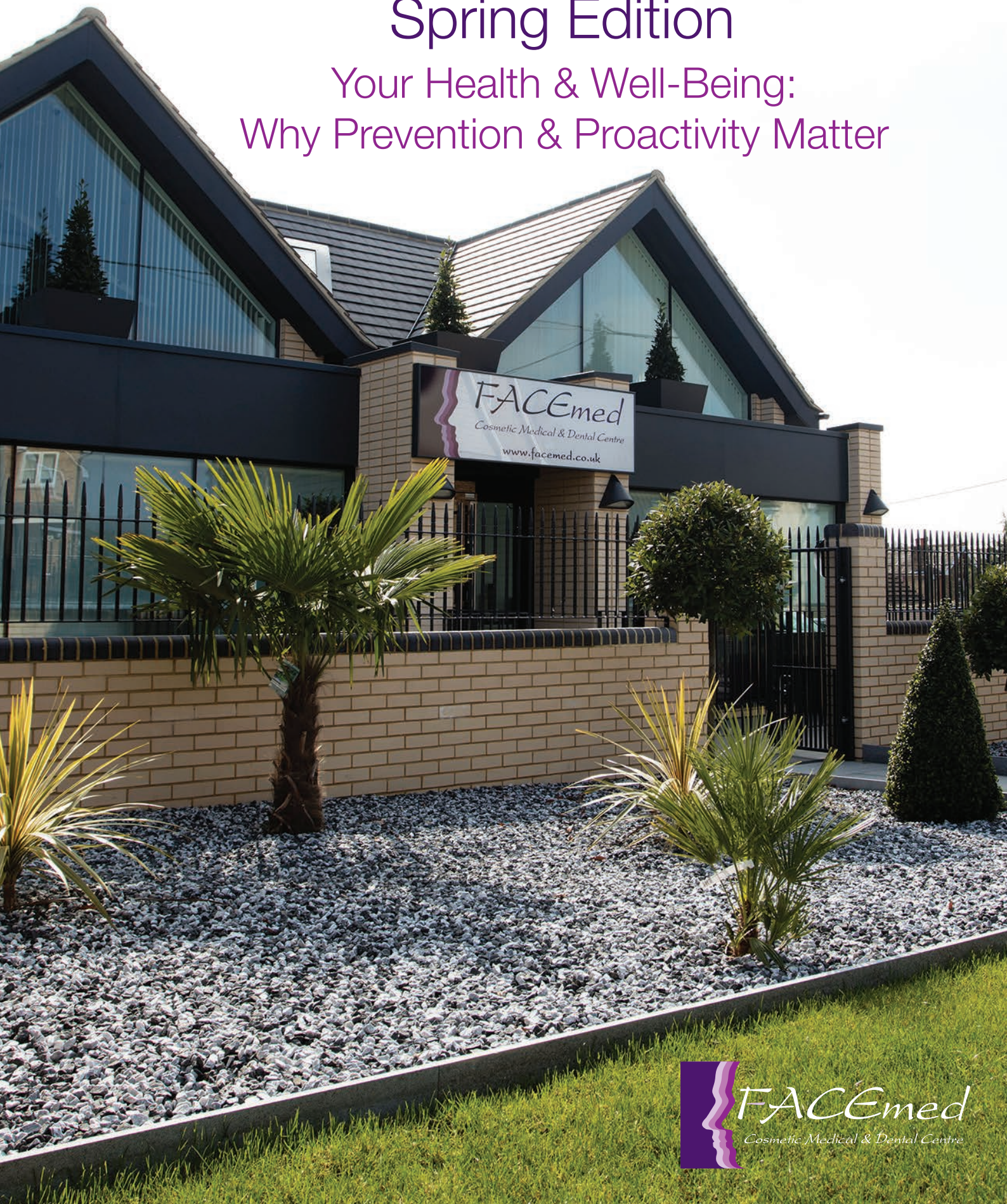


# Centre Communication

## Spring Edition

Your Health & Well-Being:  
Why Prevention & Proactivity Matter





# Welcome

**A**s we leave winter behind and look forward to spring and summer, what better time for a newsletter with information on the services we are able to provide which I hope is helpful. Our Health Screening Service places an emphasis on preventative medicine together with support for a healthy lifestyle and peace of mind.

