

MAKING Strides

A woman with long, wavy blonde hair is holding a baby in a white shirt. The woman is looking towards the camera with a slight smile. The baby is looking off to the side. The background is a soft, out-of-focus light blue.

SUMMER 2017

Your free, local health
& wellbeing magazine
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Horder Healthcare

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HORDERHEALTHCARE

www.horderhealthcare.co.uk

Registered charity number: 1046624



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The McIndoe Centre
HORDER HEALTHCARE
Holtye Road, East Grinstead, RH19 3EB

Welcome



I am absolutely delighted to announce to you all the remarkable achievements of our two hospitals following their recent Care Quality Commission inspections. The Horder Centre received a rating of "outstanding" overall and is one of only seven independent hospitals in England to be given this accolade.

This rating has only been made possible by an exceptional team of people working tirelessly across the entire organisation to ensure the highest standards of care for our patients.

Congratulations also to everyone at The McIndoe Centre for achieving an overall rating of 'good' in the recent Care Quality Commission inspection. This is a testament to the exceptional care being provided at our East Grinstead hospital. It also indicates that our ambitious refurbishment programme at The McIndoe Centre is making a positive impact on the services we provide. You can read more about the inspections on pages 4 and 6.

Both of these results demonstrate the relevance of Horder Healthcare and the independent sector in the UK's healthcare landscape, supporting the NHS and upholding its core principles: that care meets the needs of everyone and that it be free at the point of delivery. At Horder Healthcare we are exceptionally proud to be able to offer outstanding care and make it accessible to all. The remarkable feedback and commendations we receive from our patients remind us of our vital role in the communities we serve. Similar to many other independent healthcare providers, Horder Healthcare offers both NHS and private services and we believe that this mix is essential to make sure that every patient receives the best treatment for their needs.

As I am no longer the most recent person to join Horder Healthcare I'll take this opportunity to welcome all my new colleagues. We have been making special efforts to attend career events recently and speak to aspiring healthcare professionals. Healthcare offers an exceptionally rewarding career and I wish you all the best in your new roles.

Richard Tyler
Chief Executive, Horder Healthcare

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LATEST NEWS

The Horder Centre receives 'outstanding' rating after CQC inspection



The Horder Centre in Crowborough has received a rating of "outstanding" overall in a Care Quality Commission (CQC) report published recently. It is one of only seven independent hospitals in England to be given this accolade.

Inspectors said the orthopaedic hospital, run by charity Horder Healthcare, was outstanding for its effective, caring and responsive services and that patients said staff "went the extra mile and the care they received exceeded their expectations".

They highlighted the hospital's vision of the "Horder Way" which includes five core values of caring, friendly, quality, integrity and pride and said staff felt proud to work at the hospital where they spoke of a "family" culture.

The inspection team recognised that The Horder Centre had undergone a total refurbishment and redevelopment programme over the last eight years to create a therapeutic environment to aid patient recovery.

The inspectors said: "All patients we spoke to felt staff were caring. One patient told us that the care they received was 'second to none' and another patient said 'all the safety checks undertaken made me feel at ease'.

To read the full report on this remarkable achievement please visit:

www.horderhealthcare.co.uk/media-centre/news

Welcome to our new consultants

We would like to say a warm welcome to the following consultants who have joined Horder Healthcare:



Siva Kumar
Consultant Plastic, Reconstructive & Aesthetic Surgeon



Henry Willmott
Consultant Orthopaedic Surgeon



Simon Pearce
Consultant Orthopaedic Surgeon



Rajesh Aggarwal
Consultant in Pain Management and Anaesthetics



Sanjay Chougule
Consultant Orthopaedic Surgeon



James Ritchie
Consultant Orthopaedic Surgeon

Visit www.horderhealthcare.co.uk and www.themcindoecentre.co.uk to read more about their specialisations and the locations of their clinics.

IS IT TIME TO GO PRIVATE?

Alongside delivering NHS treatments Horder Healthcare offers a private service that can be accessed in two ways: through insurance or self pay.

Private healthcare is right for you if you do not want to wait for your procedure or if you want to schedule treatment for when you are ready. If you have commitments that are being neglected as a result of pain or illness then a fast-track service could be right for you. This could help you get back to supporting your family by looking after grandchildren or enable you to speed up getting back to work. Essentially, going private can help prevent you from putting life on hold.

