Consultant and services directory 2019.

Nuffield Health Cardiff and Vale Hospitals
Welcome to Nuffield Health Cardiff and Vale Hospitals.

Nuffield Health is a healthcare organisation with a difference. By bringing together our hospitals, clinics, and Fitness & Wellbeing clubs, we have created a complete network of health services to help your patients get healthy and stay that way.

Why Nuffield hospitals?

We want to make referring patients as easy as possible for you, and hope this directory is helpful in your referral process. Nuffield Health has over 60 years of experience in private healthcare and, as a not-for-profit organisation, we reinvest any profits back into the business and continue improving our care facilities and services. You can see the difference this makes at both our Vale and Cardiff Bay Hospitals. Within our consultant and services directory, you will find an overview of our core clinical services and a full listing of our consultants.

Discover Nuffield Health.

Key facilities.

Medical cover.
24hr resident medical officer.

Patient accommodation.
25 residential patient rooms with en-suite facilities, nurse call system, direct dial telephone, flat screen TV and radio, all patient rooms are wireless internet enabled. 2 high dependency beds.

Theatre and support services.
2 operating theatres including:
- Vale – 2 major integrated suites
- Bay – 1 minor theatre with Howorth Exflow™ systems
- 1 endoscopy suite
- State-of-the-art diagnostic and imaging suite

Outpatient services.
- 14 consulting rooms
- Minor day surgery suite with air flow
- Physiotherapy
- Pharmacy
- Pathology laboratory
- Diagnostic imaging
- Nurse-led pre-assessment
- Plain X-ray
- Mammography
- Ultrasound
- OPG
- MRT (static)
- Echocardiology
- Mobile CT scanner
- Fluoroscopy

Services available at Nuffield Health Cardiff and Vale Hospitals.

Key services information.
Imaging department Cardiff Bay Hospital.
Monday – Thursday 8:00am – 8:00pm  Friday 8:00am – 4:00pm
T 02920 836 731  F 02920 232 100

The imaging department provides a wide range of diagnostic services. Individual radiologists are available for a range of specialties (see below) including neurology, renal and orthopaedics. Services include:

- General X-ray procedures
- MRI
- Barium and other fluoroscopy procedures
- Ultrasound
- CT scanning (128-slice)
- Interventional procedures
- Mammography

Endoscopy department.
Cardiff Bay Hospital.

Our dedicated endoscopy unit at the Cardiff Bay Hospital is a purpose-built, recently refurbished facility which allows complete examination of either the upper gastrointestinal (GI) tract or the lower GI tract. We can offer screening (including bowel cancer screening), diagnosis and treatment for diseases that affect any part of the digestive system, from the upper oesophagus, stomach and small intestine right through to the colon, rectum and anus. Our specialist consultants, gastroenterologists and general surgeons offer all forms of endoscopic investigation to diagnose problems with the digestive system including:

- Upper GI endoscopy
- Colonoscopy
- Capsule endoscopy
- CT colonography (computed tomography)

Specialist outpatient clinics.
Vale Hospital and Cardiff Bay Hospital.

We have dedicated specialist consultants at both Nuffield Health Cardiff and Vale Hospitals. The majority of outpatient clinics are located at Nuffield Health Cardiff Bay Hospital.
Because we have no shareholders, we invest all our profits back into improving the health and wellbeing services we offer. We can do this because we are a trading charity, so have no shareholder demands to meet.
How to refer your patients.

Making a referral to one of our consultants.

At Nuffield Health Cardiff and Vale hospitals, we are dedicated to providing exceptional care that your patients deserve. From diagnosis right through to recovery, our hospitals are pleased to see all patients, whether they are covered by insurance or not. The following information outlines the referral process for both insured and self-funding patients.

Insured patients.

We work with all insurers and we have direct settlement arrangements with most UK-based organisations. Prior to admission, insured patients should first check with their insurer to confirm the level of cover available. Patients should also obtain pre-authorisation from their insurer for treatment and bring their signed claim form to their first consultation.

Before an insured patient can be seen by a consultant, a referral letter from a GP is usually required. Exceptions to this are health screenings and physiotherapy.

Self-funding patients.

Although a GP referral is always preferred, if your patient is paying for their own treatment, rather than using private medical insurance, they can make an appointment for a consultation directly without a referral letter. The cost of a patient’s treatment will be estimated as accurately as possible at the beginning of their patient journey.

