

## Access the treatment you need, when you need it

**O**ne Hatfield Hospital is a modern, purpose built hospital in Hatfield, Hertfordshire, offering fast access to diagnostic investigations and surgical and non-surgical treatments and procedures.

We are here for anyone who wishes to fund their own treatment or who has health insurance.

Over 100 consultants from many specialities have chosen to use One Hatfield Hospital as a base for their private practice.

Our consultants tell us they like us because our facilities are excellent – modern consulting rooms, spacious treatment rooms, and well equipped state-of-the-art operating theatres.

Our patients tell us they like us because we offer an immaculate,

*"I was very happy with my hospital experience. I found all the staff welcoming, friendly and helpful. Also the BLT sandwich (post op) was delicious!"*

*"I didn't have to wait long for my appointments and I was able to choose when it was convenient for me to have surgery."*

*"An excellent hospital and team! Am delighted with my surgical outcome and physio care."*



relaxed environment, luxurious en-suite bedrooms for overnight patients and, most of all, because our staff team provides an exceptional standard of care.

A list of all the services offered by our specialist consultants is on the back page and more information about the treatments they provide can be found on our website. Please don't hesitate to call our friendly reservations team if you would like to book an initial consultation or if you have any questions about our services.

We are seeing an increase in patients choosing to fund their own treatment. If you would like to find out more about our prices and payment options, please ask to speak to our self-pay team.

If you have health insurance you will need to call your insurer to check your policy covers the

treatment you need and tell them you would like to be seen at One Hatfield Hospital.

We look forward to welcoming you.



### Our popular free mini consultations

Our free 10 minute consultations enable patients who are funding their own treatment to meet with our consultants for an initial discussion and guidance. Patients are under no obligation to proceed with any treatment discussed but, if they wish to, they would require a full consultation.

6 – 7.30pm	7 Mar	Hip and Knee Pain	Mr Reza Jenabzadeh
6 – 7.30pm	15 Mar	Cosmetic Surgery	Mr Foiz Ahmed
12 – 1.30pm	16 Mar	Shoulder, Elbow and Hand	Mr Rajeev Sharma
6 – 7.30pm	17 Mar	Back and Neck Concerns	Mr Sajjad Mushtaq
12 – 1.30pm	23 Mar	Hernia Repair Surgery	Mr Michael Saunders
6 – 7.30pm	25 Apr	Cosmetic Surgery	Mr Hyder Ridha
6 – 7.30pm	28 Apr	Hip and Knee Pain	Mr Raj Thakrar

To book your mini consultation or to sign up to our patient bulletin for news of further patient events, please visit our patient event page at [www.onehatfieldhospital.co.uk](http://www.onehatfieldhospital.co.uk)

# Do you suffer from shoulder pain?

Shoulder pain is extremely common, which isn't surprising given the complexity of the shoulder joint. It is a 'ball and socket' joint but unlike the hip where the ball is firmly positioned within the socket, the shoulder socket is very shallow. This is beneficial to us as it means we have great range of movement in the shoulder, but the strength and the stability of the joint comes from the muscles and ligaments that surround it. This means there are many problems that can occur and cause pain which can often be debilitating.

It can be tricky to understand what is causing your pain as there are several shoulder conditions with overlapping symptoms. One of the most common is called **impingement syndrome**, where pain is localised around the tip of the shoulder but can originate from the rotator cuff – a group of muscles that stabilise the shoulder joint. Other conditions include **frozen shoulder**, where

a painful stiffness develops, and **arthritis** of the shoulder where pain typically develops gradually over several years.

A specialist consultant will get to the cause of the problem. As well as a physical assessment they will ask questions about what has been happening so they can build a full picture. Scans such as an X-ray or MRI will confirm a diagnosis and determine your individual treatment plan.

Treatment will always start with conservative measures such as lifestyle changes, simple pain medication and physiotherapy. If no improvement is seen then injections may be recommended or, in some cases, surgery.

If surgery is necessary, many interventions can be performed using the most advanced minimally invasive techniques and patients can achieve permanent relief of symptoms and, most importantly, restore normal function.

Call us today to see one of our specialist upper limb orthopaedic consultants



Mr Angelos Assiotis



Mr David Butt



Mr Daniel Rossouw



Mr Adam Rumian



Mr Rajeev Sharma



Mr Harpal Uppal

## Orthopaedics

Our team of leading orthopaedic consultants specialise in:

- Foot and ankle
- Hand and wrist
- Shoulder and elbow
- Hip and knee
- Spine

We are proud to offer:

- Minimal waiting time for an initial appointment and surgery
- Direct referral to MRI, X-ray and ultrasound
- A wide range of non-surgical pain management treatments and therapies



## General surgery

One Hatfield Hospital provides quick access to specialist consultant general surgeons offering a range of diagnostics and treatments including:

- Hernia repair
- Haemorrhoid surgery
- Gallbladder removal
- Colorectal surgery
- Lumps and bumps

Minimally invasive surgical techniques mean surgery can often be carried out as a day case.



## ENT specialists

Our specialist ENT consultants can diagnose problems with your ears, nose, throat or balance and offer a range treatments:

- Hearing loss management
- Tonsillectomy
- Adenoidectomy
- Grommet insertion
- Thyroidectomy
- Endoscopic sinus surgery
- Perforated eardrum repair



# Providing answers to your women's health concerns

Our team of specialist gynaecologists are here to help. You may be seeking advice and support on reproductive health or menopause and HRT, or seeking a diagnosis for the cause of pain, discomfort or irregular bleeding.