Private patients can enjoy appointment times to suit them and are guaranteed to see their consultant at their specified time. It is even possible to arrange surgery within two weeks of initial consultation if you need it and you are fit and well.

If you have private medical insurance and want to choose Horder Healthcare for your treatment, check with your insurer that you are covered for what you need, including outpatient appointments. Horder Healthcare is recognised by the majority of medical insurance companies.

Patients can self pay, which means paying for their own procedures and services, following an initial consultation. You will get a tailored, inclusive price for treatment based on your condition. Initial consultation and pre-op diagnostics are not included in the treatment package price.

At Horder Healthcare patient care does not stop once you have left hospital. As a self pay patient you can enjoy 120 days of guaranteed cover after your procedure should you need further treatment.



“Good” rating for The McIndoe Centre

We are very proud to announce that The McIndoe Centre earned a rating of ‘good’ overall after the first Care Quality Commission (CQC) inspection of the hospital since it became part of Horder Healthcare. The CQC is the independent regulator of health and social care in England, checking the standards of all hospitals and care services.

Horder Healthcare Chief Executive, Richard Tyler said: *“We are very pleased that the CQC has rated The McIndoe Centre as “good” and that it recognises we are effective, caring and responsive to our patients and that our services are well-led. Since taking over the hospital in 2015, we have embarked on an ambitious refurbishment programme that forms part of our strategic vision to extend our reach, to identify healthcare needs within*

communities and work collaboratively with others to provide these services.”

The inspected areas of surgery, outpatients and diagnostic imaging were all rated “good” overall and highlights included:

- A strong safety culture with policies and systems in place
- Robust governance systems that were understood by staff and which were used to drive service improvements
- Kind, caring and compassionate behaviour towards patients

Patients told inspectors they *“loved the hospital”*, received great care and they were always treated with dignity, respect and that the staff were *“amazing.”*

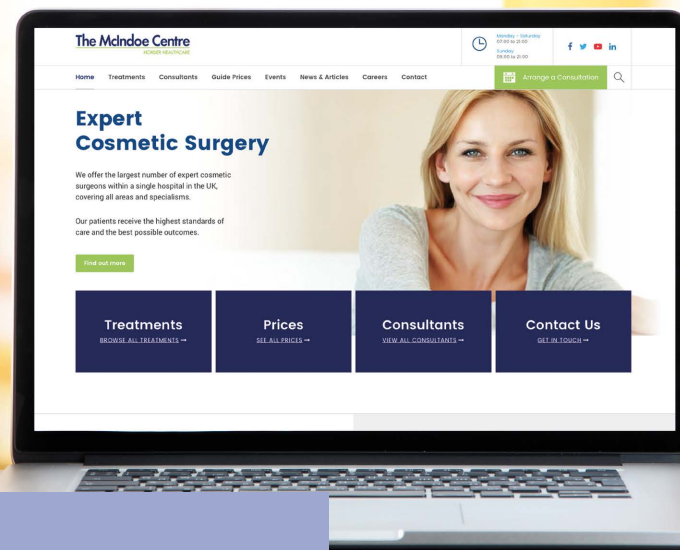
New website

We are pleased to announce the launch of our new website for The McIndoe Centre, our hospital in East Grinstead.

The aim of the new website is to be user-friendly, visitor focussed and interactive so while the design has been improved, navigation around the site is now much easier too.

Maggie Middleton, Hospital Manager, from The McIndoe Centre in East Grinstead, said: *“We wanted to create an engaging homepage which gives fast and easy access to our events, treatments and former patient case studies but also helps visitors find the right treatment for them. There is also lots of information about the consultants who carry out the treatments.”*

To have a look at the new site go to www.themcindoecentre.co.uk



Join us!

Horder Healthcare recently attended the Physiotherapy Graduate Recruitment Fair at the University of Brighton and The Health Sector Jobs Fair at Hilton London Metropole. It was a great opportunity to meet people working or aspiring to work in healthcare and tell them about the great benefits of working at Horder Healthcare.