To refer your patient to a consultant at Nuffield Health Cardiff and Vale Hospitals please contact the bookings office.

T 01443 449251  F 01443 449222  E outpatientbooking@nuffieldhealth.com

www.nuffieldcardiffandvale.com/hospitals/cardiff-and-vale

Address for referrals:

Bookings Department
Nuffield Health Cardiff and Vale Hospitals
Hensol Castle Park,
Vale of Glamorgan
CF72 8JX

Contact information.

Clear and simple pricing.

When it comes to the way in which patients pay us, transparency and clarity are key. That’s reflected in the Nuffield Health Promise: our pledge to patients who are paying for their treatment themselves.

What it means: a clear and transparent price for treatment, the very best in clinical care and no limits on aftercare either.

OUR PRICES ARE ALL-INCLUSIVE*  
The confirmed price is all your patient will ever pay.

WE WILL EQUAL ANY COMPARABLE PRICE**  
If they find a better price for the same procedure package, we’ll match it.

THERE ARE NO TIME LIMITS ON AFTERCARE***  
We’ll be there for as long as they need us.

*Initial consultation(s), diagnostic scans and investigations required to establish a diagnosis are not part of your procedure price. **Not including Private Patient Units at NHS hospitals. Local area defined as within 15 miles of your chosen Nuffield Health hospital. We will match against written quotes only. ***Where necessary, we promise to assist you to receive any follow up advice, treatment or care that is clinically required. Where a procedure is required for your procedure, this is guaranteed for the manufacturer’s expected prosthesis lifetime. **Clinically required** indicates where further intervention and/or monitoring of your condition is deemed necessary as a direct result of your procedure. The Nuffield Health Promise applies for patients paying for themselves and excludes fertility services. Find out more at nuffieldhealth.com/promise.
Consultant directory and services.

The details for each consultant show their name, specialist area and NHS hospital.

Cardiology.

Dr Richard Anderson
Interventional and cardiac assessments (ECG etc)
hypertension, atrial fibrillation.
University Hospital of Wales.

Dr Robert Bleasdale
Assessment and treatment of palpitations and blackouts, complex heart rhythm
device implantation.
Royal Glamorgan Hospital.

Dr Gethin Ellis
Heart failure, general cardiology (including cardiovascular assessment and risk modification),
cardiac aspects of sports and exercise medicine.
Royal Glamorgan Hospital.

Dr Tim Kinnaird
Interventional and cardiac assessments (ECG etc)
coronary angiography, angioplasty, cardiovascular drugs.
University Hospital of Wales.

Dr Justin Taylor
Coronary heart disease, heart failure, pacemakers.
Prince Charles Hospital.

Dr Zaheer Yousef
General, heart failure, cardiomyopathies,
implantation of pacemakers and cardiac devices
(includes biventricular pacemakers and defibrillators).
University Hospital of Wales.

Dr Tim Kinnaird
Interventional and cardiac assessments (ECG etc)
coronary angiography, angioplasty, cardiovascular drugs.
University Hospital of Wales.

Dr Justin Taylor
Coronary heart disease, heart failure, pacemakers.
Prince Charles Hospital.

Dr Zaheer Yousef
General, heart failure, cardiomyopathies,
implantation of pacemakers and cardiac devices
(includes biventricular pacemakers and defibrillators).
University Hospital of Wales.

Cosmetic Surgery.

Mr Dean Boyce
Cosmetic breast surgery (augmentation, uplift and
reduction) facial cosmetics, abdominoplasty and
liposuction. Specialises in hands.
Morriston Hospital.

Mr Amar Ghattaura
Cosmetic and reconstructive breast surgery
(enlargement, reduction, uplift, reconstruction)
body contouring (liposuction, abdominoplasty).
Morriston Hospital.

Mr Richard Karoo
Cosmetic and reconstructive plastic surgery including
breast augmentation, uplift and reduction, body
contouring (liposuction, abdominoplasty), facial
surgery including facelifts and rhinoplasty.
Morriston Hospital.

Dermatology.

Dr Christian Aldridge
Skin cancer skin assessment, mole surveillance,
skin surgery.
Prince Charles Hospital.

Dr Alun Evans
Skin cancer and screening, mole checks/removal,
general dermatology.

Dr Leila El-Dars
Eczema, psoriasis, acne, hidradenitis, small biopsies
and removal of small lesion and has a special interest
in treating vulval skin conditions.
Royal Glamorgan Hospital.

