound-guided pain procedures
Peripheral nerve stimulation
Radiofrequency denervation / ablation

Dr Attam Singh

MBBS, FRCA, FFPMRCA



Dr Attam Singh completed his anaesthetic training at the University College/Royal Free Hospital, London training school in 2013 and his Pain Medicine training was established by experience gained in variety of centres based in the UK and USA. He completed his Pain training at The Royal Free Hospital, London (FFPMRCA 2011) and consequently in 2012 he undertook a year's fellowship at the prestigious University Hospital in Michigan, USA.

Clinic Times
Ad-Hoc

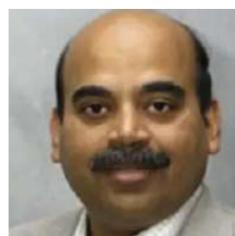
NHS Base
West Herts NHS Trust

Specialties

Musculoskeletal disorders
Neuropathic pain
Interventional pain management
Analgesia optimisation
Physical rehabilitation

Dr Ajoy Pandit

MBBS, DA, DNB Anaesthesia, FRCA, FFPMRCA



He qualified in 1992 from Bombay University with an MB BS, before beginning his career in anaesthesia. He has also specialised in cardiothoracic and neuro anaesthesia (post-doctoral certificate course). In addition, Dr Pandit has completed a fellowship in chronic pain at a number of hospitals including Bart's and the London, Whipps Cross, and Queens Hospital. He then became a member of the Royal College of Anaesthetists. Dr Pandit is also interested in radiofrequency procedures for pain as well as teaching and research.

Clinic Times
Wednesday
08:30 - 13:00

NHS Base
West Herts NHS Trust

Specialties

Chronic pain
Spinal and back pain
Neuropathic pain



Dr Aditi Ghei

MBBS, DA (Anaesth) DNB, FRCA, FFPMRCA



Dr Aditi Ghei has been a consultant in this field since 2010. She first trained in Anaesthetics in India and higher training was in Imperial college, and the University Hospital Wales.

Clinic Times
Thursday
08:00 - 09:00

NHS Base
Royal Free London
NHS Foundation Trust

Specialties

Pain management
Injection techniques for lower back and neck pain
Epidural steroid injections
Pelvic pain
CRPS (Complex Regional Pain Syndrome)
Neuropathic pain
Musculoskeletal pain
Fibromyalgia
Peripheral nerve injections

Dr Rafik Sedra

FRCA FFPMRCA FCAI EDAIC Msc



Dr Sedra, who notably obtained an MSc in anaesthesia, also possesses expertise in sciatica, regional anaesthesia, shoulder pain, frozen shoulder, cancer pain, chronic pain, and radiofrequency intervention. Dr Sedra successfully undertook intensive and specialist training in chronic pain and anaesthetics at Oxford School of Anaesthesia and his chronic pain training at Guy's & St Thomas' Hospital in London.

Clinic Times
Tuesday
09:00 - 12:30

NHS Base
Frimley NHS Trust

Specialties

Lower back pain
Neck pain
Sciatica
Pelvic pain
Post-operative pain
Fibromyalgia and joint pain (shoulder, hip and knee pain)



Dr Johann Emmanuel

MBBS Bsc MRCP FRCA FFPANZCA FFPMRCA



Dr Emmanuel has been a Consultant in Pain Medicine for over 16 years, practising in the NHS at East and North Hertfordshire NHS Trust. He has occupied a number of senior roles within the Pain service, serving as Clinical Director for 5 years, Inpatient Pain lead clinician for 4 years, and has assisted the Hertfordshire health board in developing patient pathways for low back pain with particular emphasis on injections for back pain and sciatica. Currently he is the Regional Advisor for Pain medicine for the East of England, helping training the pain consultants of the future.

