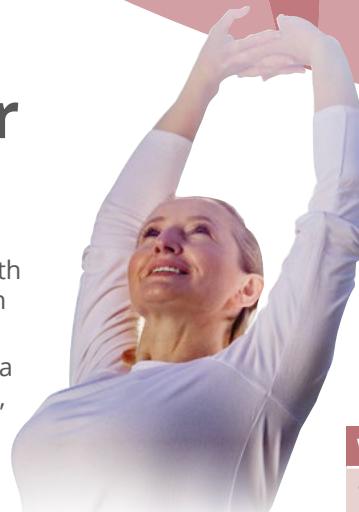


Come and see us for your 2020 health check

We recognise that busy lives mean health concerns can often take a back seat. To help, we are now offering health check packages for patients who would like to check in on their health and get advice from one of our private GPs.

All our 60 minute health checks offer an initial consultation with a GP to review your full medical history and discuss your concerns, as well as the additional tests and examinations outlined below. To book your health check, at a time that is most convenient for you, please call us on 01707 818386.



Healthy Heart £400

- ECG
- cholesterol
- blood pressure
- full blood count
- height and weight check
- results reviewed by GP

Health check 360 £475

- Healthy Heart check plus
- diabetes
- iron level
- urine screen
- results reviewed by GP

Well man £475

- Healthy Heart check plus
- diabetes
- prostate examination
- testicular examination
- PSA test
- results reviewed by GP

Well woman £475

- cervical smear test (including histology)
- breast examination
- pelvic examination
- iron level
- urine screen
- blood pressure
- full blood count
- height and weight check
- results reviewed by GP

Rated GOOD by the Care Quality Commission

Following our recent regulatory inspection by the Care Quality Commission (CQC) we are proud to share that One Hatfield Hospital has achieved an overall rating of GOOD for services that are safe, effective, responsive, caring and well-led.

Managing and Hospital Director Andy Wood said "As a new hospital we are thrilled to have gained such a high level rating. We aim to put patient safety and quality of care at the centre of everything we do and this has certainly been reflected in our result. It is a fantastic achievement and testament to the high quality team we are fortunate to have at the hospital."

Inspected and rated

Good



Why choose One Hatfield Hospital?



One Hatfield Hospital, Hertfordshire's newest private hospital, offers a full range of high quality services and fast access to:

- leading specialists
- diagnostics
- minor operations
- surgery
- MRI, CT scan, X-ray, ultrasound

Patients can pay for treatment through their private medical insurance or can self-fund with the option to spread the cost with 0% interest free credit* over 12 months.

* See overleaf for details.

FREE mini consultations

Our FREE 10 minute mini consultations give you the opportunity to meet with our consultants to find out more about your prospective procedure, assess your suitability and address any concerns without any obligation to go ahead.

To register, please visit our patient event page at www.onehatfieldhospital.co.uk. For more information call 01707 818386 or email hatfield.info@onehealthcare.co.uk

JAN	Wed 22nd	11.00-12.00	Cosmetic Surgery	Mr Nigel Carver
	Thu 23rd	18.00-19.00	Shoulder and Elbow	Mr Harpal Uppal
	Wed 29th	09.00-10.00	Hernia and Gallbladder	Mr Hamish Hamilton
FEB	Mon 3rd	18.30-19.30	Men's Health	Mr Aza Mohammed
	Mon 10th	17.30-18.30	Foot and Ankle	Mr Karanjeev Johal
	Tue 11th	09.00-10.30	Hip and Knee	Mr Yegappan Kalairajah
	Thu 13th	18.00-19.30	Cosmetic Surgery	Mr Hyder Ridha
MAR	Wed 11th	17.30-18.30	Shoulder and Elbow	Mr Rajeev Sharma
	Tue 17th	18.00-19.30	Cosmetic Surgery	Mr Foiz Ahmed
	Fri 24th	17.00-19.00	Cosmetic Surgery	Mr Muhammad Javaid

Following your mini consultation you will usually require a full consultation should you wish to proceed with treatment.

Spotlight on breast reconstruction

My Hyder Ridha, Consultant Plastic, Reconstructive and Aesthetic Surgeon

It is estimated that around a quarter of the women diagnosed with breast cancer each year in England undergo a mastectomy. Of those, around one third opt to have breast reconstruction, with a significant proportion choosing delayed reconstruction, after they are better recovered from their surgery and treatment. (source: Breast Cancer Now)

What is breast reconstruction?

Breast reconstruction is surgery that restores the shape and volume of a breast following its complete or partial removal during the treatment of breast cancer. Any woman who is about to undergo or has had surgery for the treatment of breast cancer should have the opportunity to discuss her breast reconstructive options if she wishes. Breast reconstruction can be performed at the time of the mastectomy or later depending on the patient's preference and whether any further treatment is required, such as chemotherapy and/or radiotherapy.

