



Spire

Methley Park Hospital

Spire Methley Park Hospital Patient Newsletter

Winter 2018 - 2019

Keeping patients, staff and the local community up-to date
with news from Spire Methley Park Hospital

Welcome to the Winter edition of the Spire Methley Park Hospital newsletter produced specifically for Spire Methley Park patients, staff, visitors and the local community.

At Spire Methley Park we are keen to keep you up to date with our services, events and any new consultants we may have. We are also interested in hearing from you so if you have any feedback please get in touch with me on 01977 664266 or megan.slinger@spirehealthcare.com

Best Wishes,

Megan Slinger

Marketing Executive

Useful Numbers

Main Reception	01977 518518
Out Patient Appointments	01977 664217
Self Pay Team	01977 664245
Marketing Executive – Megan Slinger	01977 664266
X-Ray Department	01977 664209
Physiotherapy Department	01977 664208
Nurses Station on the Ward	01977 664237

Methley Park Hospital on social media

Keep up-to-date with any news and exciting events happening at the hospital.



Please feel free to 'like' our page on Facebook by searching for – Spire Methley Park.



We are also on Twitter, please follow us @methleypark or search for us – Spire Methley Park.

Wifi Information

Username: Patient

Password: Meth13yPark



Spire Methley Park Hospital's Clinical Review 2018

After our recent internal clinical review, Spire Methley Park Hospital is delighted to announce that we have achieved an overall rating of OUTSTANDING. We received Outstanding in 3 domains – Well Led, Caring and Effective with Good in Safe and Responsive.

“To get rated as outstanding for Effective, Caring and Well Led demonstrates that we have a dedicated team of hardworking, knowledgeable and professional staff who are willing to go the extra mile to deliver the highest standard of care and service to our patients.” Kim Turner – Matron

As a thank you to all the staff for their hard work and commitment we celebrated by having Krispy Kreme Donuts, an ice cream van and a BBQ!



Hospital food but not as you know it

Hospital food often gets a hard time, so we thought we would carry out a quick Q&A with our Site Services Manager Jamie Carr (former a chef at Methley Park) to find out what it's like to work at Spire Methley Park Hospital.

Where did you work before Spire?

Before Spire I was senior sous chef at the Midland Hotel Bradford.

What's your favourite dish?

My favourite dish is cod wrapped in parma ham with creamed savoy cabbage or prawn cocktail skips.

What is the most important thing when cooking for patients?

The most important things are getting it right, presenting it well and making sure it tastes great.

What is the strangest thing you've eaten?

The strangest thing I've eaten is either cockroach or snake, I haven't decided which.

What made you want to be a chef?

The reason I became a chef all those years ago was Keith Floyd. His food was rubbish but he made it look fun.



Don't jump to conclusions about coeliac disease

Here Dr Deven Vani tells us more about coeliac disease.

Despite there being a major increase in the awareness of coeliac disease – where gut lining is destroyed as a reaction to eating gluten – it is, says Gastroenterologist Dr Vani, more that people are 'self-diagnosing' and are probably suffering from a variety of other stomach problems.

Which, says Dr Vani, could mean they delay getting the correct treatment for their condition?

Here Dr Vani, who holds regular clinics at Spire Methley Park Hospital answers some of the most regularly asked questions about coeliac disease and the possible treatments available.

What exactly is coeliac disease?

Coeliac disease is an autoimmune disease in which you develop an allergy to the wheat protein gluten that promotes an inflammatory response in the small bowel resulting in villous atrophy.

Villi are small, finger-like projections in the small intestines that help you absorb nutrients. The blunting or flattening of these villi creates a loss of absorptive surface which means your body struggles to take in and process many of the nutrients contained in the food you eat.

How is it diagnosed?

A gastroenterologist would carry out a combination of blood tests that are

markers of the antibodies causing the damage followed by an endoscopic biopsy where a camera is used to investigate the small intestine to allow cells to be studied at close range.

Very high antibody levels are almost certainly signs of coeliac disease but lower levels do not confirm the diagnosis and some individuals do not have measurable antibodies of the correct class so biopsy is indicated in all cases except young children with high antibody levels. The antibodies can be raised without disease, such as IBS or in Crohn's disease.

If people think they may be suffering from it how long should they wait before seeing their GP?

It is not an emergency but patients with untreated coeliac disease often have non GI (gastrointestinal) symptoms as well and these may also respond to treatment.

What treatments are available?

Basically the main treatment is gluten exclusion. This sounds simple but is quite difficult as wheat flour is so ubiquitous in manufactured foodstuffs.

The advent of the 'free from' ranges in supermarkets has improved things greatly and the gluten free products have massively improved over the last few years. It is no longer like eating cardboard!

You do need to monitor your progress and occasionally need medicines to support the process and replace deficient vitamins.

Can most people, once correctly diagnosed, lead a relatively normal life?