Clinic Times
Alternate Friday
08:00 - 12:00

NHS Base
East & North Herts
NHS Trust

Specialties

Neck Pain/ Cervical Spondylosis
Neck pain/ Cervical Radiculopathy
Headaches caused by Neck disorders
Low Back pain / spinal arthritis
Sciatica/Spinal nerve compression
Sacroiliac joint pain

Dr Sachin Alva

MBBS, DA, DNB, EDIAC, FRCA, FFPMRCA



Dr Alva started his job as a Consultant in Pain Medicine in the NHS after completing his training in Anaesthetics and Pain Management in Leicester.

Specialties

- Musculoskeletal pain (spine, hip, knee, and shoulder)
- Chronic pain management
- Ultrasound-guided nerve blocks
- Ultrasound-guided joint injections
- X-ray guided spinal interventions
- Image-guided radiofrequency procedures (spine and joints)

Clinic Times

Alternative Monday's
09:00 - 11:30

NHS Base

East & North Herts
NHS Trust

Specialties

- Musculoskeletal (MSK) conditions
- Sports injuries (all ages)
- Soft tissue injections
- Joint injections

Amanda has completed many post-graduate and professional courses, including gaining recognition as an advanced physiotherapy practitioner. This means she can perform additional activities traditionally reserved to the role of the medical staff and beyond those of a regular physiotherapist. She can directly request diagnostic imaging here at OSD Healthcare, when it is clinically indicated for musculoskeletal conditions. Another advanced skill is that since 2011, she has been performing corticosteroid and hyaluronic acid joint and soft tissue injections.

Miss Amanda Marsh

MCSP, BSc(Hons)



NHS Base

Private Only

Specialties

- Athletic & Sports Injuries
- Running-related Injuries
- Foot & Ankle conditions
- Knee Injuries
- Hip Pain & Femoroacetabular Impingement (FAI)
- Lower Back Pain

Conor is a Musculoskeletal Physiotherapist with an MSc in Physiotherapy and a BSc in Sports Rehabilitation and Athletic Therapy, with experience across both private healthcare and NHS settings. He treats all musculoskeletal issues and conditions, working with patients of all ages and activity levels, using a patient-centred, evidence-based approach to help people return to the activities that matter most to them – whether that's sport, work, or everyday life

Mr Conor McGreivy

MSc BSc, MCSP



NHS Base

Private Only

Mr Hyder Ridha

BSc (Hons), MBBS, FRCS (Plast)



Mr Hyder Ridha completed his MBBS in University College London in 2003, supplemented with a BSc (Hons) in Anatomy and Developmental Biology, also from UCL (2000). After completing his basic surgical training he undertook his specialist training in the Eastern deanery, acquiring his FRCS (Plast) from the Royal College of Surgeons in 2012.

Beyond this, Mr Ridha undertook further training in the form of a fellowship in microsurgery in London, developing his interest in breast, head and neck reconstruction. He also completed aesthetic fellowship training in all areas of facial, breast and body rejuvenation.

Clinic Times

Wednesday
18:00 - 20:00

NHS Base

East & North Herts
NHS Trust

Specialties

Surgical and non-surgical aesthetics of the breasts, face, and body
Breast reconstruction using microsurgical techniques
Skin cancer treatments

Mr Prashant Govilkar

FRCS (Eng.), MBBS, M.Ch



Mr Prashant Govilkar graduated with Bachelor of Medicine, Bachelor of Surgery degrees from Grant Medical College and the J.J Group of Hospitals, Bombay. He completed training in Plastic and Reconstructive surgery at the J.J Group of Hospitals and the LTMMG Hospitals. He attained an MCh (Plastic Surgery) degree and undertook a Microsurgery training fellowship in Brescia, Italy. He has a Fellowship of the Royal College of Surgeons of England which he was awarded in 2003 and a plastic surgery Fellowship in 2007.

Clinic Times

Thursday
09:00 - 12:00

NHS Base

Stoke Mandeville
Hospital

Specialties

Cosmetic surgery
Hand surgery
Breast reconstruction
Body contouring
Rhinoplasty
Blepharoplasty

Mr Roshan Vijayan

BSc, MBBS, FRCS (Plast). MBA



Mr Roshan Vijayan qualified from medical school in London in 2008 with a first class intercalated degree in Endocrinology (hormonal and metabolic health), and subsequently worked in over 20 hospitals during his training, spanning London, Oxfordshire and Sussex. After general post-graduate training in medicine and surgery, he undertook specialist training in plastic surgery at the Queen Victoria hospital in East Grinstead, Royal London hospital, Royal Free hospital, Chelsea & Westminster hospital, and Guys & St Thomas' hospital.