What does the surgery involve?

There are many different types of breast reconstruction available, most commonly implant based or using the

patient's own tissue. The complexity varies from simple procedures such as fat transfer to more complex microsurgical procedures. The type selected will depend on the patient's needs and will consider; the need to reconstruct part or a complete breast; the size of the original breast that the reconstruction needs to match; any planned further breast cancer treatment; and the general health of the patient.

Having been diagnosed with breast cancer and needing a double mastectomy, my consultant recommended that I meet with Mr Ridha and discuss the various options.

About 25 years ago my mother also had breast cancer and a single mastectomy without reconstruction. I remember her showing me her scar and knew that I didn't want to look the same.

My surgery was mid-summer and the day after I was discharged from hospital after a double mastectomy and reconstruction I sat outside in my favourite sundress with my

How long is the recovery time and what results can be expected?

This depends on the type of reconstruction and can vary from a day case procedure and a week of recovery to a procedure that requires a hospital stay and a six week recovery. Breast reconstruction aims to restore the shape and volume of the breast. This can go a long way to help restore confidence and is an integral part of the road to recovery.

husband and children enjoying the sun and thinking just how fortunate I was.

Looking at me, nobody would ever have known what surgery I had undergone the week before. Breast cancer is a battle that I am still fighting but I can fight that whilst still looking like me. Obviously without the hair which chemo has almost taken but that is just hair and will grow back! I was very concerned about what I would look like post-surgery but in hindsight I can honestly say I shouldn't have been so worried. „

A Patient

You can read this article in full at
www.onehealthcare.co.uk/news/breastreconstruction

Children and Young Persons Unit

Our dedicated unit covers all aspects of paediatric care, offering treatments for a range of childhood conditions and illnesses.

- ENT including tonsillectomy, audiology and thyroid
- General wellbeing
- Allergy testing
- Dermatology
- Orthopaedics
- Cardiology



Let us help you get back on track

Our dedicated, highly experienced physiotherapy and sports injury team can treat sprains, back pain, arthritis, bursitis, posture problems, sport and workplace injuries and reduced mobility.

The team also have direct access to imaging and a range of specialist consultants should you require treatment beyond physiotherapy.

Initial appointment

45 minutes £48

Follow up appointment

30 minutes £42

Sports massage

30 minutes £30

60 minutes £50

90 minutes £60

Shockwave therapy

Fast and effective non-invasive treatment that works alongside the body's natural healing process.

1 session £100

3 sessions £275

one Physiotherapy
& Sports Injury Clinic



Ask the Consultant



**Mr Aza
Mohammed,
Consultant
Urological
Surgeon**

An enlarged prostate is a very common condition

and, while not usually serious, can affect quality of life. We asked Mr Aza Mohammed to talk to us about available treatment.

What is an enlarged prostate?

An enlarged prostate is a very common condition for men as they start to age. 40% of men in their 50s and over 70% of men in their 60s have an enlarged prostate. As the prostate enlarges, it presses on the urethra, causing bothersome urinary symptoms such as:

- Frequent need to urinate both day and night
- Weak or slow urinary stream
- A sense that you cannot fully empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream which stops and starts

What treatment is available?

The UroLift® System is a minimally invasive procedure to treat an enlarged prostate that lifts and holds the enlarged prostate tissue so it no longer blocks the urethra. It is the only treatment for an enlarged prostate that does not require any cutting, heating or removal of the prostate tissue. The procedure is very quick and patients will generally only need to stay in hospital for a couple of hours after the procedure.

What about afterwards?

Patients typically return home the same day, without a catheter, and will see rapid relief in symptoms and a significant improvement in quality of life.

Are there any side effects?

Most common side effects are mild to moderate and resolve within two to four weeks after the procedure. They include pain or burning with urination, blood in the urine, pelvic pain, urgent need to urinate and/or inability to control the urge.

How can I find out more?

Mr Aza Mohammed will be offering free* 10 minute mini consultations for prostate concerns and other men's urological problems on **Monday 3rd February**. See the FREE mini consultations listing on the front page.

*A full, paid consultation would be required before any treatment.

See our leading orthopaedic consultants

One Hatfield Hospital's team of leading orthopaedic consultants specialise in

- foot and ankle
- hip and knee
- shoulder and elbow
- hand and wrist
- back conditions
- pain management

We are proud to offer

- Initial appointments, usually within 24 hours
- Brand new, state-of-the-art facilities
- Direct referral to MRI, CT scan, X-ray and ultrasound
- Minimal waiting time for surgery and treatment
- Treatment covered by all major insurance companies
- Self-pay, fixed price packages (finance options available)*

* Terms and conditions apply. Subject to availability. Subject to status.

Fast access to scans, with rapid diagnosis



One Hatfield Hospital is fully equipped with the latest imaging equipment including digital X-ray, MRI, CT scanner and ultrasound.

