

# Centre Communication

December 2019



## Winter 2019 Edition



5 out of 5 based on 424 reviews

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# A foreword from Monica...

**A**s the festive season approaches, I am delighted to introduce you to our final newsletter of 2019.

Reflecting on another year gone by in our medical establishment I am as grateful as ever for the wonderful support and loyalty from all of our patients and team members. I hope you enjoy this winter edition of our Centre Communication and I look forward to receiving your feedback on the interesting topics we have chosen for you this quarter.



## Departmental Updates

The **Day Stay Surgery Department** continues to grow and now offers a broad range of procedures within each speciality in our state-of-the-art main theatre situated on the ground floor.

- **Plastic & Reconstructive Surgery;** face and neck lifts, eyelid surgery, submental recontouring (double-chin reduction), vaginal rejuvenation surgery (aka labiaplasty) and breast enhancement surgery with implants.
- **Hair Transplantation Surgery with Platelet Rich Plasma Therapy PRP** (Discussed in more detail on page 3).
- **Podiatric Surgery;** foot and ankle surgery to correct bunions, hammer toes and other common foot and ankle issues.

Within the **Dental Department** we have welcomed a wonderful new addition to the team; Dr Sergio Madrigal. Dr Madrigal has a 23-year track record of varied clinical experience and excellent patient care within dentistry. His patient feedback and reviews are wonderful to read and we are delighted to have him board. Dr Madrigal offers a late clinic every Tuesday and is also available on selected Saturdays.

The **Private GP Department** has introduced male menopause (aka andropause) assessments and treatment. We are delighted to bring awareness to the effects of hormonal changes not only in women but also in ageing men. We discuss the interesting topic of male menopause in more detail on page 7.

As always, the **Medical Aesthetics Department** is busy and booked up in advance. Please ensure you allow yourself plenty of time when booking your appointments. I will be introducing some exciting new evidence-based treatments to this department in early 2020 and I look forward to sharing them with you in due course.

Lastly, I would like to take this opportunity to wishing you all a wonderful Christmas and prosperous New Year.

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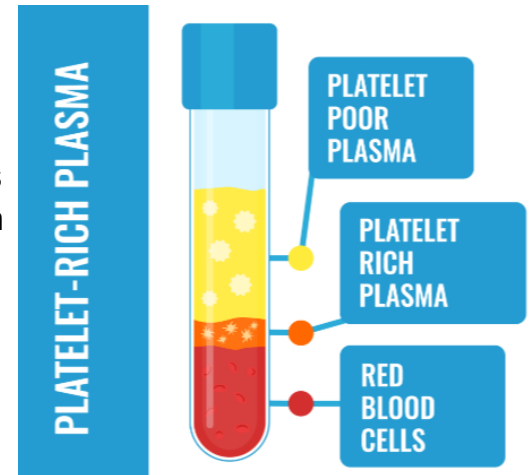
Monica Berrangé  
Director



## NEW: Hair Transplantation Surgery with PRP Therapy

### What is PRP?

PRP is a well-known acronym for **Platelet Rich Plasma** which is the white blood cells extracted from your own blood and then injected back into your body in the area requiring treatment. Blood is taken from your arm, similar to when you have a blood test, it is then put into a machine called a centrifuge which spins the blood at very high speed. The end product is a vial of blood which has been separated into 3 parts (as per diagram) red blood cells, platelet rich plasma and platelet poor plasma. Platelets play a vital role in tissue repair and regeneration and PRP treatments have been used throughout many disciplines for many years, in particular in acute sports injuries involving ligaments and muscle damage. Platelets regulate the various functions involved in the wound healing process. PRP is used around the world to accelerate the healing process.



PRP can be recommended as a treatment on its own for hair loss and hair thinning or it can be recommended in combination with **Hair Transplantation Surgery**.

Specific to hair transplantation surgery, PRP contributes to better healing and stronger hair growth. The platelets enrich and strengthen the freshly transplanted hair follicles.

PRP is often recommended as a solo treatment without transplantation for areas where the hair is considered to be thinning. The injections help strengthen the existing hair follicles thus preventing hair from falling out whilst thickening, strengthening and promoting faster growth in the existing follicles.

