

ADVERTISING

LEADING THE WAY IN PROSTATE CARE

Midlands Urology offers a comprehensive diagnostic service for a wide range of urological conditions, and rapid access to highly specialist robotic prostate surgery. The organisation's private urology clinics are located in two prestigious hospitals — The Harborne Hospital in Birmingham and the Nuffield Health Wolverhampton Hospital — providing a personal service, clinical excellence and convenience for patients living across the West Midlands. These facilities offer personalised treatments from imaging and minor procedures to complex robotic surgery.

Midlands Urology has led the way in the Midlands in terms of technical innovation in prostate surgery. The lead surgeon, Mr Peter Cooke, was the first to perform robotic prostatectomy with the da Vinci robot for early prostate cancer in 2011, developing a regionally unmatched reputation and robotic surgical experience. The team achieve patient outcomes among the best in the UK.

In February 2025, Midlands Urology performed the first robotic Aquablation treatment for an enlarged prostate in Birmingham and the Black Country at the Nuffield Health Wolverhampton Hospital. This unique robot-controlled water jet technique with ultrasound image guidance achieves the removal of benign prostate tissue impeding urinary flow, with a published accuracy and preservation of sexual function unrivalled by any other modality. Currently unavailable on the NHS in the West Midlands, and subject to very prolonged waits for surgery, Midlands Urology has again led the way in offering technical innovation and improving surgical outcomes and patient experience. Learn more at aquablation.co.uk.



Midlands Urology offers the personal touch, surgical experience and clinical excellence. Access to diagnostic clinics for assessment, imaging and investigation of the prostate and urinary tract can be made via midlandsurology.org.uk, directly at The Harborne Hospital or the Nuffield Health Wolverhampton Hospital. Read the company's five-star feedback and many positive patient experiences at doctify.co.uk

● **Why put up with troublesome urinary symptoms or worry, when rapid and accurate diagnosis is just a click away? midlandsurology.org.uk**

UNDERSTANDING HIP PAIN

Hip pain can significantly affect your daily activities — from enjoying sports to maintaining independence
It may even impact your ability to work or care for your family. Common causes include hip impingement, labral tears and osteoarthritis.

Labral tears: causes and treatment
The labrum is a ring of cartilage that lines the hip socket, helping to stabilise the joint. A labral tear is a rip in this cartilage, often caused by repetitive motion, trauma or structural abnormalities such as hip impingement. Symptoms typically include groin pain, clicking and reduced range of motion.

Treatment for labral tears
Conservative management includes physiotherapy, activity modifications and, when appropriate, injections (steroid, stem cell or PRP) to reduce inflammation. For patients not responding to these measures, minimally invasive keyhole surgery can repair the tear and correct bony impingements allowing one to return to sports and high-level function.

Arthritis: causes and treatment
Arthritis in the hip results from the gradual wear and tear of cartilage, and it may also be due to previous injuries or inflammatory conditions. The subsequent inflammation causes pain, stiffness and swelling, limiting mobility.

Treatment for arthritis
At Grosvenor Orthopaedics, the treatment plan begins with a clinical examination and advanced imaging such as X-rays, CT scan and MRI. For arthritis, non-surgical options include physiotherapy and injections. However, when the condition severely compromises quality of life, hip replacement surgery is considered. The clinic now utilises advanced techniques — including minimally invasive approaches, computer navigation, robotic surgery and hip resurfacing — to optimise implant placement and recovery.

ENHANCING LIVES THROUGH SCIENCE AND COMPASSION

The Elijah Social Cognitive Skills Centre, founded by Professor Dr Debora Elijah, is dedicated to enhancing the social cognitive abilities of children
With more than 30 years of experience, Dr Elijah has shaped the centre's mission around early intervention, focusing on social awareness, self-regulation and problem-solving skills. Her expertise has earned international recognition, and she continues to collaborate with families and professionals across the UK, Europe and the Middle East. Based in northwest London, the centre supports both the local community and international families.

A cornerstone of the centre's approach is PROSCIG® (Social Cognitive Intervention Programme in Peer Groups), a science-led intervention developed by Dr Elijah. Tailored to each child's needs, it is delivered in both group and one-to-one settings. PROSCIG® uses evidence-based strategies to support social interaction, empathy, conflict resolution and adaptation within peer groups.

