

Merry Christmas!

One Ashford Hospital is delighted to announce the appointment of its new Hospital Director, Jo Nolan.

Jo says...

"I am very excited to have joined the team at One Ashford. Having lived in the Ashford area for over 30 years, I feel I have a good understanding of our local health needs and am pleased that we can offer such a wide range of procedures and treatments. We are one of the few local private hospitals who can treat children and young people for a number of conditions, including sports injuries. When we opened in 2016, we recruited a very experienced team at the hospital and we continue to grow and develop the staff to ensure that all patients receive great care and have very positive outcomes. We have approximately 200 staff and over 100 Consultants that work with us to deliver your care and we are always proud of the feedback



we get from our patients, with 99% saying they would recommend us to their friends and family.

I am thrilled to be part of such a wonderful team and look forward to seeing the hospital go from strength to strength over the coming years.

May I take this opportunity to wish you all a lovely Christmas and a happy New Year."

Jo



FREE Open Events

You can meet the staff, tour the Hospital and learn about our range of affordable treatments.

Women's Health Evening

Wednesday 16th Jan @ 7:00 pm

Specialist consultants and medical staff will be providing information on women's health, including gynaecological conditions such as the menopause, stress incontinence and pelvic floor exercises as well as general health areas such as breast cancer awareness and cardiac risk.

Book your place at <https://oneashfordwomenshealth.eventbrite.co.uk>

Paediatrics Evening

Wednesday 13th Feb @ 7:00 pm

A number of consultants, along with our lead paediatric nurse will be discussing common ailments in young children and adolescents, including Ear, Nose and Throat (ENT) conditions, allergies and treatment for sports injuries.

Book your place at <https://paediatricsevening.eventbrite.co.uk>

Men's Health Evening

Thursday 21st Mar @ 7:00 pm

Our Leading consultants will be addressing important topics such as general urological conditions, including signs of prostate cancer, as well as how to take care of your heart and the management of diabetes and high cholesterol.

Book your place at <https://oneashfordmenshealth.eventbrite.co.uk>

Food and beverages will be provided.

Registration can either be made via the links above, or by contacting the hospital directly at ashford.events@onehealthcare.co.uk

Private Health Insurance

Are you making the most of your policy?

One study found that the NHS is forfeiting £1bn a year treating patients who are covered by private health insurance. There are several genuine reasons for this, but we know it is often because the subject doesn't come up in appointments with GPs. From talking to them, we know GPs would prefer patients to let them know if they are insured.

One Ashford Hospital is recognised by all major private medical insurers, so it is worth checking your policy to see if you could be treated privately.

Step-by-step guide on how to make a claim:

1. Visit your GP for a referral or contact One Ashford Hospital to identify the treatment you may require.
2. Contact your insurance company to see if you have sufficient cover and obtain authorisation.
3. Contact the hospital to arrange an appointment, or your insurance company may do this on your behalf.

A message from Mr Helmut Zahn, Chairman of One Ashford Medical Advisory Committee

Mr Helmut Zahn, Consultant Orthopaedic Surgeon states, "I still occasionally pinch myself when I drive pass One Ashford Hospital as it has been 15 years in the making to have a hospital on the site. There were many futile attempts and much frustration on the way to making it happen, but in the end, it was much thanks to the CEO, Adrian Stevensen's determination that meant it could finally be built.

The concept of the hospital was unique. To my knowledge, never before has there been a medical advisory board (MAC) for a hospital which did not yet exist. It was a unique opportunity to tailor the design, protocols and pathways to suit the medical profession. Adrian's commitment to sit in the MAC meetings facilitated prompt decision making, eliminating the dreaded need to 'escalate.' None of us had an inkling of how complicated it would be to build a hospital from scratch; the task was enormous with numerous people providing their expertise. Learning and development of the hospital continues year on year as we have seen an increase in the number of patients treated.

As the hospital finds its place in the market there will be further improvements to accommodate more patients, hopefully making it a welcoming hospital in East Kent for many years to come.



May I wish all staff and patients at One Ashford a very Merry Christmas and a prosperous New Year."