Clinic Times

Tuesday
08:00 - 11:30

NHS Base

East & North Herts
NHS Trust

Specialties

Skin cancer treatment
Breast and body contouring surgery
Facial rejuvenation
Non-surgical aesthetic procedures

Mr Nilesh Sojitra

BSc, MBChB, MSc, MRCEd, FRCSEd (Plast)



Mr Nilesh Sojitra graduated from Edinburgh University in 1994 with a Bachelor's degree in anatomy and completed his degree in Medicine and Surgery in 1997. Following his general surgical training, Mr Sojitra obtained the MRCS qualification and in 2003 was awarded a Masters degree in surgical science by University College London for his scientific research into nerve regeneration.

Clinic Times

Ad-Hoc

NHS Base

Royal Free London
NHS Foundation Trust

Specialties

Breast cosmetic surgery
Facial cosmetic surgery
Body contouring
Breast reconstruction after cancer

Mr Constantinos Kokkinos

MD, MRCS(Eng), FRCS(Plast)



Mr Kokkinos has over 15 years of experience in plastic, reconstructive, and cosmetic surgery, Mr Kokkinos is dedicated to providing the highest quality care to his patients. Specialising in microsurgery, breast, and skin cancer surgery, he combines advanced surgical techniques with a patient-centred approach to achieve natural, functional, long-lasting results.

Clinic Times

Ad-Hoc

NHS Base

Royal Free London
NHS Foundation Trust

Specialties

Mohs Micrographic Surgery
Complex reconstructions
Aesthetic procedures

Mr Jonathan Larholt



BSc (Hons), FRCPodS



Mr Jonathan Larholt commenced his podiatric surgical training in 2001 at West Middlesex University Hospital and in 2006 became a Fellow of the Royal College of Podiatric Surgery (FRCPodS). He was awarded his Certificate of Completion of Specialist Training in 2011 and the position of Consultant Podiatric Surgeon in 2014.

Specialties

Bunions (hallux valgus)
Arthritic big toe joints (hallux limitus)
Ball of the foot pain (metatarsalgia)
Neuromas
Midfoot pain
Achilles tendinopathy

Clinic Times

Alternate Friday's
09:30 - 12:00

NHS Base

Central London
Community Healthcare
NHS Trust

Dr Sen Kallumpuram

MBBS MD, MRC Psych, DUAL CCT (Old Age & General Adult), Diploma Geriatric Medicine, Diploma Gerontology



Dr Sen Kallumpuram qualified in Medicine from the University of Kerala in India in 1997. He then moved to the UK where he decided to specialise in the field of Psychiatry and Mental Health, through undertaking specialist training.

Specialties

Support for older patients
Degenerative diseases
Dementia care

Clinic Times

Ad-Hoc

NHS Base

Luton & Dunstable
University Hospital
NHS Trust

Miss Marie-Clare Mendham

BSc (Hons), Cpsychol, Csci, MSc, Post MSc Dip Psych



Miss Marie-Clare Mendham is a Consultant Chartered Psychologist with over 20 years' experience specialising in psychological assessment and therapy for adults.

Specialties

- Suicide risk
- PTSD
- OCD
- Anxiety
- Physical and sexual abuse
- Psychosis
- Drug and alcohol dependency
- Bipolar disorder
- Personality disorders