Services we offer: Bespoke Well Woman, Bespoke Well Man, Hormone Assessment, Ovarian Screen, Prostate Assessment, Bowel Screen, Sexual Health, Cardiology Assessment and Blood Pressure).

Even if you are in good health, thorough medical screening can diagnose problems early and let you take preventative action to protect your future wellbeing.

Reassurance on a range of issues can be given and we are able to provide further access to diagnostic tests and treatment should the need arise. Dental health is also very important and sometimes dental problems can indicate an underlying health problem which if identified promptly can be effectively managed. I hope that you find the other articles on surgery and a non-surgical technique of interest also.

I am eager to establish a synergy between the four services we offer with the aim of enhancing overall wellbeing and promoting the symbiotic approach.

Please be assured that an exceptional level of care, service and safety remain at the heart of all that we do. Finally, this is the perfect opportunity to thank you all most sincerely for your loyal and continued support which is so appreciated. You can always be sure of a warm welcome from myself and my team whenever visiting the FACEmed Centre.



*Shomira Bollangé*



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### Data Protection.

I would like to reassure you that all data is maintained in the strictest of confidence in line with our Information Governance Policy. Our guiding principle is that we hold all patients records securely and in confidence.

# Health Screening

There are many health screening services available privately, outside of the NHS.  
Why should you have one?



**W**ell the adage that prevention is better than a cure does hold. Health screening allows for markers of disease to be picked up early, and therefore treated early.

The NHS offers a good screening service for the most at risk age groups. What is not offered however is personalised individual screening for you, if you fall out of the age brackets or risk factors of the majority.

The Private sector can offer you this instead, with a wide range of tests. However, this doesn't mean that everyone should have every private test offered just because one can. Many tests are bandied as state of the art, or the latest thing, but in actual fact are not the panacea they appear to be. In this one sided market it can be daunting to have a full body scan and strange tests, only to come out with 16 pages of graphs that mean little. Without skilled clinicians to discuss this with you and help you find your way through the myriad of tests available it can be

difficult to determine what results actually mean for you as an individual.

For example, your risk of diabetes may be doubled by your weight distribution, but if that is double of a very low risk, then you are still at a very low risk. It is important that a medical professional gives you clear advice about what your results mean for you, in context, without causing anxiety.

Medicals may involve blood tests, ultrasounds scans, stool tests (in your own home) and ecg's. You usually need to fast (no food from midnight the night before). Do drink lots of water though. An examination and history shouldn't take more than an hour.

If baseline results suggest a problem then your risks and options should be covered for you in simple terms. If your clinicians have been doctors then they may be able to initiate treatment and/refer you to a specialist or let your NHS GP know of what comes next.

**“If baseline results suggest a problem then your risks and options should be covered for you in simple terms”**

# Dental Welfare

In today's society we have become very health conscious and are aware of how to look after our bodies, however with this in mind there is actually less awareness of how looking after our teeth can effect our health and general wellbeing.



**C**hronic oral diseases which are left untreated can significantly affect your quality of life, systemic health, physical appearance and even one's psychological welfare.

Diseases of the oral cavity come in many different forms but are mainly associated with dental decay and varying forms of gum disease. When dental decay is left untreated it can lead to extensive restorative work which can then long term result in tooth loss and the same applies for periodontal disease (gum disease). When disease leads to tooth loss this can also affect how and what people can eat but also one's psychological wellbeing. Missing teeth in certain areas of the mouth can change your appearance extra-orally as well and intra-orally which can have huge repercussions on one's self confidence. Not only is periodontal disease, at its worse form, related to tooth loss but also to one's systemic health. Many studies have now linked gum disease to diabetes, heart disorders and even has strong connections to miscarriages and mental disorders such as dementia.

Diet is extremely important regarding dental welfare as many foods have a big impact on your teeth. Sugary

foods are the most detrimental as a high sugar diet can lead to tooth decay.

