

MAKING Strides

WINTER 2017

Your free, local health
& wellbeing magazine
brought to you by
Horder Healthcare

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Carpal Tunnel Syndrome

HORDERHEALTHCARE

www.horderhealthcare.co.uk

Registered charity number: 1046624



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Welcome



Welcome to this, my first Making Strides since joining Horder Healthcare. In becoming part of the Horder team I am conscious of joining an exemplary healthcare provider and charity with an unequalled reputation for providing outstanding and compassionate care.

I am also joining Horder Healthcare at a time when it is going through major transition and growth.

Starting off as a residential home nestled in the Ashdown Forest, for people suffering with arthritis, it has grown into a multi-service healthcare provider with two hospitals in East Grinstead and Crowborough, and three clinics in Eastbourne, Seaford and Tunbridge Wells. The latest developments have involved acquiring The McIndoe Centre and initiating a refurbishment of the hospital in East Grinstead. At the start of 2017 this reached a landmark moment as the third fully refurbished, state-of-the-art theatre was opened. These changes allow Horder Healthcare to offer more services and improve the lives of an even greater number of people.

Upon entering Horder Healthcare's clinics and hospitals it does not take long to realise the commonality that links them all together and that is the shared passion amongst all of my colleagues for advancing health and exceeding patients' expectations along the way. As Horder Healthcare grows this is one thing that I am sure will remain.

Finally, thank you to everyone at Horder Healthcare for making my first few months with you so welcoming. It has been a pleasure to meet you all and I look forward to working with you to build on all of your achievements and successes. To reiterate what many of our patients often say; the atmosphere here is so warm and friendly. It really is a wonderful and extraordinary place to work and receive care.

Richard Tyler

Chief Executive, Horder Healthcare

HORDERHEALTHCARE

- Crowborough
- Eastbourne
- East Grinstead
- Seaford
- Tunbridge Wells

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LATEST NEWS

GOLF DAY 2017

Our Annual Charity Golf Day is being held on Monday 11th September 2017 at East Sussex National Golf Resort and Spa. The day is open to everyone so whether you are a single player or part of a team we hope you can join us for what promises to be a great day at one of Europe's finest courses.

For more details or to book your place please call **01892 600843** or email **fundraising@horder.co.uk**

Hip and knee operations on the rise for active middle aged

Although traditionally new hips and knees have been mainly procedures for the over 60s, a recent analysis by the Royal College of Surgeons, based on Hospital Episode Statistics (HES) data for England, shows that the trend is changing as younger people are not prepared to give up their active lifestyles and are electing to have a joint replacement.

Mr Andrew Armitage, one of Horder Healthcare's Consultant Orthopaedic Surgeons and Chair of their Medical Advisory Committee, said: *"People's expectations have changed and they no longer want to be putting up with pain that stops them exercising and being active in middle age. With the advancement of techniques for this kind of surgery, although joint replacement surgery is still a major procedure, patients feel more confident that a replacement will last for many years and give them a better quality of life."*

Statistics from The Horder Centre, our flagship orthopaedic hospital that carries out the highest number of hip and knee operations in a single hospital in the UK, reinforces the findings from the Royal College of Surgeons and demonstrates similar trends.





New Consultant

We would like to say a warm welcome to Mr Paul Gibb FRCS (Ed & Eng), FRCS (Orth), Consultant Orthopaedic Surgeon, to Horder Healthcare.

His elective surgical practice consists entirely of knee surgery and he undertakes a large number of knee arthroscopies, knee replacements, anterior cruciate ligament reconstructions and knee osteotomies each year.

Paul Gibb was an undergraduate at Guy's Hospital and his basic surgical training included work in Regional Plastic and Neurosurgical Units and the Royal National

Orthopaedic Hospital. Higher surgical training in Trauma and Orthopaedic surgery was completed on the King's College Hospital Registrar and Senior Registrar rotations. Whilst Clinical Director of Trauma & Orthopaedics for the Maidstone & Tunbridge Wells NHS Trust he oversaw the reconfiguration of Trauma & Orthopaedic services from the old Kent & Sussex and Maidstone General Hospitals in 2011. He set up and chairs the South East Knee Study Group and is a member of the British Association for Surgery of the Knee.