Dr Prasad Hunasehally
All dermatology issues.
West Kent Dermatology Service.

Dr Colin Long
Inflammatory skin disease, eczema, psoriasis,
urticaria, skin cancer, mole removal.
University Hospital of Wales/Royal Glamorgan Hospital.

Dr Girish Patel
All dermatology and acne.
University hospital of Wales.

Ear, Nose and Throat (ENT).

Mr Sandeep Berry
Head and neck surgery, sinus surgery, sleep disorders/snoring.
Royal Glamorgan Hospital.

Mr David Owens
All ENT.
University Hospital of Wales.

Mr Carl Passant
General ENT, voice disorders, sinus surgery, rhinology,
paediatrics, head and neck surgery.
Royal Gwent Hospital.

Mr Vijay Singh
General, rhinology, dysphagia, snoring and osa.
Royal Glamorgan Hospital.

Mr Alun Tomkinson
General, sinus surgery, rhinology, paediatric,
head and neck surgery.
University Hospital of Wales.

Mr Huw Williams
General ENT, rhinoplasty and otoplasty.
Royal Glamorgan Hospital.
**General and Colorectal Surgery and Gastroenterology.**

**Mr Elijah Ablorsu**
Hernia surgery, gallstone surgery, laparoscopic surgery.
University Hospital of Wales.

**Prof. PN Haray**
Laparoscopic surgery, bowel cancer diagnosis and management, functional bowel disorders.
Prince Charles Hospital.

**Mr Dean Harris**
Proctology (fissures, haemorrhoids), pelvic floor disorders, management of incontinence.
Morriston Hospital.

**Mr Tim Havard**
Abdominal pain and dyspepsia, haemorrhoids and benign/malignant skin lesions, treatment of benign upper GI conditions.
Royal Glamorgan Hospital.

**Mr Kim Hutton**
General paediatric surgery and day case paediatrics, umbilical hernia and paediatric urology, vesicoureteric reflux.
University Hospital of Wales.

**Dr Miness Patel**
Gastroenterology, gastroscopies and colonoscopies including therapeutic work.
Prince Charles Hospital and Royal Glamorgan Hospital.

**Dr Lawrence Sunder Raj**
Gastroenterology, endoscopy and colonoscopy, removal of complex bowel polyps and early bowel cancer, investigation of gastrointestinal symptoms, indigestion, IBS, hepatitis, liver disease and cirrhosis.
University Hospital of Wales.

**Mr Alan Woodward**
Hernia surgery, gallbladder disease, sports injuries, groin.
Royal Glamorgan Hospital.

**General Medicine – Breast Disease.**

**Mr Sumit Goyal**
Breast disease, oncoplastics, sentinel node biopsy.
University Hospital Llandough.

**General Medicine – Endocrine and Thyroid.**

**Dr. Atir Khan**
Diabetes, endocrine and general medicine.

**Mr David Scott-Coombes**
Thyroid, endocrine, lymph node, hernias, cholecystectomy.
University Hospital of Wales.

**Dr. Vinay S Eligar**
All GIM, diabetes and endocrinology related conditions. Consultant in diabetes and endocrinology.
University Hospital of Wales. Cardiff.

**Gynaecology.**

**Mr Kiron Bhal**
Urinary incontinence and pelvic organ prolapse, infertility, heavy menstrual bleeding.
University Hospital of Wales.

**Mrs Nadia Bhal**
General gynaecology, pelvic floor health and reconstruction, endometriosis, early pregnancy, infertility and menopause.
Royal Glamorgan Hospital.

**Mr Sanjay Chawathe**
General, urogynaecology, laparoscopic surgery, menstrual disorders.
Royal Glamorgan Hospital.

**Mr Robert Howells**
General gynaecology, ovarian cancer.
University Hospital of Wales.

**Mr Jonathan Pembridge**
Management of abnormal menstrual disorders, Laparoscopic surgery and colposcopy, early pregnancy problems.
Royal Glamorgan Hospital.

**Dr Anusha Sivasuram**
General gynaecology, menstrual disorders, laparoscopic surgery and colposcopy, early pregnancy problems.
Prince Charles Cwm Taf.