Clinic Times

Alternate Tuesday's
08:00 - 12:00

NHS Base

Private Only

Dr Anthony Divers

Specialties

MRI = Paediatrics
CT = Paediatrics
US = Paediatrics

Dr Ajay Sahu

Specialties

MRI = MSK
CT = N/A
US = MSK, Injections
DVT, General Testes

Dr Triet Hoang

Specialties

MRI = Breast
CT = Breast
US = Breast

Dr Yu Yul Bashir

Specialties

MRI = Paediatrics
CT = Paediatrics
US = Paediatrics

Dr Arpan Patel

Specialties

MRI = GI Tract - Liver, Spleen, MRCP, Pancreas, Small Bowel, Rectum, Anal Sphincter, Kidneys, Adrenals
CT = GI Tract - Thorax and Abdomen/Pelvis
US = Abdomen, Kidneys, Testes, Herniae Groin, Abdominal Wall, Leg Doppler, Small Bowel, Contrast Enhanced U/S, Soft Tissue Lumps & Bumps

Dr Kevin Rosenfeld

Specialties

MRI = GI, head, spine, knees, neuro, vascular
CT = General
US = Abdomen, pelvis, MSK, gynae, dopplers, carotids

Dr Preena Patel

Specialties

MRI = MSK
CT = MSK
US = MSK

Dr Eric Woo

Specialties

MRI = MSK, parotid, soft tissue neck, general
CT = General, cardiac, CT guided FNA & biopsies
US = General abdomen & pelvis

Dr Oran Roche

Specialties

MRI = Head, neck, MSK, general
CT = General body
US = Abdomen, plain film, doppler lower limb
Interventional = Ultrasound / CT guided MSK injections

Dr Chandra Hoskote

Specialties

MRI = Neuro
CT = Neuro
US = N/A

Dr Luke Lintin

Specialties

MRI = Urology, brain, spine, MRCP, gynae for interventional planning
CT = General CT, staging
US = General abdomen & pelvis, hernias, lumps & bumps, head, neck, thyroid, DVT
Interventional = All biopsies (not lung) & FNA, all drainages, vascular and non-vascular fluoscopically guided procedures

Dr Laxshmi Avula

Specialties

MRI = MSK
CT = MSK
US = MSK

Dr Rachana Shukla

Specialties

MRI = Gynae
CT = Gynae
US = Gynae, general

Dr Richard Hughes

Specialties

MRI = MSK, general
CT = CT guided nerve root injections
US = Hydrodistention, general U/S
Interventional = U/S MSK joint injections/barbotage

Dr Nikhil Birdi

Specialties

MRI = Breast, MSK, general
CT = Staging CAP
US = Abdomen & pelvis, FNA & core biopsies

Dr Raekha Kumar

Specialties

MRI = Neck, head, sinuses, IAMs, orbits
CT = Neck, sinuses, temporal bones, head, CAP studies for oncology
US = Neck, abdomen, kidneys
Interventional = US Guided fine needle aspirations in the neck only

Dr Vivek Malhotra

Specialties

MRI = Head, spine, gynae, MSK, urology, GI
CT = General
US = Abdomen, pelvis, MSK, gynae, TV scanning, dopplers, carotids
Interventional = Cross sectional facet & nerve root injections, MSK injections, barbotage, FNA parotids/thyroids

Dr David McKean

Specialties

MRI = MSK
CT = MSK
US = MSK, injections

Dr Sarah Yanny

Specialties

MRI = MSK
CT = MSK
US = MSK, injections

Dr Hussain Amin

Specialties

MRI = Breast
CT = Breast
US = Breast

Dr Matthew Knight

MBE, FRCP PG Cert (Allergy) MBBS (Lond) BSc (Hons)



Dr Matthew Knight qualified from University College London in 2005 and undertook respiratory speciality training in the northwest Thames Respiratory training programme, rotating via the Royal Free, Hammersmith, Royal Brompton, Harefield, Barnet, Northwick Park and Watford General hospitals. He also completed a Postgraduate Certificate in Allergy Medicine at Imperial College London.