INNOVATIVE RESEARCH PRODUCES MODEL OF GOOD PRACTICE

An innovative approach to staff training and patient care took Horder Healthcare's lead physiotherapist to the European Region of the World Congress of Physical Therapy in Liverpool (November 2016) to share with his fellow clinicians and healthcare managers how his framework, which combines staff competency measures with outcomes for patients, is working positively for both groups.

Matthew Carr, MSK Clinical Quality Manager, investigated the impact of introducing a new method of clinical supervision on staff clinical skill levels, and how this impacts on patient outcomes.

He said: *"Clinical supervision to support staff development is very common, as is the use of patient outcomes, but it is unique to use competency frameworks that give staff objective scores to demonstrate their competence in the various aspects of assessment and treatment planning."*

This new framework is now being used at all of our physiotherapy sites – at Crowborough, Seaford, Eastbourne and Tunbridge Wells.

To read more about this research visit **horderhealthcare.co.uk** and search for 'Model of good practice'.

LATEST DEVELOPMENTS AT THE MCINDOE CENTRE

In 2015, The McIndoe Centre became part of Horder Healthcare and an ambitious refurbishment programme began.

In the early part of 2017 the project reached a milestone as the third fully refurbished, state-of-the-art theatre was opened. Two of the theatres have energy-efficient ultra clean ventilation canopies ideal for orthopaedic operations and other invasive surgical procedures. In December 2016, The McIndoe Centre welcomed its first orthopaedic patient. Work is continuing in the theatre recovery room

to provide six individual recovery bays, an increase of two on the number previously available. This phase of the works will be complete and in use by the end of February 2017.

In addition to the theatre works a new ophthalmology suite is due to be completed in mid-February. When it opens it will have its own private waiting area and feature an investigations room where patients will undergo the required diagnostic tests before the opportunity to meet with their Ophthalmologist in one of two dedicated

consulting rooms. The area will also include a minor treatment room.

The next planned phase of work will see the construction of a bright and airy admissions lounge where we can admit patients who are having minor procedures and do not necessarily require the use of a hospital bed. This will allow us the flexibility to better match our resources to the individual needs of our patients. At the same time we are redesigning our outpatient area to provide an extra four consulting rooms.

Bra collection for Breast Cancer Awareness Month



During the month of October, visitors, staff and patients binned their unwanted and unloved bras for Breast Cancer Awareness Month. The collection of bras has helped to raise vital funds for the charity Against Breast Cancer.

The charity's bra recycling scheme means that the bras are given a new lease of life in developing countries such as Togo, Ghana and Kenya, where bras remain too expensive to produce locally.

For every tonne of bras collected, Against Breast Cancer receives £700 to fund research. A huge thanks to everyone involved in supporting this cause!

To find out more information about Against Breast Cancer as a charity, please visit their website at www.againstbreastcancer.org.uk



An evening of art

'An Evening of Art', with local artist and photographer Julian Perry, was held at The McIndoe Centre on the 10th November 2016. Horder Healthcare was delighted to host the evening and showcase Julian's fantastic work.

More than 50 guests attended the event, including former patients, staff and the Mayor and Mayoress of East Grinstead, Cllrs Bob and Christine Mainstone. A glass of fizz and canapés were served on arrival and guests were able to meet the artist and see some exclusive pieces of work.

CROWBOROUGH 10K RUN

On Sunday 27th November Horder Healthcare supported the Crowborough 10k run. We provided complimentary physiotherapy and massage services to the runners on race day. It was great to see some of our past patients at the race and hear about their experiences with us. Well done to all who took part in the race!

Free Information Evenings

Some dates for your diary: The McIndoe Centre will be holding free information evenings with top consultants over the coming months. Drinks and canapés will be served on arrival and there will be an opportunity for you to talk to each consultant in person; allowing you to make an informed decision.

Cosmetic Breast Surgery and Abdominoplasty with Mr Simon Mackey

When: 16th March	Time: 7pm
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Breast Reduction and Uplift Surgery with Mrs Anita Hazari

When: 26th April	Time: 7pm
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To book your place:

Call: 0800 917 4922

Email: info.mcindoe@horder.co.uk

Visit: www.themcindoecentre.co.uk/events

HORDER HEALTH TIP



**USING A
VARIETY OF
COLOURS,
TEXTURES,
HERBS AND
SPICES CAN
BRING A
MEAL TO LIFE**

I care for an elderly relative.
How can I encourage them to eat?