Definitely. Once the diet is under control all sufferers should be able to lead a normal life. We no longer see patients who had prematurely aged with terrible bones.

What problems can not getting diagnosed create?

There is an increased rate of cancers in patients with untreated coeliac disease but these are still rare but the GI symptoms can be disabling and the nutritional deficits can result in anaemia and osteoporosis.



Dr Deven Vani Consultant Gastroenterologist

Gastroenterology appointments are available with Dr Kapur, Dr Soliman and Dr Vani.

If you would like to make an appointment please call our self pay team on 01977 664245.

Spire Methley Park Careers

Whatever your skills and expertise, we offer enough opportunities to last a career lifetime.

Want to work with us? Apply for our current job vacancies by visiting www.spirelookingafteryou.co.uk/jobs/

or call Julie Rhodes HR Manager on 01977 664218

or email

Julie.rhodes@spirehealthcare.com



Welcome to our new consultants

Consultant	Speciality
Mr Umair Anwar	Consultant Orthopaedic Surgeon (Hand surgery)
Mr Harish Bhandari	Consultant Gynaecologist (Fertility specialist)
Dr Konstantinos Kamposioras	Consultant Oncologist (Specialising in bowel oncology)
Mr Ehab Kheir	Consultant Orthopaedic Surgeon (Foot and ankle surgery)
Mr Andrew Legg	Consultant Orthopaedic Surgeon (Knee surgery)
Mr Gnanamurthy Sivakumar	Consultant Neurosurgeon / Spinal surgery
Mr Anthony Mcwilliams	Consultant Orthopaedic Surgeon (Hip and knee surgery)
Dr Tom Mwambingu	Consultant Cardiologist

If you would like to know more information on any of the above consultants or would like to book an appointment please call **01977 664245.**

Physiotherapy at Spire Methley Park

Whether your insured or not we are open to anyone. We assess and treat a number of conditions including:

- Joint and muscle pain
- Sports injury
- Tendon injuries and repairs

Why wait? Book your private consultation today: **01977 664208**



New Cardiac MRI scan (heart scan) service available at Spire Methley Park Hospital

A cardiac MRI (magnetic resonance imaging) scan shows extremely detailed pictures of your heart.

If you've had chest pains or other symptoms of possible or diagnosed heart problems, a cardiac MRI scan allows your doctors to see how your heart is functioning.

This will help them to gain a clear understanding of what, if any, problems you have in order to plan appropriate treatment.

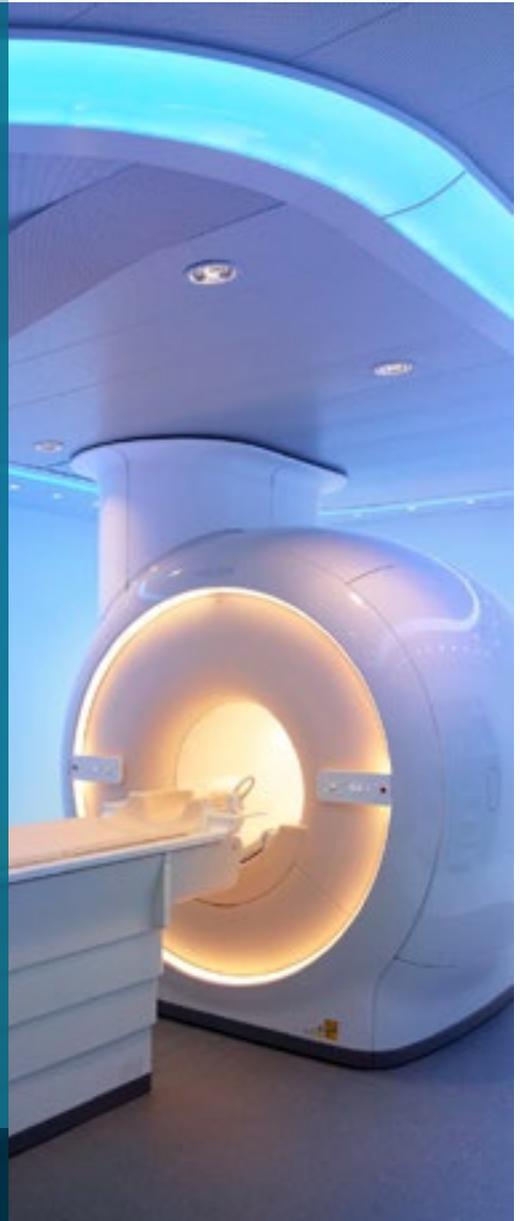
Why wait?

Book your treatment today

☎ Call 01977 664 209

🔍 Search 'Spire Methley Park'

Interest free finance available –
0% APR representative finance



Spire

Methley Park Hospital

Looking after you.

New knees help 70 year-old Colin achieve his marathon dream

He waited nearly 70 years but now Colin Mundy really can call himself a Marathon Man.

