



Spire

London East Hospital

2017/18 Ophthalmology Directory

Expert healthcare for your patients



Looking after you

At Spire Healthcare we are committed to delivering excellent individual care and customer service to all our patients, from the time they first get in touch with us until after their treatment is complete. Our dedicated and highly trained people aim to consistently achieve excellent results. For us it's more than just treating patients, it's about looking after people.

Insured patients

Scheme/policy details are required at the time of booking so that we can obtain pre-authorisation for their treatment.

Self-funding patients

We provide a tailored fixed price* with no hidden extras on a range of diagnostic tests, treatments and surgical procedures. For information call **0208 709 7817**.

Full profiles for each consultant can be found at www.spirelondon.com.

* Please see a copy of Spire's patient terms and conditions for full detail. Prices vary per treatment and are dependant on each patient's individual circumstances and needs.

Main contacts

Main hospital switchboard

Tel: 0208 551 1100

Fax: 0208 709 7877

Hospital Director

Adrian Brady

Tel: 0208 709 7762

Fax: 0208 709 7877

Email: adrian.brady@spirehealthcare.com

Business Development Manager

Natasha Browne

Tel: 0208 551 1100 ext 2430

Email: natasha.browne@spirehealthcare.com

GP Engagement Manager

Armin Sabotic

Tel: 07568 429 746

Email: Armin.sabotic@spirehealthcare.com

Self-Pay Enquiries

Tel: 0208 709 7817

Email: info@spirelondon.com

Insured appointments

Tel: 0208 709 7878

Fax: 0208 709 7877



Mr Niaz Islam

Consultant Ophthalmic Surgeon

Practicing at

Spire London East Hospital

Specialties

- Ophthalmology
- Ophthalmology
- Cataract removal surgery
- Age related macular degeneration treatment
- Cataract removal surgery
- YAG laser capsulotomy
- Iridotomy
- Chalazion or styelid lump excision surgery

Qualifications and professional memberships

- European Society of Cataract and Refractive Surgeons
- American Society of Cataract and Refractive Surgeons
- Royal College of Ophthalmologists
- American Academy of Ophthalmology

Professional profile

I am a consultant ophthalmic surgeon at Spire London East Hospital in Redbridge, Essex offering private eye surgery in their clean and comfortable private hospitals. At Moorfields Eye Hospital, London, I am the clinical director for quality and safety.

I strive to provide the best quality of care to my patients both in the NHS and in the independent sector. I have set up the macular degeneration diagnostic and treatment service.

Although I manage the full range of private ophthalmic referrals, I have a particular interest and experience in retina and cataract surgery. For patients needing cataract surgery, I offer the option of multi-focal intra-ocular lens implants which can eliminate the need for spectacles in many patients.

I am the clinical ophthalmologist and optometrist slit lamp trainer for North East London diabetic eye screening programme (DESP).

I graduated from Guy's and St Thomas' Hospital, London. I trained at Moorfields Eye Hospital, London, for almost eight years including medical retinal fellowships and worked as a locum consultant in medical retina and uveitis. As an undergraduate, I was awarded the Charles Oldham Essay Prize for Ophthalmology. I have been awarded numerous awards and prizes from the Wellcome Trust, Medical Research Council (MRC), Clinical Endocrinology Trust and Zeneca Bursary from the Royal College of Pathologists. In 2005 and 2006 I received Recognition of Educational Excellence certificate by University College London (UCL) for clear explanations and medical student teaching methods. I have an established track record in teaching and research and continue to publish original research in peer-reviewed journals. I have a passion for education and teaching and I am an educational supervisor and clinical tutor for ophthalmic trainees within the NHS hospitals I work at.