Remember that your sense of taste and smell changes as you get older, and this can affect your appetite. So the foods on offer need to be interesting and tasty. Using a variety of colours, textures, herbs and spices can bring a meal to life.

Locally grown, seasonal vegetables help older people to orientate themselves to the time of year.

For example, if you serve parsnips in the winter and soft fruits in the summer, your relative, who may be less conscious of the seasons, gets some sort of indication of the time of year. It is very likely that people who were living in the 30's or 40's only ate locally produced food that was seasonal.

Lastly, expect the unexpected. Just as your appetite changes from day to day, you may find your relative likes something one day and another thing and another day. A bit like how you might like jacket potato with tuna, but you certainly won't want to have it every day. So perhaps ask her what she fancies before you get cooking...

This healthy homemade soup recipe is packed full of goodness and is great to warm you up on a cold winter's day.

Winter Minestrone Soup

Serves: 4 | Preparation time: 35mins

INGREDIENTS

- 1 onion *finely chopped*
- 1 large carrot *peeled and diced*
- 2 sticks celery *sliced*
- 1 can good quality chopped tomato
- 800ml homemade or low sodium vegetable stock
- ½ cabbage, *washed cored and shredded*
- 60g pasta, *any variety*
- 1 tsp olive oil
- 1 tsp mix herbs

HOW TO PREPARE

1. In a hot saucepan with the oil sauté the onion, carrot, and celery for 5min.
2. Add the mixed herbs and chopped tomatoes.
3. Add the stock and pasta, bring to the boil and simmer for 10mins.
4. Add the cabbage season to taste and cook for a further 8mins.

For more recipes, please visit our Healthy Living section at horderhealthcare.co.uk



SPINAL INJURY AT OMPH

Are you sitting too long?

Current UK exercise guidelines recommend that adults take at least 150 minutes (2.5 hours) of moderate to vigorous intensity physical activity each week, aiming to be active every day. However, it has been estimated that in Western countries 75% of work is now performed sitting and modern lifestyles are becoming more sedentary.

by Claire Powell,
Chartered Physiotherapist



Many office jobs require long hours of sustained sitting, which is a position of spinal flexion. More people are sitting on the way to and from work, spend most of their working day sitting, and then relax in the evening slumped on the sofa. For instance about 87% of Australians over 15 watch an average of more than 3 hours of television each day. Thus activities of sustained spinal flexion dominate many peoples' every-day lives.

When soft tissues are exposed to sustained loading in a single direction, like when sitting long periods, a phenomenon known as 'creep' occurs. This slight movement in the tissues results from rearrangement of collagen fibres and water being squeezed from the soft tissue. If the sustained loading is not excessive the soft tissues recover reasonably quickly, for example if you stand up after 15–20 minutes of sitting.

However, loading with limited interruption and frequent repetition, despite the fact that these are normal loads, can alter the mechanical properties of the soft tissues. Thus despite no obvious trauma, these tissues become susceptible to fatigue failure, and the gradual development of musculoskeletal symptoms e.g. lower back pain.

For these reasons, it is important to change your posture regularly and avoid sitting for long periods of time. Try getting up or changing posture every hour for at least 2 minutes. Moving and stretching on a regular basis will keep your joints, ligaments and muscles healthier, which in turn should make you more comfortable and productive. If your occupation requires you to sit for long periods, here are some guidelines to make sure your sitting position causes the least amount of stress on the spine, shoulders and neck.

1 ELBOW HEIGHT

Begin by sitting as close as possible to your desk so that your arms are not reaching out in front of you. Rest your hands on your work surface (desktop, computer keyboard) If your elbows are not at a 90 degrees angle move your chair up or down to achieve this.

2 THIGH MEASURE

Check that you can easily slide your fingers under your thigh, if it is too tight you need to prop your feet up with a footrest. If there is more than a finger width between your thigh and the chair, you need to raise both the desk and your chair.

3 LOWER BACK SUPPORT

Sit with your bottom right at the back of your seat, your buttock should be pressed against the back of the chair.

4 CALF MEASURE

With your buttocks against the chair back, try to pass your clenched fist between the back of your calf and the front of the chair. If you cannot do this easily, the chair is too deep.

5 EYE LEVEL

Your gaze should be aimed at the centre of your computer screen with eye height approximately level with the top of the screen. If your computer screen is higher or lower than your gaze, you need to either raise or lower it.