Specialties

Unexplained breathlessness
Cardio-pulmonary exercise testing (CPEX)
Standard clinical assessment

Clinic Times

Friday
16:00 - 18:00

NHS Base

West Herts NHS Trust

Dr Anand Singh

MD FRCP(London) EDARM(Europe) , MRCP (Respiratory Medicine), FCCP (USA) FAPSR



Dr Anand Singh has been practising for over 10 years. He has worked in the specialist teams at Glenfield (Leicester), Royal Brompton and Harefield Hospitals. Dr Singh worked in the high dependency unit during the covid pandemic as part of the West Herts team which won the BMJ Respiratory Team of the Year Award in 2021

Specialties

Asthma, COPD, and bronchitis
Cough
Shortness of breath
Chest infections
Sleep apnoea
Lung fibrosis

Clinic Times

Thursday
14:00 - 16:00

NHS Base

West Herts NHS Trust

Prof Hasan Tahir

BSc, MBBS, MSc (Sports and Exercise Medicine), MFSEM (UK), FRCPE, FRCP (UK)



Prof Hassan Tahir graduated from University of London in 1993 with a First Class Honours Bachelor's degree and from Kings College School of Medicine in 1996 with a Bachelor of Medicine, Bachelor of Surgery. He attained a Fellowship of The Royal College of Physicians in 2009, completed a master's degree at Bath University in 2012 and attained a Membership of The Faculty of Sport and Exercise Membership in 2011.

Clinic Times

Monday
12:00 - 14:00
Friday
17:30 - 19:30

NHS Base

Royal Free London
NHS Foundation Trust

Specialties

Gout
Rheumatoid arthritis
Osteoarthritis
Psoriatic arthritis
Fibromyalgia
Ankylosing spondylitis
Osteoporosis
SLE (lupus)
Sports medicine
Back pain
Vasculitis
Soft tissue
rheumatism
PRP injections

Dr Gayatri Mittal

MBBS, MD, PhD, MRCP



Dr Gayatri Mittal qualified in medicine at Mumbai University, India, in 1988 and completed a Doctor of Medicine degree in General Medicine in 1994 at the same university. She obtained a Membership of the Royal College of Physicians of London in 2004 and was awarded a PhD at Queen Mary University of London in 2013. She became a Fellow of the Royal College of Physicians of London in 2020.

Clinic Times

Friday
17:30 - 20:00

NHS Base

Royal National
Orthopaedic Hospital -
Stanmore

Specialties

Early inflammatory
arthritis
Early inflammatory
ow back pain
Gout
Hypermobility
Complex systemic
rheumatic diseases

Dr Craig Rosenbloom

MBChB, MRCP (2015), MSc (SEM), PGCert (MSK USS), FFSEM (UK)



Dr Craig Rosenbloom received his medical training from Manchester University and is a qualified GP. He also holds a Master's Degree in Sport and Exercise Medicine from Queen Mary University of London and a Postgraduate Certificate in Musculoskeletal Ultrasound from the University of East London. He completed his Higher Specialist Training within the London Deanery and is registered as a Consultant in Sport and Exercise Medicine with the GMC.

Specialties

Sports injuries
Musculoskeletal medicine
Exercise medicine

Clinic Times

Monday
08:00 - 11:00

NHS Base

Barts Health NHS Trust

Dr Irfan Ahmed

MBBS, MA (Cantab), MSc, MRCP (2017), FFSEM, PG cert MSK Ultrasound



Dr Irfan Ahmed is a Consultant in Musculoskeletal, Sport & Exercise Medicine (SEM). He graduated from the University of Cambridge and completed his higher specialist training in the London deanery. As a Specialist Sports Medicine Doctor he has worked within professional football, tennis, athletics and amateur boxing – helping patients to achieve their health and training performance goals.

Specialties

Musculoskeletal conditions (acute and chronic)
Sports injuries (including adolescent and endurance-related)
Joint, muscle, ligament, and tendon injuries
Spine and back pain
Bone health and exercise medicine (stress fractures, RED-S, chronic disease, performance)

Clinic Times

Thursday
08:00 - 10:30

NHS Base

Private Only

Mr Sanjeev Taneja

MBBS, MS, FRCS, Diploma in Laparoscopic Surgery



Mr Sanjeev Taneja completed his medical degree in 1984 at the University College of Medical Sciences, India. He then completed his Master of Surgery degree at the University of Delhi, India in 1988. He became a Fellow of the Royal College of Physicians & Surgeons of Glasgow in 1994. He completed post-qualification diplomas in Urology from University College London, UK in 1998 and Laparoscopic Surgery from Louis Pasteur University, France in 2005.