If you are interested in joining a forward thinking organisation where you have time to give real care then please do get in touch.

Interested? Get in touch:

Email your CV to recruitment@horder.co.uk or call **01892 665577** to discuss your career with us.

Visit www.horderhealthcare.co.uk to view our current vacancies.

HORDER HEALTH TIP

Should I
always
believe the
headlines?

You may have read in the news that you should eat fat to lose weight. This particular claim seems counter intuitive and goes against all previous expert advice. There is quite a lot of confusing information in the media surrounding health issues, especially related to diet.

To address this issue specifically, we all need some fat. It helps us to absorb fat soluble vitamins A, D, E and K. And some fats, like omega-3 fatty acids from fish oils can help lower the risk of heart disease. But eating too much fat is not in line with current research.

Media stories get more attention when they are sensational, with the National Obesity Forum suggestion that we ignore government guidelines going against common sense. Health organisations around the globe have scientific committees who scrutinise available research before making recommendations on what we should eat for optimum health. In the UK, the recently published government Eatwell Guide, advises we eat fewer high fat foods, especially those that are rich in saturated (animal) fats. Public Health England has criticised the announcement from the National Obesity Forum as "irresponsible".

So, the bottom line is get your advice from NHS Choices, the British Dietetic Association and Horder Healthcare.

For further health and wellbeing advice, please visit horderhealthcare.co.uk

HEALTHY EATING

Quinoa
Granola

This granola recipe incorporates quinoa, an alternative to wheat, high in protein and low in fat. The advantage of making your own granola is the ability to be able to control the amount of added salt and sugar, which are surprisingly high in many shop bought granolas.

By Steve Fennell,
HCPC Registered Dietician

12 servings | Preparation time: 45mins

INGREDIENTS

300g rolled oats
170 cooked quinoa
35g pumpkin seeds
30g sunflower seeds
30g sesame seeds
30g almonds
2 tsp ground cinnamon
½ tsp ground nutmeg
1 tsp almond extract
50g coconut oil
60g maple syrup
100g dried berry mix
3 tbsp water

HOW TO PREPARE

1. Pre heat the oven to 180°C/160°C fan.
2. In a large bowl mix quinoa, all the seeds, rolled oats, nutmeg, cinnamon, and almonds.
3. In a pan combine the vanilla extract, coconut oil and syrup. Melt over a very low heat.
4. Combine the wet and dry ingredients and mix well, use a few tbsp of water to help lose the mix slightly if needed.
5. Spread the granola across a baking sheet and bake for 15mins.
6. Add the dried fruit and bake for a further 15mins.
7. Allow to cool and break apart until it crumbles. Store in an airtight container for up to 3 weeks.

NUTRITIONAL CONTENT*

Calories 235 Kcal
Total fat 10.3g
Saturated fat 3.9g
Polyunsaturated fat 2.9g
Monounsaturated fat 2.6g
Carbohydrate 27g
Protein 6.1g
Fibre 4.1g
Salt 0.2g
*per serving

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



PAIN IN THE NECK!

by Nicole Marquardt,
Chartered Physiotherapist

Neck pain troubles most people at some point in their lives and can sometimes lead to other issues such as headaches, dizziness and feelings of nausea. Most people will discover that as they age their neck does not move quite as easily anymore. Typical things that we can hear in clinic are "I can hear my neck clicking and popping".

While clicking and popping can be quite concerning, it is very common and usually related to stiffness between the joints and tightness of the muscles. This is explained further on the Arthritis Research UK charity website.

The neck is made up of 7 bones (vertebrae) which are separated by structures called discs and cartilage. These two structures help absorb the stress on the joints, which are further supported by ligaments and muscles. The vertebrae are necessary to allow you to move your head so you can look at your feet and over your shoulder for instance.

If your neck is causing you discomfort or feeling tense, self-management techniques such as gentle range of movement exercises (e.g. looking down, tilting your head back, looking over each shoulder and bringing the ear towards your shoulder) and heat may help ease the tension of your muscles, and some over the counter medication may help settle some of

your symptoms. Please seek further advice with your local pharmacy or GP to provide assistance with this as some medication may not be indicated for you or should not be combined with some of the medications that you are already taking.