Claire Powell is a Chartered Physiotherapist with Horder Healthcare. Horder Healthcare offers physiotherapy services to treat musculoskeletal injuries and runs exercise classes to aid rehabilitation from injury as well as to prevent the gradual onset of problems. Join one of our Pilates, fitness for over 50's, balance and flexibility or lower limb strength and stability classes to help you achieve your 150 minutes of exercise a week.

For further information, call **01892 665577**
or visit **horderhealthcare.co.uk**

Fundraising Update

We are pleased to announce we have taken the keys to a new all-terrain patient transport vehicle, after our fundraising appeal raised a fantastic £25,000!

The 4x4 Volvo XC70 was officially received by Horder Healthcare's Operations Director, Richard Bentley who took delivery of the vehicle from James Cox of Volvo, Hildenborough. We are delighted to have also received a donation of £500 towards the appeal from the car dealership.

The new vehicle will offer Horder Healthcare patients, who require assistance with transport, an easy to access, comfortable and dependable means of travel in all weather conditions to and from all of the Horder Healthcare centres and clinics throughout the South East.

We would like to thank everyone who helped us to raise the money that has enabled us to buy this vehicle.

CHRISTMAS CARDS

The Christmas cards for 2016 sold incredibly well raising a fantastic £7,724. If you purchased some of these, thank you, hopefully they went down well with their recipients too.

UNITY LOTTERY

Our Unity Lottery welcomed a record number of new players last year, who all gave themselves the chance to win £25,000 every week. For every £1 played, 50p is donated to our charity. To be in with a chance of winning and to support the great work carried out at Horder Healthcare at the same time, visit unitylottery.co.uk/the-horder-centre or email abigail.shiers@horder.co.uk





Make a donation

Every donation is very much appreciated;
whatever you are able to give will make a difference.

I would like to support Horder Healthcare with a gift of:

☐ £1,000 ☐ £500 ☐ £250 ☐ £100 ☐ £50 other £

I enclose a cheque/CAF voucher made payable to "Horder Healthcare"

☐ Yes, I am a UK taxpayer and would like Horder Healthcare to reclaim the tax on any of the donations I have made in the last 4 years and any future donations I may make*

giftaid it

PLEASE SIGN TO CONFIRM

DATE

YOUR DETAILS *(please use block capitals)*

NAME: MR/MRS/MISS/MS

TEL:

ADDRESS:

POST CODE:

EMAIL:

SEND TO: Fundraising and Marketing Department, Horder Healthcare,
St John's Road, Crowborough, East Sussex TN6 1XP.

Alternatively you can email: fundraising@horder.co.uk or call 01892 665577.

*To qualify for Gift Aid, what you pay in income tax or capital gains must at least equal the amount we claim in the tax year.

☐ Please tick this box if you do not wish to receive further information about Horder Healthcare products and services

YOUR WINTER

Physiotherapy Questions



Q I had a course of private physiotherapy 2 years ago for back pain and it was great. A combination of exercise, painkillers, acupuncture and a TENS machine helped get rid of my pain. However, my back pain returned a few months ago and I am now seeing a NHS physiotherapist who does not recommend acupuncture or a TENS machine. Why would they advise against these when they worked so well last time?

A It sounds as though your physiotherapist is very aware of the new guidelines on the management of low back pain and sciatica that were recently published in November 2016. The National Institute for Health and Care Excellence, otherwise known as NICE, regularly review all the available research for specific health problems affecting the general population. An expert panel work through this research and put together a guide to make it clear which treatments have strong evidence that they are effective and also identify which treatment options do not have sufficient evidence to support their use.

The most recent guidelines on back pain and sciatica state that exercise and certain painkillers are effective in the treatment for your back pain but concluded that there is currently not enough evidence to show that acupuncture and TENS will help with your pain. This is not to say these treatments do not help specific people, just that when looking at the available evidence, it does not show that these are consistently effective for the general population.

Providers of physiotherapy services to the NHS, such as Horder Healthcare, have to demonstrate to the commissioners who pay for these services that they are following such guidelines and are not using public funds to offer patients treatments that do not have strong evidence around their effectiveness. Therefore you may find that what you are offered in an NHS service may vary from what you may find in a private service. The NHS does test the effectiveness of unproven treatments in clinical trials and when they have been proven to be beneficial for the general population, they are then included in revised guidelines.