Specialties

Keyhole (laparoscopic) surgery
Laser stone surgery
Prostate cancer diagnosis (PSA, prostate MRI, prostate biopsy)

Clinic Times

Monday
18:30 - 20:00

NHS Base

Luton & Dunstable University Hospital
NHS Trust

Mr Farooq Khan

BSc (Hons), MBBS (Distinction), FRCS (Urol)



Mr Farooq Khan graduated from University College London with a Bachelor's degree in science (BSc. Hons), a Bachelor of Medicine, Bachelor of Surgery with distinction (MBBS, 1996) and a Fellowship of the Royal Colleges of Surgeons in Urology in 2008. Mr Khan has been practising urology for over 14 years as a consultant and completed urology training between 2003 and 2010 in Cambridge.

Specialties

Laser prostate surgery
Treatments for benign prostate enlargement

Clinic Times

Tuesday
18:30 - 20:00
Wednesday
18:00 - 20:00

NHS Base

Luton & Dunstable University Hospital
NHS Trust

Mr Frank Lee

BA, Bchir, MB, MA (Cantab), FRCS (Eng), FRCS (Urol)



Mr Frank Lee graduated from Cambridge University with a Medical Degree in 1992. He completed his specialist training in Urology across London hospitals, including sub-speciality training in Female and Reconstructive Urology at the renowned Institute of Urology. In 2004, he was appointed Consultant Urological Surgeon and Honorary Senior Lecturer to St George's Hospital and Medical School at the University of London.

Specialties

General urology
Cystitis and urinary tract infections
Incontinence and overactive bladder
Men's health
Urological issues in patients with spinal cord injury, traumatic brain injury and spina bifida
Neurological urology (e.g., multiple sclerosis)

Clinic Times

Alternate Wednesday's
14:00 -15:00 or
17:00-18:00

NHS Base

Royal National Orthopaedic Hospital - Stanmore

Mr Anish Pushkaran

MBBS, MS, MRCS (Eng), MCh Urology, FRCS Urology (Eng)



Mr Anish Pushkaran is a Consultant Urological Surgeon at Luton & Dunstable University Hospital. He completed his higher surgical training in Urology and is a Fellow of the Royal College of Surgeons of England.

Specialties

Prostate enlargement (BPH)
Kidney & urinary stones
Blood in urine (haematuria)
Prostate, kidney & bladder cancer diagnostics
Erectile dysfunction
Urinary tract infections

Clinic Times

Tuesday
18:00 - 20:00

NHS Base

Luton & Dunstable University Hospital
NHS Trust

Mr Michael Guest

BM BS, Bmed Sci, MD, FRCS (Gen Surg)



Mr Michael Guest trained at Nottingham Medical School and qualified in 1993. He worked as a surgical trainee in Cardiff, London and Australia. He is a consultant general and vascular surgeon at the Lister Hospital and has been since 2005.

Specialties

Varicose veins
Swollen legs
Cold feet
Raynaud's
DVT
Superficial thrombophlebitis
Leg ulcers
PAD
Intermittent claudication
Aneurysms
Atherosclerosis
AV malformations
Hernias (inguinal and umbilical)

Clinic Times

Tuesday
08:00 - 09:00

NHS Base

East & North Herts
NHS Trust

Mr Sanjeev Sarin

NHS
e-RS

MS, FRCS (Eng), BM



Mr Sanjeev Sarin is an experienced general and vascular surgeon with over 35 years in clinical practice, including 25 years as a consultant. In 1984 he graduated from the Southampton Medical School, he completed his postgraduate training—along with an MS thesis—at University College and Middlesex Hospitals in London.