If your symptoms last for longer than 6 weeks and have not improved with self-management, please see your GP for further advice or referral to physiotherapy. As physiotherapists we will assess the movement of your neck joints, your posture and your muscles to establish the possible cause for your neck pain. During treatment we will advise you on good postural habits, exercises and, if clinically indicated, we may use hands-on techniques to assist you.

Please be aware that signs such as collapsing without loss of consciousness, vomiting, increased nausea, headaches, numbness down the arms, pins and needles, dropping of items or dizziness may not always be coming from the neck or may require further assessment. In these cases please seek further medical attention through your GP to help guide you to the correct pathway of care.

Please speak to your GP to be referred. For further information visit horderhealthcare.co.uk or call 01892 665577.

Nicole Marquardt is a Chartered Physiotherapist with Horder Healthcare. Horder Healthcare offers physiotherapy services to treat a range of musculoskeletal conditions and runs exercise classes to aid rehabilitation from injury as well as to prevent the gradual onset of problems. NHS, self-pay and privately insured patients can all access treatment with Horder Healthcare. Please speak to your GP to be referred.



Fundraising Update

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 join the Unity Lottery and be in with a chance of winning, visit unitylottery.co.uk/the-horder-centre or email fundraising@horder.co.uk and support the great work carried out at Horder Healthcare at the same time.



NEW APPEAL 2017

Fundraising for our 2017 appeal is off to a fantastic start with over £11,000 raised so far so thank you to everyone who has contributed to this remarkable achievement.

We are currently raising funds for equipment to enable us to further develop our services. We hope that this equipment will bring real improvements in the quality of our care and transform the lives of our patients.

In order to do this we aim to raise £20,000 through support from individual supporters, corporate partners, grant-making trusts and fundraising events.

OUR WISH LIST

- Two dementia friendly bedrooms – as part of the Butterfly Scheme – £1,000
- Two AccuVein systems (vein visualisation technology), one for each hospital site – £8,000
- A HoverMatt and HoverJack used for safe patient lifting, required for The McIndoe Centre – £8,000
- A continuous passive movement machine to aid knee joint recovery, required for The McIndoe Centre – £3,000

The extension of our services and the continued investment is crucial to continue providing the outstanding care Horder Healthcare is renowned for.



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 SUMMER

Physiotherapy Questions



Q I have had lower back pain for the past 6 months. I did not injure my back but the pain has not gone away and it hurts with any bending or lifting movements. My GP organised an MRI which has shown 'degenerative disc disease' and I have been told I have some bulging discs. I am only 38. I have been told I need physiotherapy but I am now worried that I am going to make my back worse and that I won't be able to run in the future.

A Thank you for your question, which highlights a common problem we see when treating people with lower back pain. What you are experiencing is not uncommon as almost all of us at some time in our lives will get some back pain. However, MRI scans are very rarely able to 'diagnose' the problem to identify a specific structure that is causing the pain.

Degenerative disc disease is the term used to describe normal changes in our discs as we get older and is actually not a disease at all! A recent study that looked at MRI scans of people without any pain showed that 30% of people aged 20-30 had degenerative discs



Adam Slater, Chartered Physiotherapist and Extended Scope Practitioner, answers your health and fitness questions

and this number increased so that by the time we are 80, 96% of people will have this. We also see lots of disc bulges in people who have no pain.

There are a small number of conditions that can be diagnosed with MRI scans but these only make up about 15% of the total number of people we see for back pain and can usually be determined by the signs and symptoms you describe before any MRI is done. Therefore, unless you describe any of these signs, we see limited benefit in MRI scans as they often don't help in your management and can often worry people unnecessarily.

The MRI scan you have described would be considered normal for a 38 year old and I agree that physiotherapy would be a good way to improve your symptoms. I certainly would reassure you that with a structured exercise program there is no reason why you would not be able to return to running, or do any exercise for that matter. It is also very unlikely you will damage your back with a graded return to exercise.

Q I am a 40 year old electrician and have had pain in my shoulder for several months. This started when I was at work and hasn't got better. It generally feels ok at the weekends or if I have rested but is often worse over the course of a day. I have been told by my GP that I have shoulder impingement and that I need to see a physio, but a friend told me they had an injection and this cured their pain. Would an injection help me and would this be better than physiotherapy?

