



Spire

Yale Hospital and
Abergele Consulting Rooms

Lunch and Learn

We bring the consultant and lunch to you

We know that finding the time to attend educational sessions is sometimes difficult when you have a busy practice to attend to. In order to make life easier, let us bring a specialist to your door.

Nearly 150 consultants work with us, covering a wide range of different specialities. Our GP Liaison Officer will look after all the details – all you need do is to choose a date and topic, then sit back and update your knowledge while you eat your lunch!

A list of popular topics is attached. Just contact us by e-mail to arrange a session at your surgery. If you don't see the topic you need – just get in touch and we'll try and arrange it.

Contact details:

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Looking after you.

Breast Surgery

- Diagnosis and treatment of breast disease
 - Oncoplastic breast surgery
 - Aesthetic breast surgery
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Cardiology

- Ischaemic heart disease
 - Pacemakers and defibrillators
 - Arrhythmias
 - Coronary angioplasty and stenting
 - Heart valve disease and valve replacement
 - Investigations & diagnosis of palpitations
 - Angina / myocardial infarction
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Colorectal

- Pelvic floor dysfunction (rectal prolapse, incontinence, rectocele)
 - Obstructive defecation syndrome (ODS)
 - Laparoscopic VMR
 - Colorectal cancer
 - Anal cancer
 - Anal fistula
 - Haemorrhoids
 - Inflammatory bowel disease
 - Gall bladder disease
 - Laparoscopic hernia repair
 - Faecal incontinence
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Dermatology

- Lesions
 - Cancers
 - When to refer
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ENT

- Sleep disorders / snoring
 - Thyroid
 - Rhinological polyps
 - Benign positional vertigo and its treatment
 - Imbalance and dizziness – general topic
 - Difficult ears in kids
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Gastroenterology

- Abnormal liver function tests – when should you refer
 - When should a gastroscopy be performed?
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Gynaecology

- Vulval skin conditions
 - Gynaecological cancer update
 - Urogenital prolapse
 - Fertility
 - Menstrual problems – when to refer
 - PCOS & hirsutism
 - Menopause & HRT
 - Recurrent miscarriage
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Maxillofacial Surgery

- Skin cancer update
 - Neck lumps and head & neck cancer
 - Facial pain, temporomandibular joint dysfunction and burning mouth syndrome
 - Salivary gland disease, incl. infection and tumours
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Neurology/neurosurgery

- Parkinson's disease and tremor
 - MS and related diseases
 - Primary headaches syndromes
 - Case-based sessions on neurology
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Ophthalmology

- Eye emergencies
 - Glaucoma
 - Diabetic retinopathy
 - Age-related macular degeneration
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Orthopaedics - Knees

- Knee examination and meniscal injuries
 - Unicompartmental knee arthroplasty
 - Clinical evaluation of adult knee in GP setting & recent advances in management
 - Knee pain – when to refer to a consultant
 - Sports injuries of the knee
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Orthopaedics - Hips

- Clinical evaluation of adult hip in GP setting & recent advances in management
 - Hip arthroplasty
 - Hip & knee pain – physio or consultant? When to refer
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Orthopaedics - Foot

- Sports injuries of the ankle
 - Bunions, toe nails, plantar fasciitis, joint replacements / ESWT
 - Minimal invasive foot surgery, keyhole surgery, correction of deformity
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Orthopaedics - Hand

- A practical approach to the painful hand and wrist
 - What's new in hand surgery?
 - Treating Dupuytren's disease with injections
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Orthopaedics - Spine & neck

- Cervical myelopathy
 - Minimally invasive spinal surgery
 - Cauda equina syndrome
 - Indications for surgery
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Orthopaedics - Shoulder

- Primary care treatment of upper limb problems and when to refer
 - Sporting shoulders / tendonitis/ injections – when to refer
 - Rotator cuff – what is it and when to interfere
 - Is the shoulder a pain in the neck?
 - Examination of shoulder elbow / wrist / hand & diagnoses common upper limb
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Pain Management

- Backache – diagnosis and treatment
 - Chronic headache and facial pain
 - Recent history of opioids
 - Post dural puncture headache
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Psychiatry

- Personality disorder and clinical practice
 - Treatment resistant depression
 - Adult ADHD
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Radiology

- Uterine fibroids – minimally invasive options
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Upper gastrointestinal

- Bariatric surgery
 - Hernia surgery
 - Biliary disease
 - Gastro-oesophageal reflux
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Urology

- Men's health and erectile dysfunction
 - Prostate cancer
 - Haematuria and cancer
 - LUTS / BPH
 - Kidney stones
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Vascular Surgery

- Modern treatment for varicose veins
 - Claudication – when to refer
 - Laser for varicose veins
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