**Before FUE surgery with PRP Therapy**



**After FUE surgery to receding hair lines combined with PRP to existing thinning areas.**



At FACEmed, hair transplantation surgery packages are designed bespoke to each patient whether it is just Follicular Unit Extraction (FUE) surgery required or a combination of FUE surgery with PRP injections and specialist hair care.

**Book your complimentary hair loss consultation with a member of the FACEmed team on 01268833680.**



FACEmed's new 3D intraoral scanner **iTero** captures thousands of pictures inside your mouth and assembles them into an incredibly accurate 3D model of your mouth. iTero can also produce an impressive real time transformation of your smile so you can see before and after images before you've even had any treatment.



iTero uses medical lasers. The whole process for one full mouth scan takes approximately 5-10 minutes. The iTero scanner is used for a number of reasons not just to show before and after smile simulations but also to plan various treatments with incredible precision and accuracy. It is compatible with most dental treatments including; Crowns, Bridges, Invisalign, Short-Term Orthodontic Braces and Restorative Procedures.

iTero makes the interaction between the dentist and the patient much easier. In comparison to traditional gooey impressions, it is quicker, more hygienic and more accurate. It is perfect for patients who have a strong gag reflex and also those with a small mouth opening. iTero scanning means less time in the chair for the patient and results in a much more accurate diagnosis overall.

With a 3d iTero scan of your mouth, the dentist will be able to identify potential future issues that could arise such as plaque build-up, fractures and cavities, these can easily be missed by traditional gooey impressions. This means your Dentist can give you a more accurate plan from the very beginning thus dramatically reducing the potential for hidden surprises or costs throughout your treatment.