One Ashford Physiotherapy



Making the most of your new hip or knee

We treat many patients who have recently had total hip or knee replacements and help them get the best from their surgery. Something that we often hear is 'a friend of mine had one several years ago and it's never been right.' In our experience, it is very rare for there to be a problem with the prosthesis, and those people who have struggled after joint replacement surgery can be helped with the right advice and rehabilitation. Surgery is often only the first piece of the puzzle in returning to the activities you enjoy. We would recommend anyone who perhaps feels their surgery did not help them as they expected to see a physiotherapist.

Jo Gordon, Physiotherapy Manager states "At the One Ashford Physiotherapy clinic we can assess your joint replacement

and surrounding muscles, look at your range of movement, strength, and how you move to work out what might be holding you back. We can also access same day imaging if required. Another benefit that helps the One Ashford Physiotherapy clinic stand out is our excellent relationship with our Orthopaedic Consultant colleagues, who are readily available should you need to see them."

The One Ashford Physiotherapy team specialise in helping people reach their goals, however big or small

We have a number of highly experienced chartered physiotherapists working with us, including specialists in women's health issues and hand therapy. You do not need a referral to receive treatment at One Ashford – simply call us to book an appointment.

Appointments are available Monday to Friday from 8.00 am to 7.00 pm which enables you to carry on with your daily activities alongside your rehabilitation. To make an appointment, call us direct on **01233 423260** or email physiotherapy@onehealthcare.co.uk

Initial appointment: £50
Follow-up appointments: £40

Paying for your own treatment?

Our 0% and low interest finance options allow you to spread the cost of your treatment.

We offer the following:

- Loan amounts from £350 to £50,000
- 0% interest on loans up to 12 months (subject to status)

- 9.9% APR (variable) on loans between 12 months and 60 months (subject to status)
- Flexible deposit

Call us on **01233 884552** or visit our website at www.oneashfordhospital.co.uk to find out more.

Applicants must be over 21 years of age and must have lived in the UK for at least 3 years.



Blocked Nose? Chronic Sinus Problems?

With the onset of winter comes the inevitable start of the cold and flu season. While many of these illnesses are short lived and often settle with time and simple painkillers, many persist and may cause chronic sinusitis or cause exacerbation of existing long-term nose and sinus congestion and infection. In these people, there may well be secondary ear, throat and chest issues, with symptoms persisting for weeks and months, causing significant problems with work, leisure and quality of life in general. This is termed 'Chronic Rhinosinusitis and it is estimated that 5.2 million GP consultations per year are requested for symptoms of a blocked nose. Regrettably, in the cash-strapped

world of NHS provision, these patients often do not get the treatment or attention they deserve. Patients often therefore have to wait for extended periods before their GP refers them for a hospital appointment, and then a further period before finally being seen in hospital.

Mr. Henry Sharp, Consultant Ear, Nose and Throat (ENT) Surgeon at One Ashford Hospital has a particular interest and expertise in nose and sinus issues (a Rhinologist.) He has spent 20 years in private and NHS practice, building up a huge repertoire of both medical and surgical treatments for patients with nose and sinus disease.

After a thorough consultation and discussion with you, Mr Sharp will be able to offer a bespoke plan for optimising your nasal function. If the problems are identified and treated early enough, often surgery isn't necessary, but if he thinks surgery is the best option, Mr Sharp is able to offer a whole range of procedures, all minimally invasive with 'keyhole' type surgery, using endoscopes up inside the nostrils. No facial scars are necessary. An early return to work and to full function in your daily life is his goal in all cases.



PROSTATE CANCER Be Proactive. Get Tested

Every year in the UK over 45,000 men are diagnosed with prostate cancer and around 10,000 will die from the disease. It is the most common solid organ cancer in the male population and around 1 in 8 men will be diagnosed with the disease in their lifetime., Sadly, for the first time more patients are now dying from prostate cancer than breast cancer. Like many cancers if picked up early it is very treatable and the prognosis for the disease that hasn't spread out of the prostate remains very good.

What are the risk factors?

- Men aged 50 and above
- A family history of prostate or breast cancer
- Obesity can lead to a more aggressive and advanced form of the disease
- It affects 1 in 8 white men and 1 in 4 black men

So how can a diagnosis be made?