Executive functioning is also a key focus, helping children strengthen skills in planning, organisation and decision-making.

The centre provides specialist support for children with ADHD, autism (particularly girls who are often underdiagnosed) and those with sensory processing challenges. Interventions are carefully adapted to nurture both academic and emotional development.

As an assessment hub for neurodevelopmental and educational needs, the centre offers comprehensive evaluations, assisting families and professionals in gaining a clearer understanding of each child's unique strengths and areas of difficulty.

Working in partnership with both independent and state schools across London, the centre



prepares children for mainstream environments, equipping them with the essential skills to thrive socially and academically.

Under the leadership of director Nivin Jaber and clinical manager Zuwena Mohammed, the centre ensures the effective delivery of all programmes. Nivin and Zuwena play a pivotal role in maintaining partnerships and overseeing a multidisciplinary team, which includes coordinators for various specialist programmes. This collaborative structure allows for a holistic, child-centred approach.

The Elijah Social Cognitive Skills Centre is committed to empowering children and creating meaningful, lasting change — helping them build a strong foundation for a successful future.

● **For more information, visit deboraelijah.com**

A personal touch
Mr Emeka Oragui, an orthopaedic hip surgeon at Grosvenor Orthopaedics, practising in Chelsea and Wimbledon, stays at the forefront of these advancements. He offers bespoke solutions for your hip conditions.

● **Mr Emeka Oragui MA MBBS MBA FRCS Consultant orthopaedic hip surgeon Secretary: Miss Lucy Critchell T: 0203 824 2296 E: oraguipa@gop.health**



UPPER LIMB PROBLEMS COVERED

Mr Clarence Yeoh is an orthopaedic surgeon based in Hertfordshire, skilled in treating adults with general arthritis and upper limb injuries
He specialises in all aspects of upper limb surgery, from the collarbone down to the fingers — including procedures for shoulders, elbows and wrists — addressing both trauma-related and degenerative conditions.

Mr Yeoh takes pride in his surgical skills; he employs advanced minimally invasive (keyhole) and open surgical techniques to address a variety of conditions affecting the shoulder, elbow and wrist. He's committed to keeping his patients well informed about their medical conditions and guiding them through the treatment journey to ensure they feel comfortable and confident throughout the process.

Currently, he has his private practices at One Hatfield Hospital in Hatfield and Pinehill Hospital in Hitchin, working around the Hertfordshire and north London areas. He also holds a full-time NHS Upper Limb Specialist post at East and North Hertfordshire Teaching NHS Trust. He uses his in-depth knowledge of research and regular attendance at both national and international conferences to deliver evidence-based treatments matched to his patients' needs.

He's been passionate about the use of 3D planning for shoulder arthroplasty, and routinely uses patient-specific instrumentation (PSI) in his practice, to create personalised surgical plans tailored to each patient's unique anatomy, for optimum delivery and better long-term outcomes.

Mr Yeoh offers consultations for the following conditions:
Shoulder conditions

- Shoulder joint or acromioclavicular joint (ACJ) instability
- Rotator cuff tears, calcific tendonitis, subacromial bursitis
- Shoulder arthritis (using computer-generated patient-specific implants)
- Pectoralis major tendon rupture
- Shoulder trauma

Elbow conditions

- Nerve entrapment problems (cubital tunnel syndrome, ulnar nerve symptoms)
- Olecranon bursitis
- Golfer's and tennis elbow
- Elbow joint arthritis
- Distal biceps tendon rupture
- Elbow instability/dislocation
- Elbow trauma

Wrist conditions

- Nerve entrapment problems (carpal tunnel syndrome, median nerve symptoms)
- Thumb problems (arthritis, De Quervain's tenosynovitis)
- Triangular fibrocartilage complex (TFCC) tear
- Dupuytren's contracture
- Trigger finger/thumb
- Distal radius fracture, corrective osteotomy for malunions

Mr Yeoh warmly welcomes you to his clinic.