Private contact details

Telephone **0208 709 7817**

Current NHS post

Consultant Ophthalmic Surgeon at Moorfields Eye Hospital

Mr Dipak Parmar

Consultant Ophthalmic Surgeon

Practicing at

Spire London East Hospital

Specialties

- Ophthalmology
- Cataract removal and lens replacements (IOL)
- Cataract surgery
- Cornea transplant
- Uveitis surgery
- Keratoconus
- Laser correction of poor sight (LASEK)
- Laser correction of poor sight (LASIK)
- Laser correction of poor sight (Wavefront)
- Lens replacement for poor eye sight (IOL)

Special clinical interests

Mr Dipak Parmar subspecialises in cornea, uveitis and cataract surgery. He performs modern corneal transplantation including penetrating keratoplasty and newer lamellar techniques such as big bubble anterior lamellar keratoplasty and posterior endokeratoplasty

Research interests

Mr Parmar actively pursues clinical research in cornea and cataract surgery. He has published widely in prestigious peer reviewed journals and presents his findings at national and international meetings.

Professional profile

Dipak Parmar is an experienced consultant ophthalmic surgeon with a practice in general ophthalmology and subspecialty interests in cornea, uveitis, cataract and refractive surgery. A fellowship-trained refractive surgeon, he offers the most up-to-date treatments for the correction of vision, including LASIK, LASEK and phakic intraocular lens transplantation. Mr Parmar also has an expertise in, and offers the latest treatments for, keratoconus.

Mr Dipak N Parmar completed his medical training at the United Medical and Dental Schools of Guy's and St Thomas's Hospitals in London. He completed his basic surgical training at King's College Hospital in neurosurgery and ophthalmology, following which he successfully passed the FRCOphth examination to become a Fellow of the Royal College of Ophthalmologists. He completed his higher surgical training in ophthalmology and a fellowship in uveitis at Moorfields Eye Hospital in London.

Mr Parmar completed a clinical fellowship in cornea, external diseases and refractive surgery at the University of Texas Southwestern Medical Center in Dallas, Texas, USA, from 2003-2005. As a result of his training and research, he has authored over 27 papers in peer-reviewed journals and has written 3 book chapters. He is one of the few eye surgeons in the UK to have undergone state-of-the-art training in refractive surgery in a prestigious clinical fellowship program in the USA. Mr Parmar is one of the first few ophthalmology consultants in the UK to have offered corneal collagen cross-linking treatment for keratoconus, both in the private and NHS settings. In doing so, he has made a tremendous contribution to improving the quality of life of patients with keratoconus.

Mr Parmar was awarded the CCST (Certificate of Completion of Surgical Training) and specialist registration under the General Medical Council in ophthalmology in 2003. Mr Parmar is now in full-time independent medical practice, having been a consultant ophthalmic surgeon at Whipps Cross University Hospital, Barts Health NHS Trust, from January 2006 to August 2017. He further maintains his links with the NHS by continuing to provide his expertise on a sessional basis. Mr Parmar was awarded the prestigious Fellowship of the Royal Australian and New Zealand College of Ophthalmologists (FRANZCO) in September 2011.

Private contact details

Telephone	0208 709 7817
Email	parmar321@googlemail.com
Website	http://privatehealth.co.uk/privatespecialists/find-a-doctor/ophthalmic-surgeons/dipak-parmar/

Current NHS post

Mr Parmar is now in full-time independent medical practice, having been a consultant ophthalmic surgeon at Whipps Cross University Hospital, Barts Health NHS Trust from January 2006 to August 2017. He further maintains his links to the NHS by continuing to provide his expertise on a sessional basis

Miss Sudeshna Patra

Consultant Ophthalmic Surgeon

Practicing at

Spire London East Hospital

Specialties

- Ophthalmology
- Cataract removal surgery
- Eyelid cyst surgery
- Age-related macular degeneration treatment
- Intravitreal injections for retinal disorders
- Imaging of the Retina (OCT scans)

Qualification and professional memberships

Professional memberships

- Fellow of the Royal College of Surgeons Edinburgh
- Fellow of the Royal College of Ophthalmologists
- Member of EURETINA (European Soc of Retina Specialists)
- Member of AIOS (All India Ophth Soc)
- Medical Defence Union

Professional leadership

- Clinical Lead for Ophthalmology at Whipps Cross University Hospital
- Lead Clinician for macular degeneration and diabetic eye services at

Research and publication

Articles

- Choroidal Granuloma - A Case Of Ocular Tuberculosis Sept 2015
- Triage In A Busy Eye Casualty Sept 2015

Professional profile

I am a Consultant eye surgeon and have 8 years Consultant experience managing eye conditions. I have a special interest in retinal diseases such as diabetic eye disease and macular degeneration as well as cataract surgery.