A The term impingement is a broad term often used to describe any shoulder pain arising from the tendons in your shoulder or the space between the ball and the socket.

One cause of impingement can be if the tendons in your shoulder become inflamed and injecting steroids can be helpful in these instances as they reduce the inflammation.

An assessment by your GP or physiotherapist can determine if an injection is appropriate. Typically, however, we tend to find that the effects of injections can wear off after a few weeks and you find yourself back where you started if this has been the only treatment you have had.

We must remember that there are some risks with injections, for example steroids can weaken the tendons. Therefore even if they seem to help, repeating them several times would be unwise!

Physiotherapy is an effective way to help shoulder pain and an assessment by your physiotherapist may be able to identify the underlying causes of any impingement symptoms and work with you to address these. We will often use an injection in addition to physiotherapy, if your physiotherapist feels there is an inflammatory element to your problem, as by improving your pain temporarily can help you to complete exercises that would otherwise be too painful.

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 info@horder.co.uk

Keeping your bones and joints strong and healthy



As we age, it is natural for our joints and bones to deteriorate and lose strength. Whilst this is a common problem for many there are things that can be done to keep bones and joints strong and fight off bone thinning diseases like osteoporosis. Here are several ways to counteract the effects ageing has on our bones and joints:

EXERCISE

Exercise is key for keeping joints, bones and supporting muscles strong to avoid breaks and fractures. Exercising does not have to be too strenuous and, in fact, activities that do not involve a lot of impact are best. Moderate intensity activities, that get you warmer, make you breathe harder and get your heart pumping are the best activities for joints. These could include a round of golf, a walk or a light exercise class.

GET MOVING

Even if you do not lead an active lifestyle, it is important to keep moving throughout the day. If you sit at a desk, make sure you take regular breaks and change position a lot to keep your body moving and to prevent aches and pains in specific areas, such as the neck, shoulders and lower back.

LOSE WEIGHT

Extra body weight can create strain on our joints, especially the knees. Losing just a little body weight can help to relieve strain, aches and tension, and also helps to improve circulation, breathing and general wellbeing.

OMEGA 3S

There is a reason Omega 3s are considered a super-nutrient. Omega 3 fatty acids, found in oily fish and some nuts and seeds, are powerful anti-inflammatories, helping to relieve arthritis-like symptoms, and also play a role in bone formation. Omega 3s are great for improving bone density and are considered especially useful for hip health.

VITAMIN D

Vitamin D is a vital nutrient that helps the body absorb essential bone-loving nutrients and minerals like calcium and phosphate. The best source of vitamin D is the sunshine, but this can be tricky to get all year round and when we are wearing sun cream. Supplements usually do the job just as well.

SHOES

Proper shoes can play a big role in joint and bone health, from our backs to our feet. It is a good idea to try and vary heel height slightly and make sure all shoes fit properly, with some sort of arch support.

STOP SMOKING

Smoking can cause bones to lose density, and puts you at a higher risk of fractures and breaks. This is due to smoking preventing calcium absorption into the blood, causing the body to replenish minerals in the blood directly from the bones instead. Smoking also affects hormones like oestrogen and testosterone which are essential in supporting and maintaining bone health.

If joint pain persists it could be necessary to speak to your GP. Horder Healthcare offers orthopaedic and musculoskeletal treatment for NHS and private patients. Please visit horderhealthcare.co.uk or call **01892 665577** for further information.

The Mummy Guide to Surgery Post Childbirth

By Mr Baljit Dheansa,
Consultant Plastic and Reconstructive Surgeon
MB BS FRCS (Eng) FRCS (Plast) MSc



Mr Baljit Dheansa 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 or to arrange a consultation.

We hold regular cosmetic surgery events giving you the chance to meet our consultants in an informal setting and ask them any questions. Visit themcindoecentre.co.uk/events to see what is coming up and to book your place.

Women's bodies tell remarkable stories – pregnancy and childbirth is an exciting time and one of the greatest moments in anyone's life. A new child can be both exhilarating and exhausting with little time for anything else. The focus of one's life changes and it can take a long time for a mother to get into a routine that allows her to regain her pre pregnancy shape. This can be very difficult because there are changes that pregnancy itself brings about which cannot be resolved with exercise or healthy eating.