**Mr Sean Watermeyer**
Early pregnancy, menopause.
Royal Glamorgan Hospital.

**Haematology.**

**Dr Husni Wadi Habboush**
Blood disorders such as anaemia.
Royal Glamorgan Hospital.

**Neurology.**

**Dr Fady Joseph**
Specialism in central nervous system, inflammation and multiple sclerosis.
Nevill Hall Hospital.

**Neurophysiology.**

**Dr Benny Thomas**
Nerve testing.
University Hospital of Wales.

**Ophthalmology.**

**Dr Luke Anderson**
Ophthalmology, glaucoma and cataract specialist.
Prince Charles Hospital.

**Mr Ayad Al-Bermani**
Medical retina, uveitis, neuro-ophthalmology and general ophthalmology.
University Hospital of Wales.

**Mr Ankur Das**
Eyelid surgery, cataract surgery, eye – external disorders, lacrimal disorders, oculoplastics, watery eyes, dry eyes.
Royal Glamorgan Hospital.

**Mr Robert Walters**
Cataract surgery, glaucoma and cataract specialist.
University Hospital of Wales.

**Oral and Maxillofacial.**

**Mr Saty Bhatia**
Any oral or head and neck conditions (including cancers) facial cosmetic and reconstructive surgery, paeds maxillofacial surgery (including impacted canines and other teeth), vascular malformations (including haemangiomas), craniofacial deformities (including post traumatic and congenital).
University Hospital of Wales.

**Mr Richard Parkin**
Any oral or head and neck conditions including cancers, facial cosmetic and reconstructive surgery.
Royal Gwent Hospital.

**Prof David Thomas**
Ophthalmology continued.

**Prof Mohammed Muhtaseb**
Refractive and premium lens implant surgery, corneal surgery, cataract surgery.
Royal Glamorgan Hospital.

**Mr Mdabada Rajkumar**
General, cataract surgery, glaucoma.
University Hospital of Wales/Princess of Wales.

**Mr Raghu Ram**
Small incision cataract surgery, diabetic retinopathy, macular degeneration.
Royal Glamorgan Hospital.

**Mr Robert Walters**
Cataract surgery, neuro-ophthalmology and strabismus, general ophthalmology.
University Hospital of Wales.
Orthopaedics – Foot and Ankle.
Mr Sandeep Hemmadi
Bunion and toe surgery, arthroscopic ankle surgery, achilles tendon and ankle ligament surgery, paediatric orthopaedics.
University Hospital of Wales.

Mr Paul Hodgson
Bunion and toe surgery, foot and ankle surgery, arthroscopy, sports injuries, shockwave treatment, ankle soft tissue injury (including achilles tendon and ankle ligaments).
University Hospital of Wales.

Mr Rhys Thomas
Full range of foot and ankle surgery, sports injuries, shockwave therapy, bunion surgery, arthritis, minimally invasive surgery.
University Hospital of Wales.

Orthopaedics – Hips.
Mr Michael Cronin
Hip arthroscopy, total hip replacement, SuperPath® hip replacement, peri-acetabular osteotomy, hip impingement, hip dysplasia, sports hip surgery.
Morriston Hospital, Swansea.

Mr Matthew Dodd
Hip and knee arthroplasty, knee arthroscopy, ACL and sports injuries, peri-articular osteotomy.
Morriston Hospital.

Mr Stephen Jones
Primary and revision hip replacement, hip arthroscopy, hip impingement surgery.
University Hospital of Wales.

Mr Alun John
Hip pain, primary and revision hip replacement.
University Hospital of Wales.

Mr Tim Owen
Hip replacement surgery including resurfacing replacement, all aspects of revision hip replacement.
Royal Glamorgan Hospital.

Mr Phillip Thomas
Young adult hip surgery (including hip arthroscopy), hip replacement, paediatric orthopaedics.
University Hospital of Wales.

Orthopaedics – Spinal.
Mr Iqroop Chopra
Neuro-surgical surgery.
University Hospital of Wales.

Mr James Cordell-Smith
Orthopaedic spinal surgery.
Royal Gwent Hospital.

Mr Stuart James
Orthopaedic spinal surgery including paediatric scoliosis.
University Hospital of Wales.

Mr Michael McCarthy
Orthopaedic spinal surgery.
University Hospital of Wales.

Orthopaedics – Shoulder.
Mr Geoff Graham
Sports injuries, rotator cuff problems, frozen shoulder, treats all kinds of shoulder and elbows problems.

Mr Huw Pullen
Sports injuries, rotator cuff problems, frozen shoulder, arthroscopic surgery, degenerative shoulder conditions and replacements.
Royal Gwent.