Matthew Carr, MSK Clinical Quality Manager and Extended Scope Practitioner, Chartered Physiotherapist



Visit **horderhealthcare.co.uk** to find out more about our physiotherapy services or call **01892 665577** to book an appointment. Please email your physiotherapy questions to **matthew.carr@horder.co.uk**

Q My shoulder has become very stiff and painful and hurts with any sudden movements and at night time. I saw my GP who thinks it might be a frozen shoulder but I have also heard of a thing called 'impingement'. What is the difference?

A Problems like these of the shoulder are very common and can occur in as much as 14% of the population. Differentiating between the two problems is also very difficult because there has not been an agreed set of symptoms that a person with either problem might present with and there is a lot of overlap between the two.

Typically a frozen shoulder has a restriction to turning the forearm away from the body when somebody else is trying to move it for you. This is called a capsular pattern of restriction. Other conditions such as arthritis may also cause this restriction which can usually be ruled out by having an X-ray done. A frozen shoulder is also usually quite painful, particularly with any sudden movements and in the early stages, also at night time. Often no specific cause for the start of a frozen shoulder can be identified but they are more common in people who have diabetes, are over 50 years old and are female. It may follow after a small trauma or may just develop on

its own. The pain is also usually deep inside the shoulder and also has a lot of stiffness.

An impingement of the shoulder can come about when the muscles and other structures in the space between the top of your arm bone (the humerus) and the underneath of the end of the collar bone get injured or become swollen. This can lead to some problems with a painful restriction of range of movement and what is often called an 'arc of pain'. This is where it only hurts in a certain part of the movement as you lift your arm up. You may also have trouble lifting things or reaching out. There isn't usually any pain or stiffness if somebody else is moving your arm for you. Sometimes an ultrasound scan can be useful in helping to diagnose this problem.

Confirming a diagnosis between these two problems is made more difficult as they often occur at the same time and there is a lot of overlap between the two. Getting your GP to refer you to a Physiotherapist or Extended Scope Practitioner will help with the diagnosis and also get you started onto the right path for helping to improve the problem.



Stephen Daly, MSK Operations Manager and Extended Scope Practitioner, Chartered Physiotherapist

How Mindfulness Can Ease Your Stress

*By Julie Stannard, yoga therapist
and mindfulness teacher*

We all get stressed, and sometimes need motivation to rouse us into action. The impact of feeling constantly worried and overstretched can have huge health implications, not only mentally but physically. Chronic stress undoubtedly puts your long-term health at risk.

Of late, mindfulness has been the relaxation technique of choice.



Mindfulness is a way of bringing clarity to the stressors in our lives. It works by helping us become more aware of what is happening in our body. It encourages us to become more reflective human beings who can pay critical attention to our thought processes and respond to them in a rational and calm way. Mindfulness works to alleviate the physical responses by the body caused by stress and steadily leave our patterns of anxiety behind.

Consider these tips to reduce some of the stress in your life:

WAKING-UP

Sometimes in the morning, you may wake up and notice that your mind begins to race ahead to tasks in the day that are yet to be completed – you may even have heart palpitations or butterflies in your stomach.

TRY THIS

Choose to take a pause before your day begins. Notice sensations in your body and the feeling of your breath. Perhaps take three breaths and savour each one as if this was your first ever breath.

After giving yourself this space, start your day without rushing. This new awareness of body and breath helps give perspective and brings us back to the present.

TRAINING YOUR MIND

Throughout history our survival as a species has been governed by our unique ability to look for and solve problems. However, this wonderful asset means that we are hard-wired to search for “what’s wrong”. Many of us become fixated on these problems, finding them hard to leave behind.

How many times do we find ourselves thinking and talking about our problems, however large or small? Like any habit, this way of thinking can become a default setting in our minds.

Neuro-scientist Rick Hanson compares “bad things” being like Velcro to the mind – they really stick! Whilst ‘good things’ are like Teflon – they slide off! When did you last accept a compliment or think about how many things are going well? Instead of focusing on the negatives, it’s important to take a step back and remember the really positive things that we are valued for and the things we excel at.

TRY THIS

Visualise somewhere or someone that makes you happy. Try closing your eyes, holding the image and feeling its presence clearly. Savour the experience for 15 seconds or more and appreciate how you feel now you can see this happy place.

When we take this simple exercise we are strengthening the neural connections that help us notice and appreciate good things. Over time this can help train our minds and make us feel happier.