Pregnancy can have several effects on the body which can result in long term changes. Very often stretch marks appear on the abdomen, breasts and sometimes elsewhere too. They can appear red but over time become pale and soft. They occur because the skin weakens due to excessive stretch but are very difficult to prevent. Keeping the skin well moisturised may help but very few other treatments are effective at prevention. Once you get them time is often all you need to let them settle but sometimes a pulsed dye LASER can help reduce the redness. Again very few other treatments help but it makes sense to keep the skin well moisturised.

The loose skin that occurs with stretch marks can lead to two further problems: loose overhanging skin on the tummy and breast droop. The tummy also often looks rounded because the muscles have been stretched. The effect can be made worse by an indented caesarian section scar. Many women do not realise how much difference a tummy tuck (abdominoplasty) can

make to the appearance of their abdomen. It can remove loose skin including some of the stretch marks, tighten the muscles and give a smoother flatter abdomen in exchange for a scar that can often be hidden by underwear. In my practice I prefer to do this operation after a woman has completed her family and is at her steady weight as this gives her the best possible result.

This is also the case with breasts that have lost volume and drooped after pregnancy and breast feeding. Several options are available to improve breast appearance. Surgery can lift the breasts (mastopexy) and also restore volume by using implants (augmentation). Sometimes a woman may need both of these procedures in one or two stages. Choosing which operation to have is a very individual process and I work closely with my patients to make sure that we achieve the best possible appearance and size.

Many women think about such surgery soon after pregnancy but it is important to let your body return to normal before considering any operations. It is very important to have a full and detailed assessment by an experienced and specialised Consultant Plastic Surgeon who can advise on timing as well as the specific techniques that would benefit you. This is especially important as healing from such surgery can take several weeks and you may need help and support to ensure that you make the best possible recovery. Plastic surgery to help regain your shape after pregnancy not only improves appearance but make a real difference to your confidence too.

PATIENT STORY

Steph Hall

A tattoo removal at The McIndoe Centre has given Steph Hall more confidence in her work where she is one of just a few female assistant golf professionals in the country.

Steph, 23, had a tattoo on her right wrist when she was a student at university after she felt peer pressure to get it done but instantly regretted it and started research into finding somewhere she could have it removed.

Although Steph lives near Sheffield, she opted for The McIndoe Centre because of its credentials and she was impressed with what she read about surgeon Tania Cubison.

She had the tattoo removed in stages starting in 2015 with the final operation at the start of this year.

Steph said: *"The overall experience was fantastic. I was looked after throughout my time there and the professionalism and care I received was second to none. Any questions I had post-operation were quickly answered which helped my recovery process as I lived so far away that I wasn't able just to pop into The McIndoe Centre."*

"When my wound was sore after the final operation because the stitches weren't breaking down, Tania took a detour on her way home after a long day on a training course to have a look and remove the stitches. It was the attention to detail that made me feel happy that I had made the right choice with McIndoe, specifically Tania."

Steph said having the tattoo removed had boosted her confidence and helped her to progress to a job she loves without fear of losing it.



**"THE ATTENTION TO
DETAIL THAT MADE
ME FEEL HAPPY THAT I
HAD MADE THE RIGHT
CHOICE WITH MCINDOE"**

PATIENT STORY

Lyn Thomas



Sussex University Professor Lyn Thomas spent two years in constant pain, and could hardly walk without a stick, before a hip replacement changed her life.

Lyn, 63, found the pain began after she retired from full time work and had more time to be active. Instead of being able to enjoy her free time, she soon found herself in constant pain and unable to walk without a stick.

A Professor in Cultural Studies at Sussex University, Lyn put up with the pain for two years until her husband underwent a hip operation at The Horder Centre in April 2014 which prompted her to do the same three months later.

Almost immediately after the operation, Lyn felt her life was transformed and she could walk without any pain. By December the same year, she was able to holiday in Venice where she was able to walk all day – something that would have been unthinkable before the hip replacement.