And as he crossed the finishing line after his 26.5-mile effort the Garforth grand-dad looked down and said a quiet 'well I made it thanks to you' to his two new knees!

Colin, a retired Office Manager, had both knees replaced in the last three years and after the second operation made himself a pledge to fulfil a long-held dream and complete a marathon!

"In the past I had enviously watched people taking part in the London Marathon but both my knees were quite literally worn out and I didn't think I would ever be crossing a finishing line myself. At one stage I failed to finish the Yorkshire Three Peaks and to say I was disappointed is an absolute understatement," said Colin.

But following replacement surgery at Spire Methley Park Hospital, first on his right and later his left knee, Colin's hopes started to rise and, with encouragement



from his surgeon Mr Aaron Ng, he resurrected his marathon dream.

Mr Aaron Ng



"Mr Ng has always been very supportive and encouraging so when I asked him about a completing a marathon his reaction was very positive – although he did warn me that I would

have to train hard and suggested I walk rather than try to run the distance," said Colin.

Having holidayed regularly on the Isle of Wight along with wife Theresa, daughter and son-in-law Claire and Mark and five-year-old grandson Isaac, Colin was aware of a fund-raising challenge to raise money for the Mountbatten Hospice – the only hospice on the Isle of Wight.

It meant a 26.5-mile trek from Bembridge on the east coast, crossing the hills that form the spine of the Isle, before finishing at the Needles on the west coast.

So in May 2017 training began as he entered himself for the 2018 event – just one year away.

"Over the next 12 months I slowly built up my mileage walking around our local footpaths –



my first milestone came in September when I completed five miles without medication or pain and by February 2018 I managed more than 20 miles for probably the first time in my life!

“An added bonus was that my training also helped me to lose nearly two stone in weight,” he said.

Then came the day! Colin had to walk 26.5 miles and finish the course within 12 hours – could he do it?

“I won’t say I wasn’t nervous but I was also confident that with the help of my ‘bionic knees’ I could do it and I crossed the finish line nine-and-a-half hours later feeling very tired and very, very proud,” he said.

“My wife was there to cheer me on and I even managed to raise £400 for the charity – it really was a memorable occasion.”

Colin’s efforts were also applauded

by Orthopaedic Surgeon Mr Ng who carried out both knee operations.

He said: “This is a fantastic story and Colin really is a special case but many people would be surprised at what can still be achieved after both knee and hip replacement operations. The techniques are constantly improving and the results can be spectacular.

“Getting rid of the debilitating pain that can be caused by a worn joint really can be life changing. People can go on to achieve things they would never have imagined possible before the operation.

“Not everyone will complete a marathon but, with the right physiotherapy and some good old-fashioned determination they will find their ability to get around and their quality of life and live should improve immeasurably.”

Fundraising at the Hospital

On Friday 21st September 2018 the staff at Spire Methley Park Hospital took part in Jean for Genes day.

Jeans for Genes raise funds to support children affected by genetic disorders. There are around 6,000 genetic disorders.

It is estimated that one in 25 children is affected by a genetic disorder. 30,000 babies and children are newly diagnosed in the UK each year. Some genetic disorders are apparent at birth while others are diagnosed at different stages throughout childhood, and sometimes into adolescence.





Spire Methley Park Hospital also took part in the Macmillan Coffee Morning on Friday 28th September 2018.

The World's Biggest Coffee Morning on Friday 28th September is Macmillan's biggest fundraising event for people facing cancer.

The staff raised over £150.



On Friday 19th October staff took part in "Wear it Pink" for Breast Cancer Awareness Month.

Wear it pink is one of Breast Cancer Now's biggest fundraising events – a single day when thousands of amazing people come together across the UK to wear pink, raise money and show their support for Breast Cancer Now.





Spire

Methley Park Hospital



Get your life back. Hip and knee surgery. Faster.

Whether you're insured or not, we're open to everyone and offer private treatment with a fixed price.

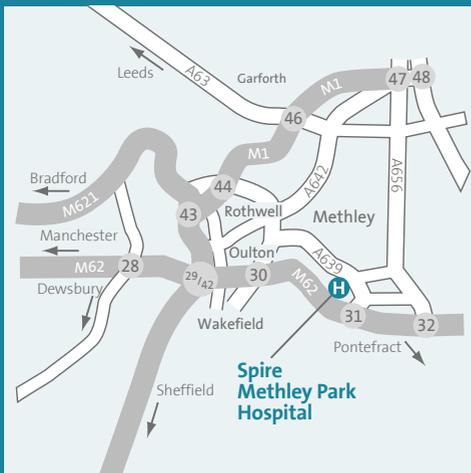
We also offer finance options to help put our expert care within your reach.

Contact: **01977 664245**
or email: info@spiremethleypark.com



Search Spire Methley Park

Looking after you



Methley Ln
Methley
Leeds
LS26 9HG