The team can provide reassurance and the answers you need and devise a treatment plan if required. Your consultant will take a full history and perform relevant clinical examinations. If any scans or a diagnostic laparoscopy are needed to confirm a diagnosis, this can all be arranged.

If surgery is required our highly experienced team will ensure treatments are minimally invasive to keep recovery times to a minimum wherever possible. Surgery can often be carried out as a day case but where an overnight stay is required you can rest assured your medical team will provide the best possible care, tailored to your individual needs.

If you have any concerns at all, speak to your health insurance provider or, if you are funding your own treatment, call us for information on initial consultation fees.

Our consultants regularly support patients with:

- Endometriosis
- Vaginal prolapse
- Menopause
- Pelvic inflammatory disease
- Fibroids
- Ovarian cysts
- Urinary concerns
- Menstrual disorders

Colposcopy is available for further investigation following abnormal cervical screening.

## Children and Young Persons Unit

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

- ADHD and autism assessment
- Allergy testing
- Asthma and other respiratory problems
- Blood tests
- Developmental delay
- Earwax microsuction
- ENT
- Gastrointestinal problems
- Hearing assessments
- Orthopaedics
- Sleep disorders
- Urological problems



## Are you considering cosmetic surgery?

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

- Breast surgery
- Nose reshaping
- Tummy tuck
- Eye rejuvenation
- Facelift

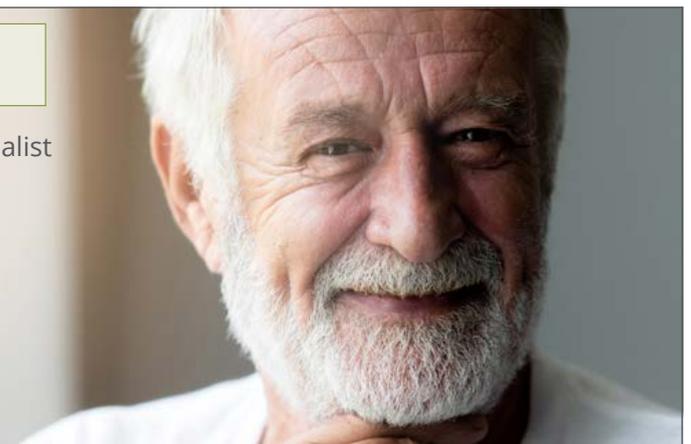
Why not pop along to one of our **free mini consultations** (see front page) to find out more about the procedure you are interested in?



## Urology specialists

Our team of Consultant Urologists offer diagnosis and specialist treatment for a range of urological problems including:

- Minimally invasive treatment of prostate symptoms
- Erectile dysfunction and Peyronie's disease
- Male and female urinary incontinence
- Benign scrotal lump surgery • Urinary tract infections
- Male infertility • Kidney stones



# Paying for your own treatment?

You don't have to have private health insurance to receive treatment at One Hatfield Hospital; you can choose to pay for your treatment. We offer competitive fixed price packages.

If splitting the cost of your treatment over a period of time would help, we offer a range of payment options. You can split the cost of any treatment over a 12 month period without paying any interest at all. If you would like to split the cost over a longer period of time that's possible too. (Terms and conditions apply. Acceptance subject to credit status).

## See a GP at a time that suits you

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

- Easy access to our specialist consultants
- General medical checks
- Referrals for further investigations if needed
- Private prescriptions
- Blood tests

£90 for a 20-minute appointment



**One Hatfield Hospital**  
Hatfield Avenue,  
Hatfield Business Park,  
Hatfield AL10 9UA.

 onehatfieldhospital

 onehatfield

 onehatfield

 one-healthcare

We offer competitive fixed package prices from:

Hip replacement	£12,750
Knee replacement	£12,325
Rotator cuff repair	£6,825
Gallbladder removal	£5,925
Hernia repair	£3,123
Tonsillectomy	£2,708

Guide prices for scans, diagnostics and many common procedures can be found on our website [www.onehatfieldhospital.co.uk/prices](http://www.onehatfieldhospital.co.uk/prices)

For further information, please ask to speak to our self-pay team.

## Keeping our patients safe at all times

Patient safety and quality of care are at the centre of everything we do. We are rated GOOD by the Care Quality Commission for services that are safe, effective, caring and well-led.

To ensure the continued safety of our patients, and to remain a COVID-19 secure hospital, protective measures are still in place.

Please visit our website for the most up to date information.



## Fast access to scans

One Hatfield Hospital's imaging suite offers fast access to digital X-ray, wide bore MRI scanning 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



## Our services

- Audiology
- Bariatric surgery
- Cardiology
- Colorectal surgery
- Cosmetic surgery
- Dermatology
- Ear, nose and throat
- Elderly care
- Endocrinology (diabetes, thyroid, hormone imbalance, osteoporosis)
- Gastroenterology
- General medicine
- General surgery
- Gynaecology
- Imaging and diagnostics
- Orthopaedics
- Oral and maxillofacial
- Neurology
- Paediatrics
- Pain management
- Private GP services
- Physiotherapy
- Podiatry
- Respiratory
- Spinal surgery
- Urology
- Vascular surgery