Mr. Ben Eddy, Consultant Urologist at One Ashford states:

"A simple blood test called a PSA test, along with an examination of the prostate could be life changing. At One Ashford Hospital, we can offer the latest MRI imaging and advanced prostate diagnostics in order to determine if the patient has the disease or not. This pathway helps pick it up before symptoms can develop. With NHS waiting times now exceeding 8 weeks to reach a diagnosis, at One Ashford Hospital a diagnosis can be made via this rapid access pathway within 1-2 weeks."

If you are experiencing any of the symptoms listed below, visit your GP and request a referral to see one of our consultant surgeons. If you are self-funding, then you can call the hospital directly.

- Difficulty passing urine
- The sudden urge to pee
- An inability to completely empty your bladder
- Blood in the pee or semen



THE
UROLOGY
FOUNDATION

One Ashford Hospital is proud to be associated with the Urology Foundation, the UK's only Urological charity and supporter of robotic surgery for patients in Kent. The Urology Foundation are dedicated to beating all Urological diseases including prostate cancer through cutting edge research, education and training.

ATLANTIC
SEAMEN

The hospital is also sponsoring the Atlantic Seamen challenge which kicks off this month. Four adventurous men are rowing across the Atlantic in order to raise awareness of men's urological health issues. Further information can be found at www.atlanticseamen.com

We wish them all the very best with this amazing challenge!

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[oneashford](https://www.instagram.com/oneashford) [oneashford](https://twitter.com/oneashford)

Can knee injections help arthritic pain?

Consultant Orthopaedic Knee Surgeon, Mr Chan Jeer discusses the benefits of knee injections for the treatment of arthritic pain.

“As part of the strategy to deal with arthritic knee joints, a surgeon will always try and exhaust simple conservative measures before resorting to end-stage joint replacement as a curative option. One of the best ways to help arthritic pain in a knee is to perform an injection, for which there are many varieties available.

The simplest thing that can be injected into the knee is a combination of local anaesthetic and steroid. I personally try to avoid steroid injections into the knee as they can have an adverse effect in the future when it comes to joint replacement, with an increased potential risk of infection

in the joint replacement if there has been a previous steroid injection. My preferred injection would be a visco-supplement, and this injection can provide up to 50% reduction in arthritic joint pain for up to six months.

Visco-supplements are administered as a single injection to the knee as an outpatient. If there is a lot of swelling in the knee then an attempt is made to remove some of that fluid prior to the injection. The product works by reducing inflammation in the knee and risks of complications are very rare.

The injection is repeatable, and in my opinion an excellent way of offsetting the requirement for surgery.”



Services Available at One Ashford Hospital

- Cardiology
- Dermatology
- Diagnostic testing
- ENT
- General surgery
- Orthopaedic procedures
- Paediatric care
- Pain management
- Physiotherapy
- Rheumatology
- Urological conditions

For further information contact our reservations team:
Telephone: **01233 884552** or email ashford.info@onehealthcare.co.uk

Surgical Self-Pay Treatments

Our surgical self-pay prices are packaged prices with a fixed price guaranteed. These prices are also included in our 0% finance scheme, which can help spread the costs out per month.

For further details on pricing or about our 0% finance scheme, please contact Sarah Winter, our Private Patient Manager on **01233 423000**, Ext. 1101

Surgical Procedures	Fixed Price*
Total prosthetic replacement of knee joint	£9,000
Primary hip replacement	£8,500
Knee arthroscopy	£3,250
Back pain injection	£1,000
Hernia repair (unilateral)	£2,600
Gall bladder removal	£5,000
Carpal Tunnel	£1,450
Dupuytren	£2,500
Excision of ganglion	£1,950
Colonoscopy	£1,625
Gastroscopy (OGD)	£1,250
Cystoscopy	£1,500

Rapid Imaging

One Ashford Hospital offers a rapid-access imaging service in a modern, purpose-built diagnostic suite. Using the latest technology in modern healthcare, our facilities include:

X-Ray Prices from £110

MRI Prices from £350

Ultrasound Prices from £210

Appointments are available Monday to Friday from 8.00 am to 7.00 pm and typically available within 48 hrs.

For more information, call the hospital on **01233 884552** or email ashford.info@onehealthcare.co.uk



One Ashford Hospital
Kennington Road, Ashford, TN24 0YS
ashford.info@onehealthcare.co.uk
www.oneashfordhospital.co.uk
Telephone: **01233 884552**