Mr Rhys Williams
Sports injuries, arthroscopic shoulder surgery, degenerative shoulder conditions.
University Hospital of Wales.

Orthopaedics – Hand and Wrist.
Mr Dean Boyce
Peripheral nerve surgery (including carpal tunnel), dupuytrens disease, rheumatoid disease.
Morriston Hospital.

Mr Glenn Clewer
Dupuytren’s disease, carpal tunnel syndrome and trigger finger surgery.
Royal Glamorgan Hospital.

Mr Andy Rogers
Hand and elbow problems.
Royal Gwent Hospital.

Orthopaedics – Hand and Wrist continued.
Mr David Sh ewring
Hand and wrist surgery.
University Hospital of Wales.

Mr Ryan Trickett
All hand and wrist surgery.
University Hospital of Wales.

Pain Management.
Mr Rahul Guru
Chronic pain, interventional pain and anaesthetics.
University Hospital of Wales.

Dr Shefali Kadambande
Neuropathic and back pain, post surgical pain, CRPS. Spinal x-ray and ultrasound guided injections, nerve blocks, acupuncture, epidurals and radiofrequency denervation for pain management.
University Hospital of Wales.

Dr Sharmila Khot
Management of neuropathic pain and persistent pain following surgery.
University Hospital of Wales.

Prof Nerraj Saxena
Anaesthesia and pain management.
Royal Glamorgan Hospital/Prince Charles.

Dr Ashish Wagle
Post surgical pain management including simple mechanical back pain and spinal interventions for pain relief.
Royal Glamorgan Hospital.

Orthopaedics – Hips.
Mr Michael Cronin
Hip arthroscopy, total hip replacement, SuperPath® hip replacement, peri-acetabular osteotomy, hip impingement, hip dysplasia, sports hip surgery.
Morriston Hospital, Swansea.

Mr Matthew Dodd
Hip and knee arthroplasty, knee arthroscopy, ACL and sports injuries, peri-articular osteotomy.
Morriston Hospital.

Mr Stephen Jones
Primary and revision hip replacement, hip arthroscopy, hip impingement surgery.
University Hospital of Wales.

Mr Alun John
Hip pain, primary and revision hip replacement.
University Hospital of Wales.

Mr Tim Owen
Hip replacement surgery including resurfacing replacement, all aspects of revision hip replacement.
Royal Glamorgan Hospital.

Mr Phillip Thomas
Young adult hip surgery (including hip arthroscopy), hip replacement, paediatric orthopaedics.
University Hospital of Wales.
Podiatry.
Ms Amy Martin
Biomechanical lower limb assessment, sports injuries, foot pain, lower limb pain, soft tissue discomfort, plantar fascitis, shin pain, intra/orthoses provision, nail surgery and general chiropody treatments.
Private sector only.

Radiology.
Dr Vineet Bhat
Musculoskeletal.
University Hospital of Wales.
Dr Gavin Cleague
Musculoskeletal and joint injections.
Royal Glamorgan Hospital.
Dr Amy Clayton
Head and neck, GI and HDB radiology.
University Hospital of Wales.
Dr Ishan Gunatunga
Musculoskeletal.
Royal Gwent Hospital.
Dr Grant Griffiths
Chest, abdomen and pelvis imaging.
Dr Mary Hart
Head and neck imaging.
University Hospital of Wales.
Dr Sridhar Kamath
Musculoskeletal, spinal imaging, nerve root blocks, joint injections.
University Hospital of Wales.
Dr Rama Kishore
Musculoskeletal, spinal imaging, nerve root blocks, joint injections.
University Hospital of Wales.
Dr Kathleen Lyons
Musculoskeletal, spinal imaging, nerve root blocks, joint injections.
University Hospital of Wales.
Dr Maggie Hourihan
Neuroradiologist.
University Hospital of Wales.

Radiology continued.
Dr Kausik Mukherjee
Musculoskeletal, spinal imaging, interventional techniques, nerve root blocks, joint injections.
University Hospital of Wales.
Dr Pete Mullaney
Musculoskeletal imaging and intervention, nerve root blocks, joint injections.
University Hospital of Wales.
Dr Balan Palaniappan
General radiology, gynaecology and urology.
Royal Glamorgan Hospital.
Dr Philippa Young
Breast imaging, mammography, ultrasound, MRI, image guided biopsy and benign breast lump incision under local anaesthetic.
University Hospital of Wales.
Prof Neil Pugh
Vascular ultrasound.
Dr John Rees
Chest and neck imaging.
University Hospital of Wales.
Dr Phil Wardle
Musculoskeletal, spinal imaging, nerve root blocks, joint injections.
Royal Glamorgan Hospital.
Dr Audrey Young
Gastrointestinal urology and gynaecology.
Veinlde Cancer Centre.