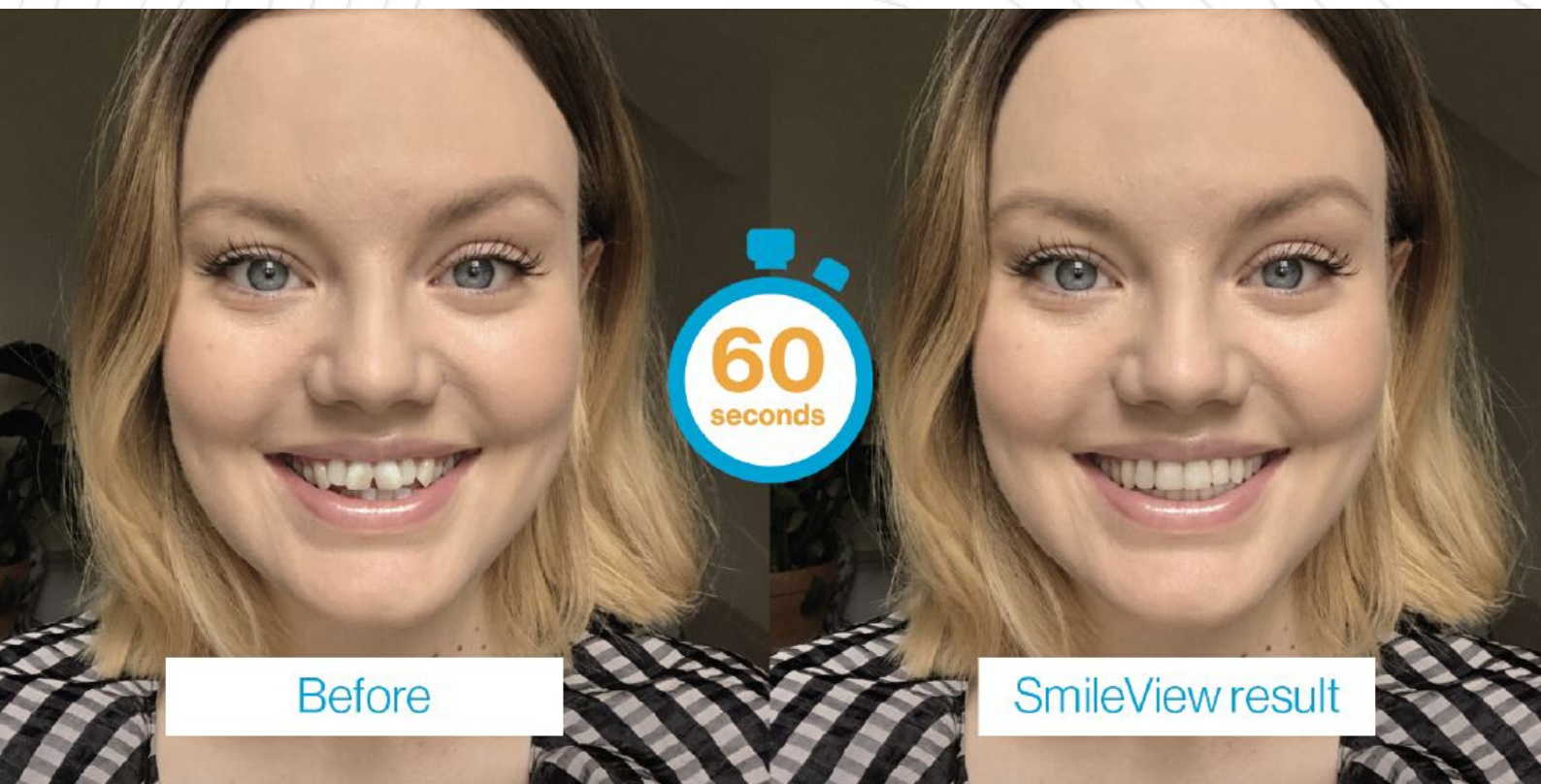


**For more information or to book your dental assessment call 01268833680 or speak to a member of the FACEmed team.**



# Try on a new smile in 60 seconds!

**Scan the code below** and take a selfie to  
start your SmileView experience.



Before

SmileView result

Scan the QR code with your iPhone camera and you will be taken to the SmileView page to start the experience. Alternatively, type in the link below.



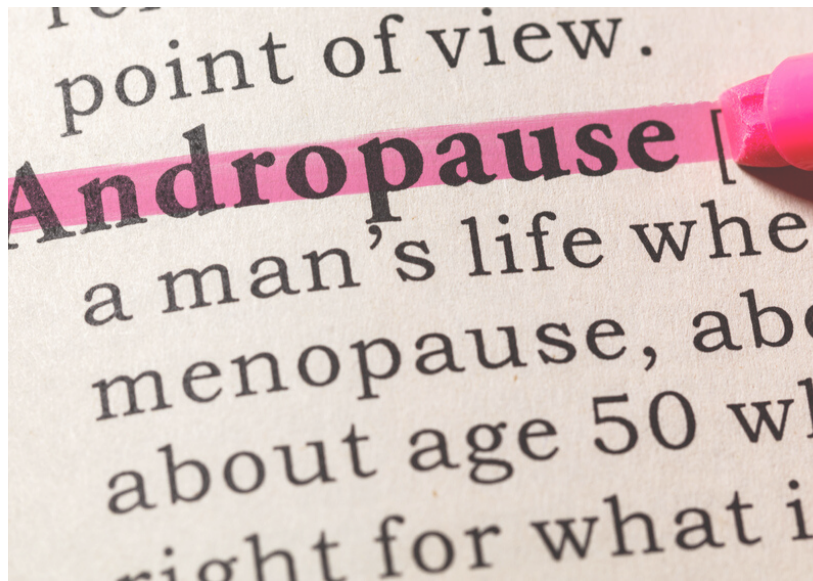
<https://www.invisalign.co.uk/SV/999241>

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Arlandaweg 161, 1043HS Amsterdam, The Netherlands. 208571 Rev A

We all know what the menopause means for women; hot flushes, sweaty and sleepless nights!! Oestrogen deficiency causes many women seek medical advice and start Hormone Replacement Therapy to feel human again. Did you know that men can go through a similar phase starting as early as their 40s?

It can be called male menopause, andropause or testosterone deficiency.

It has been confirmed that approximately 2% of men over 40 and 12% of men over 50 can be affected by testosterone deficiency or andropause. The rate continues to rise with age but is under-diagnosed and under-treated. The symptoms can manifest in various different ways and are easily overlooked.



**Common Symptoms in Men:**  
Fatigue, Brain Fog, Night Sweats or Sleep Disturbance, Loss of Muscle Mass, Loss of Libido, Reduced Strength in Erections and Mood Swings/Depression.

There is a higher incidence of andropause amongst men who are overweight, have high blood pressure, high cholesterol, benign prostate enlargement, asthma/COPD or Type 2 Diabetes. Certain medications can also increase the risk of testosterone deficiency occurring, such medications include long term opiate painkillers, anti-epileptic or anti-psychotic medications. Hair loss medications like finasteride and dutasteride can also reduce testosterone levels.