Although fruit is very healthy it contains a lot of sugar, although natural, but most importantly can be very acidic so it's important to know when it is best to consume such foods. Sugary fizzy drinks as well as 'diet' carbonated drinks are also very high in acid and can lead to erosion of the enamel.

The most important aspect of dental welfare is preventative treatment. In dentistry our general motto is 'prevention is better than cure'. This is why regular dental examinations with a dentist to check not only for dental diseases but also any pathology such as oral cancers, is vital.

The hygienist also plays an important role within the dental team to help prevent dental diseases by means of removing calculus (tartar) and cleaning around the roots of the teeth to treat extensive gum disease. Most importantly hygienists educate their patients their diet, correct brushing techniques and what is required to achieve optimal oral hygiene and prevent tooth loss. Once your teeth and gums are healthy and well maintained then aesthetic options such as veneers and tooth whitening are available to brighten one's smile.



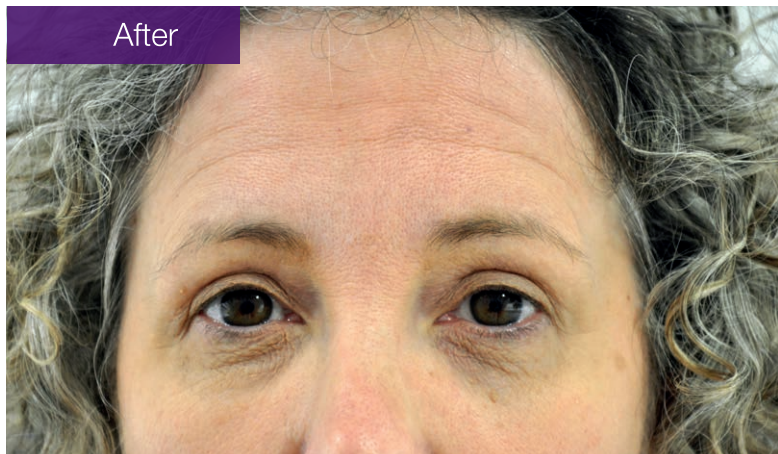
# Eyebags Getting You Down? You Don't Have To Suffer In Silence

Most of the time, the people who come and see me for something 'cosmetic' will say that 'it's just vanity' or 'you do much bigger surgery for people who are ill'.

Before



After



**T**he imagery is one of guilt: to be satisfying a need for feeling more confident or healthier, when the world outside seems beset by grander things...

However, the majority of what our team at FACEmed does for our clientele is so much more! We want to provide so much more than physical change. In what we do, we want to be part of a trajectory for personal confidence, wellbeing, and health. If you're suffering from low confidence or poor self-esteem you're not alone. Most people struggle with their looks and their confidence as a result at some point in their lives. But you don't have to just grin and bear it. There are things you can do to help improve your appearance, change your self image and boost your confidence.

As the lead surgeon within the FACEmed team, one of the issues I see causing the most emotional distress is eye bags and peri-orbital dark circles. Perhaps it's because the eyes are one of the first places to show the signs of ageing, or because the eyes are often the focal point on your face. There are also family tendencies for excess skin, dark circles and 'to look like my Dad!'

There's no need to suffer in silence. Whether it's saggy bags or dark sunken skin under your eyes, if it's getting you down you need to do something about it. Blepharoplasty surgery could be the answer for you.

## What Causes Eye Bags?

Eye bags can be caused by the combination of an excess of skin, an excess of muscle or muscle thickness, or an excess of fat pushing into the lower eyelid. These delicate tissues can be rebalanced by blepharoplasty surgery, providing a really lovely contour between the lower eyelid and the cheek.