● **General enquiries E: admin@yeoh.org.uk Appointment booking: One Hatfield Hospital T: 01707 443333 Pinehill Hospital T: 01462 410002 yeoh.org.uk**



GASTROINTESTINAL SPECIALIST ON THE SOUTH COAST OF ENGLAND

Mr Mallick specialises in the diagnosis of gastrointestinal disorders and performs laparoscopic abdominal and hernia surgeries
Mr Mallick is a consultant general surgeon with a special interest in colorectal surgery. His private practice is based at the Nuffield Hospital at Bournemouth. His NHS practice is based at the Royal Bournemouth Hospital. He's a JAG accredited endoscopist for both upper and lower GI endoscopies. He's also a visiting fellow and lecturer at Bournemouth University.

He trained at various centres in Yorkshire and completed his fellowship in advanced colorectal surgery at the Cleveland Clinic, Ohio, USA.

His wide-ranging clinical practice includes performing gastroscopies, colonoscopies, inflammatory bowel diseases such as Crohn's disease and ulcerative colitis, diverticulosis and various coloproctological conditions such as anal fissures, fistulae, pilonidal sinus, haemorrhoids and external rectal prolapse. He's currently introducing robotic surgery to his practice. He's also the surgical lead for inflammatory bowel diseases at the Royal Bournemouth Hospital.

Mr Mallick treats a range of hernias including epigastric hernia, femoral hernia, incisional hernia, inguinal hernia and umbilical/paraumbilical hernia.

Mr Mallick adopts a patient-centred approach in the management of the gastrointestinal conditions and hernia surgeries.

He's a firm believer in the multidisciplinary team approach in the management of gastrointestinal disorders.



Beyond his surgical work, Mr Mallick is passionate about teaching and serves as the clinical lead for audit in surgery at the Royal Bournemouth Hospital. He regularly teaches and trains surgeons at the Royal College of Surgeons in London; he is a member of the court of examiners at the Royal College of Surgeons and examines for the MRCS; he is the lead for equality, diversity and inclusivity for the examining council at the Royal College of Surgeons; he has recently been appointed as an examiner for the FRCS exams; and he's also a distinguished examiner for the European Board of Surgery.

● **Ismail Mallick PhD, FRCS, FRCSED, MS, DIC, FACS, FEBS Secretary E: charlotte.bowering@nuffieldhealth.com T: 01202 155184**

SPECIALIST KNEE SURGERY EXCELLENCE

Discover expert care and advanced knee treatments at Total Joint Care with international fellowship-trained consultant Mr Aadil Mumith
If you're struggling with knee pain, mobility issues or sports-related injuries, expert help is available. Total Joint Care is a leading private healthcare provider specialising in knee conditions, led by specialist consultant knee surgeon Mr Aadil Mumith, offering advanced, patient-focused treatment across Hampshire, Berkshire and beyond.

Mr Mumith is a prize-winning dual fellowship-trained consultant in all aspects of knee surgery, including ACL reconstruction, meniscal/cartilage surgery, kneecap instability, knee osteotomy, keyhole procedures, partial and total knee replacements. He holds a PhD in biomedical engineering, bringing a unique perspective to joint mechanics and surgical innovation, and is also an honorary assistant professor at the University of Central Florida. His academic background allows him to offer precise, evidence-based solutions to patients of all ages and activity levels.

As an international fellowship-trained knee specialist, Mr Mumith consults in a leading centre for complex knee surgery as his NHS base and is therefore able to bring this expertise to the private sector. He is trusted by GPs, physiotherapists and fellow surgeons from across the region, from whom he regularly receives referrals. At Total Joint Care, patients benefit from fast access to diagnostics and are offered advanced surgical and non-surgical treatments. Mr Mumith is known for his meticulous technique, clear communication and compassionate care — which has earned him a strong reputation among patients and peers alike.

Total Joint Care operates from prime flagship private hospitals across Hampshire and Berkshire, strategically located with excellent transport links — including close proximity to London and to Heathrow Airport — making it ideal for patients from both the local area and further afield. Mr Mumith also partners with Solice Health, a leading healthcare concierge service based in London, providing specialist knee services for high net worth individuals.

Whether you are dealing with a longstanding issue or an acute sports injury, Total Joint Care provides the support and expertise needed to get you back on your feet — safely, quickly and confidently.



● **Book now at totaljointcare.co.uk T: 020 3038 3088 E: admin@totaljointcare.co.uk Clinics in Hampshire and Berkshire**