I run a specialist retina unit at Whipps Cross University Hospital and am an expert in treating complex retinal conditions. I am also a highly competent cataract surgeon and perform refractive procedures such as clear lens extractions, implantation of toric implants and monovision. I will also perform combined therapy of cataracts and underlying retinal conditions such as diabetic maculopathy, macular degeneration or retinal vascular occlusions. I can also offer interventional procedures such as minor lid operations, intravitreal injections and retinal laser therapies

To date I have carried out over 2000 cataract operations. My surgical success rate is 98.3% based on the last two years results.

In addition to my clinical work I actively participate in teaching, training and research. I am a mentor for the Potts Barbers Surgical Mentorship scheme, the principal investigator in several clinical trials at Whipps Cross and a guest lecturer at City University.

Consultation times: Wed 6.30 to 8.30 pm weekly

Private contact details

Telephone **0208 709 7817**
Email ask@eyesurgery4u.com
Website <http://www.eyesurgery4u.com/>

Current NHS post

Consultant Ophthalmic Surgeon at Whipps Cross University Hospital, Bartshealth NHS Trust, London

Miss Tahmina Pearsall

Consultant Ophthalmic Surgeon

Practicing at

Spire London East Hospital

Specialties

- Cataract surgery
- Modern and thorough Glaucoma assessment utilising the latest diagnostic modalities
- Comprehensive medical care for Glaucoma
- Laser Therapies (SLT) for Glaucoma
- Conventional Glaucoma Surgery (Trabeculectomy, Tube Surgery)
- Modern “Minimally Invasive” Glaucoma Surgery (MIGS) – allowing surgical options for disease control earlier than with existing surgery due to the superior safety profile of such procedures
- All aspects of emergency eye care
- Pterygium removal

She has always been interested in teaching. She lectures physicians in formal Ophthalmology courses, both nationally and internationally and trains medical students and other doctors.

Qualification and professional memberships

- MRCOphth, Royal College of Ophthalmologists, London 5/12/2008
- FRCOphth, Royal College of Ophthalmologists, London 6/3/2015
- FRCSEd, Royal College of Surgeons, Edinburgh, 2/2/2001
- European Board of Ophthalmology EBOD, 9/5/2014
- Certificate - RCOphth Laser Refractive surgery, Royal College of Ophthalmologists, London 14/11/2008
- MSC Cataract & Refractive surgery University of Ulster 15/12/2009w

Awards and Honours

- American society of cataract and refractive surgeons
- Kettering Eye Meeting, Best Presentation 2016
- UKISCRS Bausch & Lomb Prize for Best Video dated 8th October 2009
- Diploma in refractive surgery, Ulster University with Distinction, 2008

- Membership of Professional Bodies
- European society of cataract and refractive surgeons
- American society of cataract and refractive surgeons
- British society for refractive surgery 2010
- Fellow of the Royal College of Surgeons Edinburgh
- Fellow of Royal College of Ophthalmologists, London
- European Society of Glaucoma Surgeons
- United Kingdom Society of Glaucoma Surgeons
- Member of the General Medical Council

Professional profile

Ms Tahmina Pearsall is a comprehensive Consultant Ophthalmic Surgeon practising at Whipps Cross University Hospital – part of the prestigious Bartshealth Trust. She is UK trained in centres of excellence such as Moorfields Eye Hospital, St Thomas’ and Addenbrookes (Cambridge) which enables her to provide excellent medical and surgical care across all aspects of Ophthalmology. Her research and surgical achievements have won many prizes both nationally and internationally and most recently she has been nominated for the “Hospital Heroes” award.