Why One Hatfield Hospital?

- Relaxed, calming and comfortable environment
- Fast access and convenient appointment times
- Images reported by specialist consultant radiologists
- Rapid results, usually within 48 hours

- **Fast-track MRI** from £405
- **Ultrasound** from £245
- **X-ray** from £125
- **CT scanning** from £495

Considering cosmetic surgery?

One Hatfield Hospital offers a wide range of cosmetic treatments including (but not limited to):

- Breast surgeries
- Rhinoplasty (nose job)
- Abdominoplasty (tummy tuck)
- Eye bag removal
- Facelift

And paying for treatment may be more affordable than you think. With 0% interest free finance enabling you to spread the cost.*

Why not pop along to one of our free mini consultations (see front page) to find out more about the procedure you are thinking about?

* Terms and conditions apply. Subject to availability. Subject to status.



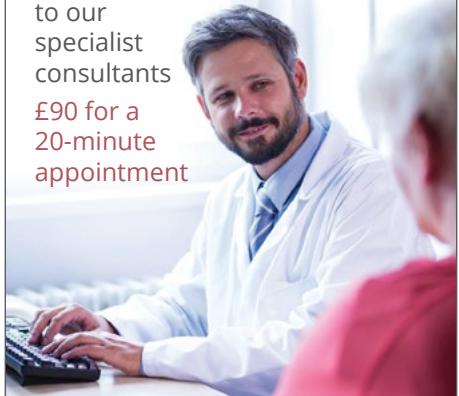
Our services

- Audiology
- Cardiology
- Care of the elderly
- Colorectal
- Cosmetic surgery
- Dermatology
- Diagnostics
- Ear, nose and throat
- Endocrinology
(diabetes, thyroid, hormone imbalance, osteoporosis)
- Endoscopy
- Gastroenterology
- General surgery
- Gynaecology
- Neurology
- Neurophysiology
- Orthopaedics
- Oral and maxillofacial
- Paediatrics
- Pain management
- Private GP services
- Physiotherapy
- Psychiatry
- Renal
- Rheumatology
- Spinal
- Urology
- Vascular

See a GP at a time that suits you

Our team of experienced GPs are on hand throughout the week, including evenings and Saturdays, offering appointment times to suit you.

- General medical checks
 - Blood tests
 - Sexual health
 - Private prescriptions
 - Referrals for further investigations if needed
 - Easy access to our specialist consultants
- £90 for a 20-minute appointment



How to access One Hatfield Hospital

NHS referrals

We take NHS referrals from East and North Herts NHS CCG practices for orthopaedic hand, hip or knee conditions. Patient Choice means you can choose where to receive your NHS treatment. Ask your GP for a referral to One Hatfield Hospital.

Private medical insurance

We welcome patients with private medical insurance so all you need to do is contact your provider to check you are covered for the treatment you need. You may need to ask your GP to refer you to One Hatfield Hospital.

Paying for your treatment

At One Hatfield Hospital we offer fixed price packages, fully inclusive of hospital and consultant fees, leaving you with the reassurance of no hidden cost or additional bills following your procedure.

* Subject to status. Terms and conditions apply. Applicants must be over 21 years of age and must have lived in the UK for at least 3 years.

Please find below guide prices for some of our most common procedures patients choose to pay for themselves. You'll find more prices on our website.

Total hip replacement	£10,000
Total knee replacement	£10,500
Knee osteotomy	£10,500
Hernia repair	£2,500
Gall bladder removal	£5,500
Carpal tunnel	£2,200
Dupuytrens	£2,500
Excision of ganglion	£2,000
Colonoscopy	£1,750

Spreading the cost of treatment over 12 months is easy with our 0% interest free finance offer, and you can spread the cost further with low-interest finance options*. For further details, contact our self-pay department on **01707 818 389** or email hatfield.selfpay@onehealthcare.co.uk

Suffering from back pain?

The **Spine and Back Pain Unit** here at One Hatfield Hospital brings together our leading consultants, physiotherapists, radiologists and nursing staff to work together to provide a multi-disciplinary approach to diagnosing and treating a wide range of back and neck problems. The unit is open to our insured patients, and for patients paying for their own treatment we offer transparent fixed price packages from first appointment onwards.



We'd like to invite you to meet one of the **Spine and Back Pain Unit** Consultants at an open evening:

**Wednesday 4th March 2020, 6.30 – 8.00pm.
Back Pain: conditions, diagnosis and treatment
Mr Dimpu Bhagawati, Consultant Orthopaedic & Spinal Surgeon**

Mr Bhagawati will be available for questions following his talk. To register please visit backpain4march.eventbrite.co.uk call 01707 818386 or email hatfield.info@onehealthcare.co.uk

One Hatfield Hospital
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Hatfield
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-  /onehatfieldhospital
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-  One Healthcare