BE KIND TO YOURSELF

Habits take time to break so it’s crucial to be patient and kind to yourself if you try any of these approaches. Don’t be disconcerted if it doesn’t work straightaway.



Julie is a yoga therapist and trained mindfulness teacher with the Centre for Mindfulness Research and Practice at Bangor University. Julie regularly teaches mindfulness courses and free taster sessions at The Horder Centre in Crowborough and at Horder Healthcare Tunbridge Wells.

For details of class times, visit **horderhealthcare.co.uk** and go to Julie’s profile in the Experts section, alternatively contact Julie at **julie@julieyoga.net** or on **01892 664883**.

INNOVATION IN BREAST SURGERY

Introducing the B-Lite Academy

By Mr Paul Banwell, *Consultant Plastic and Reconstructive Surgeon*
FRCS (Eng) FRCS (Plast)

POPULARITY FOR BREAST AUGMENTATION REMAINS HIGH

Breast augmentation still remains the number one cosmetic procedure in the UK and there seems to be a huge rise in the desire to maintain a shapely but natural result following children and breast-feeding. Specialist Plastic Surgeons are keen to provide an individualised approach and like to tailor breast enhancement according to patient wishes. The key is to listen to the patient and create a bespoke treatment plan.

There is no doubt that patients are doing more and more research before seeking a consultation and they are becoming more discerning in their questions and requests. However, there are still many aspects that may be misunderstood by patients and the consultation process is therefore crucial to ensure good quality information is imparted and that the patient understands the nuances of what is involved with surgery.

LATEST TECHNOLOGY BREAST IMPLANTS NOW AVAILABLE LOCALLY

The specialty of plastic surgery has a history of advanced thinking, innovation and development and the world of breast augmentation is no different. There has been on-going research and development looking

to improve upon the breast implants currently available and whilst they are of extremely high quality, one of the thrusts of this research has been looking at how to minimize their weight and the effects of gravity. However, we are glad to report that there has been a major breakthrough and revolutionary lightweight implants are now available in the UK!

The B-Lite breast implants are up to 30% lighter than conventional implants. Microspheres are the magic ingredient. By permanently bonding tiny hollow air-filled spheres in the medical grade silicone gel, the company can make implants much lighter than the equivalent conventional silicone implants. These microspheres are very strong and they easily withstand pressures experienced during flights and diving. Reducing the weight of the breast implant also significantly reduces the pull of gravity on the breast and can improve longevity of the results as well as providing obvious benefits with activities of daily living as well as with sport and exercise.

We are delighted to have developed the B-Lite Academy in the South East offering patients these revolutionary lightweight implants at The McIndoe Centre in East Grinstead.



Mr Paul Banwell is a Consultant Plastic and Reconstructive Surgeon at The McIndoe Centre in East Grinstead. Please call **0800 917 4922** or visit **themcindoecentre.co.uk** for further information and to arrange a consultation.



PATIENT STORY

Josephine Mitchell



Two and a half years after being diagnosed with breast cancer, Josephine Mitchell faced surgery for a second time, as radiotherapy had caused hardening of the original implant breast reconstruction.

Josephine, 59, was referred to Consultant Plastic Surgeon, Miss Anita Hazari, at The McIndoe Centre. She underwent removal of her right breast prosthesis and replacement with a Diep reconstruction, a procedure which involved taking skin and fat from her stomach to create a breast.

Nearly three months after the operation, Josephine is on the road to recovery. Despite complications caused by having to come off medication for rheumatoid arthritis, life is slowly getting back to normal.

Josephine says: *"I had different surgery options after the radiotherapy, but I felt this one was the best one for me. Miss Hazari was marvellous and the staff were so caring and helpful. It was a difficult time for me because I could hardly move after the operation, so needed a lot of care."*

"I WOULD THOROUGHLY RECOMMEND THE MCINDOE CENTRE. I FELT VERY SECURE THERE. IT'S A LOVELY PLACE AND THE FOOD WAS FANTASTIC. I ONLY WISH I COULD HAVE EATEN MORE OF IT!"





PATIENT STORY

Michael Littlehailes



College lecturer and part-time paramedic Michael Littlehailes has enjoyed his first pain-free ski holiday after a hip replacement operation at The Horder Centre.