Private contact details

Telephone **0208 709 7817**

Current NHS post

Whipps Cross University Hospital

Mr Ian Subak-Sharpe

Consultant Ophthalmic Surgeon

Practicing at

Spire London East Hospital

Specialties

- Ophthalmology
- Cataract removal surgery
- Eyelid surgery or eye bag removal (blepharoplasty)
- Treatments for dry and watery eyes
- Eyelid cyst surgery
- Cosmetic surgery
- Eyelid surgery or eye bag removal (blepharoplasty)
- Lacrimal disorders
- Oculoplastic surgery
- Non-surgical facial rejuvenation
- Upper and lower eyelid malposition
- Watering eye
- Periocular cancer
- Eyelid reconstruction

Qualification and professional memberships

Professional memberships

- Royal College of Ophthalmologists
- United Kingdom and Ireland Society of Cataract and Refractive Surgeons (UKISCRS) Medical Contact Lens
- Ocular Surface Association (MCLOSA) in my memberships

Professional profile

I undertook my undergraduate medical training at Cambridge University and St George's Hospital Medical School, graduating in 1995. My specialist training in ophthalmology was carried out in many of the teaching hospitals in London, including Moorfields Eye Hospital where I was the Senior Resident. I am on the specialist register for ophthalmology and have been a Consultant Ophthalmologist at Whipps Cross Hospital and Spire Roding Hospital since 2010.

After completing my specialist training in ophthalmology, I undertook a clinical fellowship in oculoplastic, lacrimal and orbital surgery at Moorfields Eye Hospital and a further clinical fellowship in aesthetic and reconstructive oculoplastics at Chelsea and Westminster Hospital within the multi-disciplinary Craniofacial Unit.

My clinical practice is focused on aesthetic and reconstructive oculoplastic surgery, cataract surgery (including multifocal and extended range of vision lenses), dry eye and lacrimal surgery. I also undertake general ophthalmology

Private contact details

Telephone **0208 709 7817**

Current NHS post

Consultant Ophthalmologist and Oculoplastic Surgeon at Whipps Cross University Hospital, east London

Mr Hadi Zambarakji

Consultant Ophthalmic Surgeon

Practicing at

Spire London East Hospital

Specialties

- Ophthalmology
- Laser for removal of floaters
- Laser for capsular thickening
- laser for retinal diseases and diabetic retinopathy
- Small incision cataract surgery with premium lens implants including Toric and multifocal/extended range lens implants
- Age-related macular degeneration
- Diabetic retinopathy
- Intravitreal injections and laser photocoagulation
- Vitrectomy surgery for retinal detachment, macular hole and epiretinal membrane peel.

Other treatments

Intravitreal injections for macular degeneration, diabetic macular oedema and retinal vein occlusion using Lucentis, Eylea and Avastin. Retinal laser for diabetic retinopathy, retinal tears
Yag Laser capsulotomy. Vitrectomy surgery for retinal detachment, macular hole, epiretinal membrane and advanced diabetic retinopathy

Qualification and professional memberships

[MB ChB / University of Dundee / 1990](#)

Bachelor of Medicine and Bachelor of Surgery

[FRCOphth / Royal College of Ophthalmologists, London / 1995](#)

- Fellow of the Royal College of Ophthalmologists
- After training as an Ophthalmologist and passing the fellowship examinations

[D.M / University of Nottingham / 1999](#)

- Doctorate of Medicine
- Higher degree given after submission of a research thesis

Professional memberships

- Medical and Dental Defense Union of Scotland
- British Medical Association
- Royal College of Ophthalmologists
- British and Eire Association of Vitreoretinal Surgeons
- Euretina

- Moorfields Alumni Association
- American Academy of Ophthalmology
- The Retina Society
- Witness directory
- Expert Witness

Professional profile

I am an Ophthalmic Surgeon with over 10 years experience as a Consultant. My NHS base is at Barts Health where I have held the roles of College tutor, Regional advisor and Clinical Governance lead for Ophthalmology.