Lyn said: *"I limped through 2013, constant pain mitigated slightly by exercises and drugs. I began to think of myself as disabled. Not getting a parking place near my destination could reduce me to tears."*

"When I finally decided to have a hip replacement, I was in The Horder Centre for two nights, then home walking on two sticks. For me it was a miracle to be able to walk again, without pain. The expertise of my surgeon Hugh Apthorp was key as he is a genius but I am extraordinarily grateful for the care and exceptional nurses at The Horder Centre which is a beautifully designed facility. Everyone was so efficient and kind."

As a Seaford resident, Lyn is now able to visit Horder Healthcare Seaford for Modified Pilates classes which have helped her rebuild her muscles and keep her active.

A small joint replacement that makes a big difference

By Oliver Harley, Consultant Plastic and Reconstructive Surgeon
MBBS, BSc, MBA, FRCSEd(Plastic Surgery)



"AFTER ABOUT 8-10 WEEKS PATIENTS SHOULD BE ABLE TO RESUME USUAL ACTIVITIES"

Did you know that it is possible to do joint replacements for fingers? You probably know at least one person who has had a hip or a knee replacement for arthritis. Similar technology, on a much smaller scale, is available for finger joints which become painful as a result of arthritis.

The hands are a very common place to get arthritis due to them consisting of 27 bones each separated with cartilage. The most frequently affected joints are those in the fingers. However, a finger joint replacement is much less common than hip and knee replacements due to the miniature size of finger joints. Despite this, the pay off for a patient suffering from severe arthritis can make this a very worthwhile option for treatment.

There are three joints in each finger - the joint at the base of the finger, the joint in the middle of the finger, the joint closest to the fingertip. Arthritis can affect any of these three joints, it can affect a single joint on a single finger or several joints and fingers. It will cause various combinations of pain, deformity and loss of movement. Pain and loss of movement can have a serious impact on everyday life and make simple tasks such as making a cup of tea or writing very difficult. Arthritis is typically easy to diagnose based on the symptoms and the appearance of the finger. X-rays help to confirm the diagnosis. Arthritis pain is often noted for the first time after a minor knock or sprain which takes longer than expected to settle down.

Before considering surgery painful finger joints may respond to painkillers applied as creams or taken by mouth. Pain killing

injections (steroids) may be given directly into joints in clinic when you see a hand specialist at The Horder Centre. If pain persists despite the use of painkillers it may be time to think about an operation which offers long term pain relief in at least 90% of cases. The decision to get a finger joint replacement is largely down to the level of pain caused and how much this impacts on everyday life.

There are two types of operation which are helpful for arthritic fingers: Fusing the joint (arthrodesis) or joint replacement (arthroplasty). These are day case operations which can usually be done by 'awake surgery' using local anaesthetic. It could be that some patients will have more than one finger joint replacement in a single operation. A small incision is made in the finger, the damaged joint is removed and the artificial joint is inserted. The artificial joint is made of silicone plastic, metal or ceramic. It functions in the same way as a healthy joint, a bit like a hinge on a door, although the movement is typically about half the range in a healthy joint. Alternatively, fusing the joint means that it is set in a fixed position and no further movement is possible. Both types of operation reliably remove the pain from arthritis but of course have different results regarding the freedom of movement in the hand.

After surgery, some hand physiotherapy is necessary for several weeks and protective splints are often required during this period but typically these may be removed at times to do light activities as well as physiotherapy exercises. After about 8-10 weeks patients should be able to resume usual activities including golf, tennis and gardening, for example.

Mr Oliver Harley is a Consultant Plastic and Reconstructive Surgeon specialising in both cosmetic and hand surgery. He has clinics at The Horder Centre in Crowborough, Horder Healthcare Seaford and at The McIndoe Centre in East Grinstead. Please call **01892 665577** or visit **horderhealthcare.co.uk** for further information about our orthopaedic services or to arrange a consultation.



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at The McIndoe Centre & The Horder Centre

As a self pay or privately insured patient at The McIndoe Centre in East Grinstead or The Horder Centre in Crowborough you can get instant access to the very best orthopaedic consultants. With an unequalled reputation in orthopaedics and musculoskeletal treatment your chosen hospital will provide you with a superior quality of care and the best possible outcomes. Take the first step towards living the life you want to live.

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The Horder Centre

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