If testosterone deficiency is diagnosed following assessment and blood tests, then treatment is straightforward with either daily testosterone gel application or testosterone injections every 3 months (TRT-testosterone replacement therapy). Losing weight and optimal control of BP/cholesterol/diabetes/asthma are cornerstones of good general health and together with TRT, gives the best results. TRT is also proven to be a promoter of good heart function too.

Here at Facemed, Drs Peck and Josson-McConnell both have a special interest in this subject and can make an initial medical assessment together with blood tests.

Where testosterone deficiency is indicated, TRT options will be discussed and a management plan designed. In the first year of treatment it may be necessary to see the GP every 3 months for blood tests to check that optimal blood levels of testosterone are being reached. BP and cardiovascular monitoring is also important.

**The cost of a full Andropause assessment for men including blood tests is £500.  
Call 01268833680 or speak to a member of the FACEmed Team.**



## Rejuvenate your face and neck with your body's own liquid gold!

Due to its wound-healing abilities for over 25 years platelet-rich plasma known as PRP has been used for a variety of medical indications, including orthopaedic, plastic, dental surgeries and dermatology.

Ageing of the human skin results from a combination of a gradual decline in function over time (intrinsic ageing) together with cumulative damage caused by environmental factors (extrinsic ageing), which include smoking, exposure to chemicals, and notably, sun exposure (UVB) radiation. With age, the degeneration of connective tissue, the decrease in hyaluronic acid polymers and decrease in fibroblasts/collagen is a natural process. PRP is used for the activation of dermal fibroblasts and collagen synthesis in order to trigger skin regeneration and rejuvenation. More recently there has been a considerable interest in the potential of PRP in facial rejuvenation as a standalone treatment or used in combination with other medical aesthetic applications i.e. muscle relaxants injections, dermal fillers, Dermaroller or PDO Threads.

When patients desire to have a natural treatment which involves the use of their own autologous (meaning coming from their own body) substance then PRP is the preferred option for a minimally invasive treatment which visibly improves the skin quality with minimal downtime.

Although it is used for the full face and neck (by injection or microneedling), the popularity of treating the lower eyelids/under eyes has increased recently due to its high success rates.

**Under Eye Treatment: BEFORE**



A

**After 2 Sessions (one month apart)**



B

**After 3 Sessions (one month apart)**



C

The lower eyelids/under eyes are the most delicate area of the face. Research shows that a series of PRP injections in the lower eyelid region is a safe, efficient, virtually pain-free, simple and rapid treatment option for an area with otherwise limited treatment alternatives. Research data indicates a gradual improvement of the treated area through an increase in the skin volume, skin thickness and skin elasticity as well as a reduction in excess skin, wrinkles and dark circles under the eyes.

**Book your complimentary PRP consultation on 01268833680 or speak to a member of the FACEmed team.**

## Reduce hair thinning and hair loss associated with stress and hormonal changes.

It is inevitable for the modern-day woman to experience hormonal changes at different stages of life and also periods of high stress caused by external factors such as relationships and work pressure. Hair thinning and accelerated daily hair fall is a common biproduct of both hormonal changes (androgenetic alopecia) and/or stress in women.

Luckily for women it is rare that hair loss associated with hormone changes and stress will accelerate to the same level as that of men who more commonly go completely bald in some areas. Women are the ideal candidates for PRP therapy to the scalp where hair is thinning to reinvigorate the existing shrinking hair follicles and promote stronger, thicker hair growth. PRP does not work in areas that are completely bald or where there is very little to no hair growth as the platelets found in your blood are loaded with proteins called growth factors which in high concentration attach themselves to existing sleeping hair follicles giving them new life and encouraging them to regenerate and start working again.



### The Procedure:

Similar to PRP therapy to the face and neck, the platelet rich plasma is extracted from the patient's blood and injected into the areas of the scalp where the hair is thinning.

Topical cream anaesthetic can be used or local anaesthetic can be mixed with the PRP to numb the scalp area during the injection process.

**Female before PRP**



**After 4 x Sessions of PRP**



**Prices from £450**

**Book your complimentary PRP consultation on  
01268833680 or speak to a member of the FACMed team.**



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xmas sets



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set!

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last, speak to a member of the FACEmed team.