Specialties

Varicose veins
DVT (deep vein thrombosis)
Swollen legs
Peripheral vascular disease
Haemorrhoids
Hernias

Clinic Times

Thursday
13:00 - 16:00

NHS Base

Private Only

Mr Mustafa Halawa

NHS
e-RS

MS, FRCS, MD



Mr Halawa's professional surgical career spans 32 years; 16 years working as a Consultant Vascular Surgeon after completing 16 years of General and Vascular Surgery training. His practice as a Vascular Consultant, built on his training in Vascular Surgery both in the UK and Germany has enabled him to consolidate his experience in the various fields of Vascular Surgery. His routine elective operative work encompasses lower limb arterial reconstruction, Abdominal Aortic Aneurysm (AAA) surgery (both endovascular and open), carotid surgery as well endovenous (Radiofrequency / Laser) ablation procedures for Varicose Veins.

Specialties

Varicose Veins
Inguinal Hernia
Lipoma
Umbilical Hernia
Vascular Access
Femoral Hernia

Clinic Times

Friday
08:00 - 10:30

NHS Base

East & North Herts
NHS Trust and West
Herts NHS Trust

Mr James Crinnion

MB ChB, MD, FRCS



Mr James Crinnion qualified from Leeds University Medical School in 1987 and trained in Leeds, Sheffield, and London. In 1998 he was awarded an MD thesis for vascular surgical research. He has been Chairman of the Court of Examiners of the Royal College of Surgeons, an invited member of Council of the Royal College of Surgeons and Chairman of the North Thames Training Committee for General surgery. He has also been the Trust clinical governance lead (2003-9) and Clinical Director for General Surgery for Bartshealth (2012-2016).

Specialties

Laparoscopic (keyhole) surgery
Vascular surgery
Endocrine surgery

Clinic Times

Alternate Tuesday's
08:00 - 09:30

NHS Base

Royal London &
Whipps Cross Hospitals

Mr Hamish Hamilton

NHS
e-RS

FRCS(Ed), FCS(SA), FACS, MBA(Open)



Mr Hamilton's general surgical training was in Philadelphia, USA 1986-91 in a general surgical residency program and was American Board certified for many years. He has also worked in Cape Town, South Africa as a Consultant, and since 1997 has been in the UK. He sub-specialised in Vascular Surgery since 1999 and treats general surgical abdominal conditions and performs laparoscopic hernia and gallbladder surgery. He offers endovascular treatment for varicose veins, and consults on most vascular arterial and venous disorders. He performs minor day case operations including skin lesions and soft tissue lumps.

Specialties

Varicose Veins,
Gallbladder
Hernia
Lumps & Bumps
Leg Ulcers
Peripheral Vascular Disease

Clinic Times

Thursday
08:00 - 09:00

NHS Base

Private Only

Your local day-case private hospital

Location

One Medical House, Boundary Way, Hemel Hempstead, HP2 7YU

By Road

We offer free parking on site.