Michael 63, had a left hip replacement three years ago after a lifetime of sport, including marathon running, had caused irreparable damage to the joint. Before the operation, skiing, and other sports were painful, but Michael was able to tackle the slopes in Saalbach, Austria, without any aches and pains earlier this year.

Michael, who lives in Golden Cross, near Hailsham, said: "My experience at The Horder Centre was absolutely brilliant. I was treated like a human being and all the staff were fantastic – very professional and caring."


Although Michael, who asked to be referred to Horder Healthcare surgeon Hugh Apthorp, has given up running following his operation, he now cycles regularly and plays tennis.

He said: "Although I was initially surprised when I was told I needed the operation because the hip hadn't been causing me much pain, the x-rays revealed that it was shot to pieces. I am very glad now that I had it done and can't speak highly enough of Mr Apthorp and his team."

Getting to Grips with Carpal Tunnel Syndrome

Tingling, aching hands, particularly at night, could be a sign of carpal tunnel syndrome. It can be a debilitating problem but there are a number of options for treatment.

**"THE OPERATION
RELIABLY CURES
THE PROBLEM IN
95% OF PEOPLE"**



Carpal tunnel syndrome is a condition in which a nerve on the front of your wrist becomes compressed. The nerve is called the median nerve and provides sensation to your thumb, index finger, middle finger and half of your ring finger. It also supplies some of the small 'fine tuning' muscles in your hand itself.

SYMPTOMS

Symptoms of carpal tunnel syndrome usually come on gradually over time but sometimes start very quickly and progress rapidly. They often include an intermittent feeling of 'pins and needles' in some, or all of the fingers supplied by the nerve. This is often worse at night but during the day it can be set off by activities such as driving, reading a newspaper or holding a phone to your ear. Some patients get pain on the front of their forearm which can at times be very unpleasant. Later on the hand can feel weak and uncoordinated and some people find it difficult to perform fine tasks such as doing up buttons. One or both hands can be affected but often one side is worse than the other.

WHO GETS IT?

Carpal tunnel syndrome is a common problem that affects women more frequently than men – as many as five in every 100 women may suffer from it during their lifetime. Events such as pregnancy and menopause can bring on the symptoms. You are slightly more likely to get the problem if a close family member suffers from it too. People with certain medical conditions such as diabetes, rheumatoid arthritis and an under active thyroid are also prone to it. Usually however there is no obvious cause for the condition.

DIAGNOSING CARPAL TUNNEL SYNDROME

The diagnosis is made by listening to your symptoms and examining you to see if there is any evidence of pressure on the nerve. There are other conditions that can give you tingling in your hands and these might need to be excluded as a cause of your symptoms. Other investigations might be useful if this is thought to be a possibility.

TREATING CARPAL TUNNEL SYNDROME

Sometimes the symptoms will clear up by themselves – carpal tunnel syndrome during pregnancy for example usually gets better within a few weeks of the baby being born.

More persistent cases might be solved with medical treatment. The two interventions that have been shown to be of benefit are; wearing a wrist splint at night and steroid injections, which reduce swelling in the area taking pressure off the nerve. Steroids injected like this do not have the worrying side effects of those taken by mouth.

Surgery is an option for people whose intrusive symptoms don't respond to non-surgical treatment or for those who start to develop signs of permanent nerve damage at their fingertips.

The operation reliably cures the problem in 95% of people. The procedure only takes about 10 minutes and is nearly always carried out under a local anaesthetic. You don't need to stay overnight in hospital and can usually go back to work after a couple of weeks – depending on what you do. If you have tried non-surgical treatments to no avail then surgery could be an option for you – speak to your GP and they may recommend being referred to a specialist.

At Horder Healthcare we have an experienced group of consultant orthopaedic surgeons specialising in musculoskeletal conditions related to the hands and upper limb. They are able to see NHS, self pay and privately insured patients. For further information, please call **01892 665577** or visit **horderhealthcare.co.uk**



Outstanding care at a time that's right for you

As a self pay or privately insured patient with Horder Healthcare you can get instant access to the very best orthopaedic consultants. With an unequalled reputation in orthopaedics and musculoskeletal treatment Horder Healthcare will provide you with a superior quality of care and the best possible outcomes. We have hospitals and clinics across Kent and Sussex to treat you at your convenience. Take the first step towards living the life you want to live.

Ask your GP to be referred as a self pay or privately insured patient.
For more information visit horderhealthcare.co.uk or call 01892 600804.

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