## How Is the Surgery Performed?

Eyelid lift surgery is usually a day-case procedure, performed under twilight anaesthesia. An expert anaesthetist will gently sedate you and your surgeon will rebalance the tissues of the lower lid, often in combination with removing heavy dark folds from the upper lids as well. The improvement to lid comfort and vision can be life changing and reduce end of day tiredness. By changing the relationship of the skin, the fat and the muscle we can provide an aesthetic contour in the lower lid and between the lower lid and cheek. Supporting the lid at the same time by re-suspending it can restore eyelid shape and youthfulness, and with it, your self esteem! The scar is usually hidden under the eyelash line or indeed behind the lower lid so that it is not seen at all. The recovery can be swift and the bruising minimal.

## How Safe Is Eyebag Surgery?

Eye bag surgery performed by an experienced surgeon is extremely safe. As with all procedures there are risks that need to be considered, but for most people it's an excellent way to repair their confidence and get a fresher, younger look. I am often asked to provide eyelid surgery in combination with other facial procedures. In fact, this is a very common request and can often be the best solution if you're in need of a confidence boost – to reset the canvass and restore facial balance. The aim with such combination procedures is to provide a good aesthetic balance, a refreshed appearance between the lids, the face, and the neck, and oftentimes including the brow and upper lid also.

## So Could Eyebag Surgery Help You Regain Your Confidence?

If you're self-conscious or uncomfortable with your looks due to eyebags then it's certainly something to give some serious consideration to. Let us answer your questions and help you decide if the procedure is right for you.

# Nicola Newman – Botox® Patient For A Medical Condition - Temporomandibular Disorder (TMJ)

Nicola came to us for treatment of a temporomandibular disorder (TMJ), a painful condition affecting the jaw joint and the muscles around it. She's been suffering with daily pain for over ten years and no doctors nor dentists had been able to find any cause. Here is Nicola telling her story...

## Why Did You Come To See Monica?

I'd been suffering from TMJ for 10 years and it had got to a point where the pain was so intense that I couldn't even eat. I was taking high strength painkillers called Tramadol (400mg) as well as the nerve blocker, Nortriptyline, but it didn't really give me any relief. I was close to having a psychological breakdown because I just couldn't cope with the pain any more.

I had tried many treatments already but nothing worked. I'd had a gum shield at night, paid for a private MRI scan on my jaw and I even went to the dentist and asked for root canal on all my teeth, to remove all the nerve endings. I was absolutely desperate and would have done anything to stop the pain.

## Why Did You Choose Monica?

During my research into TMJ treatments I came across Botox® injections as a possible solution. I decided to give it a try, so I started looking for people offering it near to me. It's not available as a treatment on the NHS so I had to go private.

I chose Monica because she had experience in the treatment of TMJ with Botox® and after meeting her at my consultation I felt certain I was in good hands.

She explained to me that the pain was caused by the muscles in my face overworking and by relaxing the correct muscles in my face with Botox® injections, these muscles will not be able to contract and cause the pain.

## How Did Your Treatment Go?

Initially, I needed three Botox® treatments, every three months.

I was a little nervous at first, but the treatment itself was actually fine. Afterwards I wasn't sure if it was going to work for me as the pain relief wasn't immediate because it takes two weeks for the treatment to take effect.

After that, I started to see some improvement and the pain was definitely less! Within a fortnight of the second treatment, the pain reduced again and was now significantly better! I couldn't believe that I had finally found something that worked!

I have just had the third treatment and I am still seeing improvement. I have some slight pain after the Botox® injections whilst my jaw gets used to the changes, but that soon goes.

I'm so so happy with the results so far. I am down to just 50mg of the pain killer Tramadol and plan to come off that completely very soon.

I should need another top up in about four months and then again after 6 months, but the difference in my quality of life is just so huge that I'm happy to come back for top up treatments. I feel so much better in myself now that I'm nearly off the painkillers. My head is less fuzzy and I'm much happier in general.

## Would You Recommend Monica?

Yes, absolutely. Monica has a really calming and happy disposition that helped me feel at ease every step of the way. She is very knowledgeable and treated me like an individual. I felt she really got to know me personally and understood my issues and my needs.

If you are suffering from TMJ I highly recommend you to come and see Monica - I only wish I had found her sooner!



**"If you are suffering from TMJ I highly recommend you to come and see Monica - I only wish I had found her sooner!"**





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