From M1

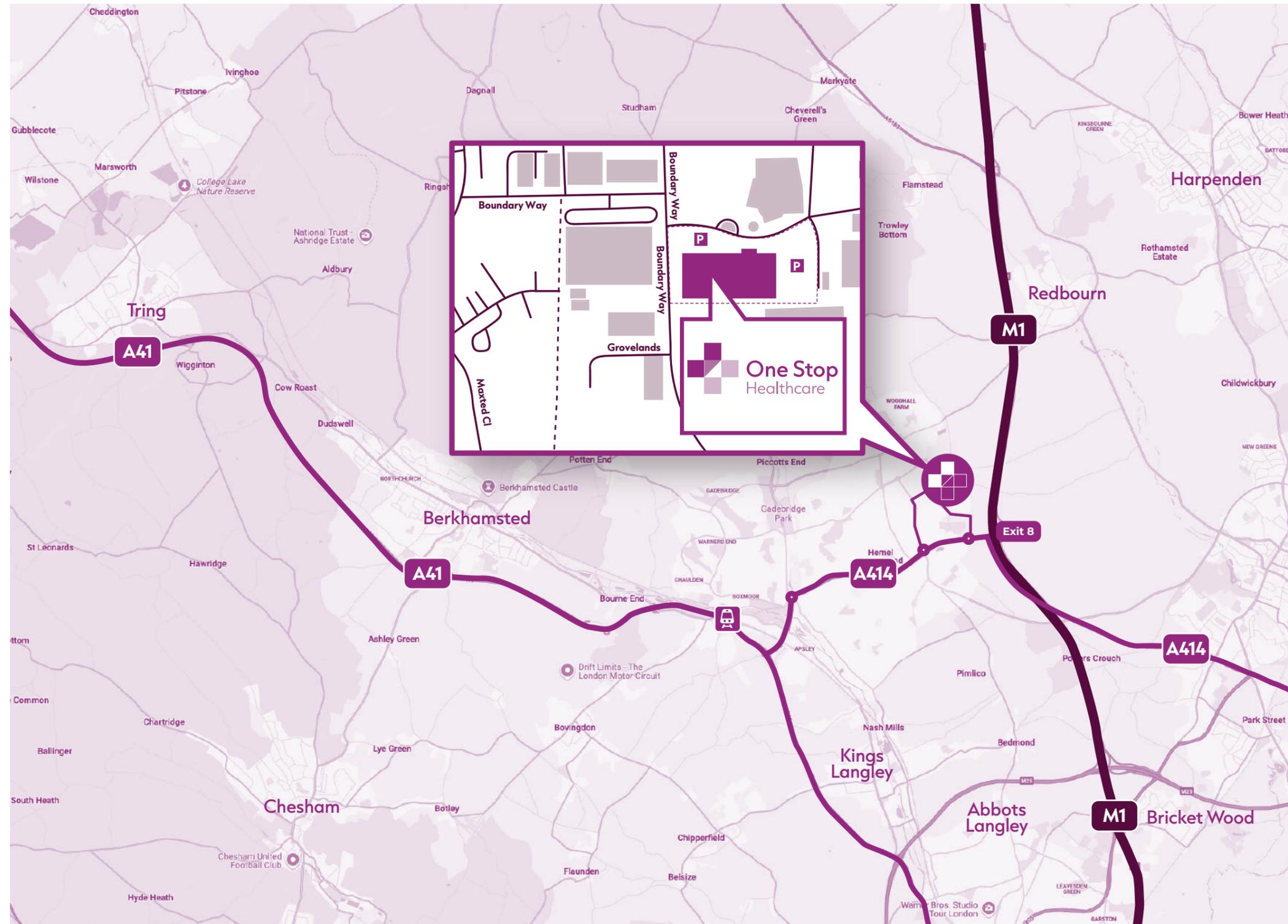
Leaving the M1 at Junction 8, take the third exit at the roundabout onto Green Lane. At the next roundabout, take the first exit and then take the second exit at the following roundabout, taking the third turning on the right. One Stop Healthcare will be immediately on the righthand side.

From M25

Leave the M25 at Junction 21 and travel northbound on the M1 to Exit 8. At the roundabout, take the third exit onto Green Lane. At the next roundabout take the first exit and then take the second exit at the following roundabout, taking the third turning on the right. One Stop Healthcare will be immediately on the right-hand side.

By Train

The closest train station to One Stop Healthcare is Hemel Hempstead. There are usually taxis available outside the station or you can pre-book Choice Taxis on 01442 246 000.



Contacts



Main Hospital

Phone: 01442 331 900

Key Contacts

Chief Executive Officer:

Phil Bates

Mobile: 07595 393 880

Business Relationship Manager:

Jacqui Waterfield

Mobile: 07377 899 183

Director of Clinical Services:

Shieryl Jonatas

Mobile: 07987 803 506

“The specialists took the time to listen to my concerns and explained each step with clarity, it was clear that patient care is their top priority. Everything was smoothly handled. Most importantly, I felt seen and supported. I can’t recommend this clinic highly enough.”

Verified by Doctify





01442 331 900

OneStopHealthcare.com

Registered in England: One Stop Doctors Limited trading as One Stop Healthcare Registered Number: 09692848

Registered Address: One Medical House, Boundary Way, Hemel Hempstead, Herts HP2 7YU.