My areas of expertise include vitreoretinal surgery and microincision phacoemulsification cataract surgery including the use of multifocal lens implants and toric lens implants.

I received fellowship training in vitreoretinal surgery at Moorfields Eye Hospital in London and in medical retina at the Massachusetts Eye and Ear Infirmary, at Harvard Medical School in the US. I run a busy retinal practice and manage patients with retinal detachment, macular hole, epiretinal membrane, vitreomacular traction and advanced diabetic eye disease, as well as macular degeneration, retinal vein occlusion and diabetic retinopathy.

I have carried out research in retinal imaging, high myopia, vitreomacular traction and diabetic eye disease and have published widely in the field of retina and presented my research at several national and international meetings.

My other interests include education and training, having been College Tutor and Regional Advisor to the Royal College of Ophthalmologists as well as being an Examiner for the Royal College.

Private contact details

Telephone **0208 709 7817**

Website **<http://www.retinacare.org.uk>**

Current NHS post

Consultant Ophthalmic Surgeon at Barts Health, Whipps Cross University Hospital

Cataracts	1,800
Lens implant/exchange	2,661
Chalazion	407
Trabeculectomy from	2,789
Surgical correction of squint – horizontal 1 muscle	2,692
Dacryocysto-rhinostomy, including insertion of tube	2,636
Correction of lower lid ectropion without graft/flap	1,789
Correction of lower lid ectropion with graft/flap	2,071
Blepharoplasty upper and lower	4,655
Blepharoplasty upper or lower	3,325
Puncto-canaliculoplasty	1,484
Excision/biopsy of conjunctival lesion	1,350
Excision of pterygium	1,432

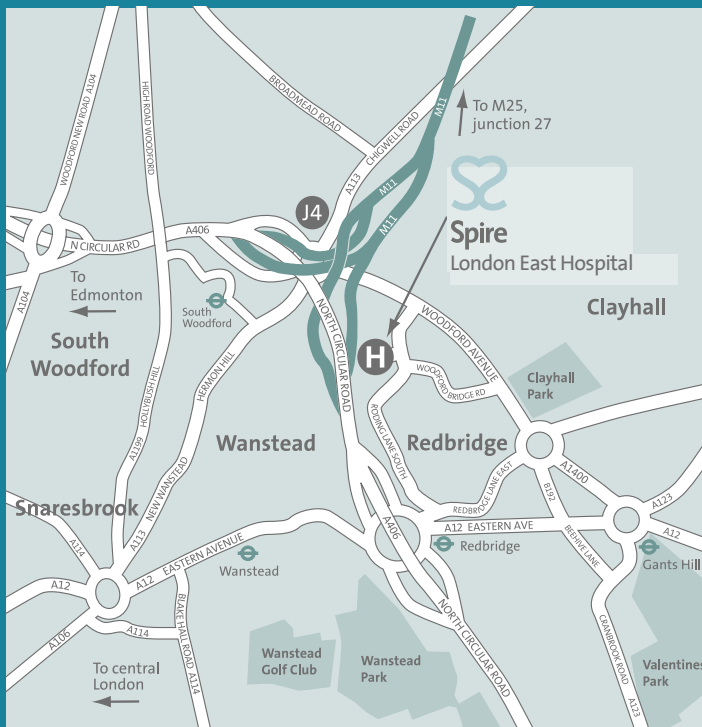
Prices are correct as of January 2018.





Spire

London East Hospital



Address

Spire London East Hospital

Roding Lane South

Redbridge

Essex

IG4 5PZ

How to find us

We are very close to London - 20 minutes by tube to the city - and a half hour drive from Stansted airport. London City Airport is only 20 minutes drive away and we are a couple of miles from the M11 motorway.



0208 551 1100



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www.spirelondoneast.com

Looking after you.