Respiratory Medicine.
Dr Stuart Packham
All respiratory conditions including: persistent cough, asthma and allergies, chronic obstructive pulmonary disease, obstructive sleep apnoea, lung cancer, chronic cough and breathlessness.
Morriston Hospital.
Dr Ramsey Sabit
General and respiratory medicine, asthma, COPD, endobronchial valve insertion, unexplained breathlessness.
University Hospital llandough.

Rheumatology.
Dr Jim Martin
Osteoporosis, lupus.
Royal Glamorgan Hospital.
Dr Julian Nash
General rheumatology, rheumatoid arthritis and connective tissue disease.

Sports and Exercise Medicine.
Dr Geoff Davies
All sports injuries, musculoskeletal pathology and degenerative joint disease. Services provided include diagnostic ultrasound, joint and soft tissue injections, shockwave therapy for tendinopathies.
Private sector only.

Urology.
Dr Tim Appanna
Urological malignancies, bladder problems and stone disease, urodynamic investigations and treatments.
Royal Glamorgan Hospital.
Mr Gareth Brown
Erectile/sexual dysfunction, urological cancers, male infertility.
Royal Glamorgan Hospital.

Urology continued.
Mr Shibs Datta
Functional urology, all urological cancers especially kidney, prostate, bladder and testicular cancers, all core urology eg, incontinence, prostatic enlargement (including urodynamic investigations and haematuri).
University Hospital of Wales.

Mr Kim Hutton
All general paediatric surgical and urological problems including foreskin conditions, paediatric varicocele, umbilical hernia, vesicooutereferic reflux, urinary infection, renal stone disease and reconstructive urology.
University Hospital of Wales.

Mr Andrew Thomas
Prostate ultrasound and biopsy, vasectomy, prostate surgery, green light laser, paediatric urology.
Princess of Wales Hospital.

Vascular.
Mr Kevin Conway
All vascular surgery including varicose vein ligations and radio frequency treatment and sclerotherapy.
Royal Glamorgan Hospital.
Imaging services.

Diagnostic imaging services.

Nuffield Health has comprehensive imaging capabilities delivered through our 31 hospitals. We provide a wide range of imaging modalities including MRI, CT, X-ray, Ultrasound, Mammography. Our consultant-led service ensures that your referral will be reported by an experienced radiologist. Current diagnostic services available Nuffield Health Cardiff and Vale Hospital include:

- MRI (static)
- CT (mobile)
- General X-ray
- Ultrasound: general
- Ultrasound: gynaecology
- Mammography
- OPG
- Fluoroscopy
- CT colonography
- Extremities
- Sinus
- Brain
- Spine
- Chest
- Abdomen, pelvis, kidneys
- Gastrointestinal
- Orthopantomography
- Musculoskeletal
- Neurological
- Gastrointestinal
- Gynaecological
- Prostate
- Breast scans – implants, rupture and pathology

CT.

We have a state-of-the-art 128 slice mobile CT scanner. We offer a comprehensive range of both contrast and non-contrast studies starting at £485 which include:

- Brain
- Spine
- Chest
- Abdomen, pelvis, kidneys
- CT colonography
- Extremities
- Sinus

X-ray.

We offer an extensive range of X-rays from £125 which includes:

- Chest
- Extremities
- Spines
- Leg length
- Scoliosis
- Hips
- Orthopantomography

Mammography.

Weekly one-stop breast clinic. Patients can have a consultation, ultrasound and age-appropriate mammogram at the same time. Results and reassurance are given at the time of the visit, wherever possible.

- Siemens digital mammography
- If required, FNA and core biopsy can be carried out on the same day
- Breast care package (p18) Estimate £425.

Ultrasound.

A range of ultrasound examinations starting from £230, including:

- Soft tissue scans
- Abdominal scanning of the liver, gallbladder, kidneys and bladder
- Post residual volume scans
- Gynaecological scans including trans abdominal and trans vaginal scans of the pelvis looking at the ovaries and uterus, early pregnancy scans, testes, prostate and trans rectal prostate biopsy scans
- Doppler scans of veins and arteries
- Thyroid, neck, salivary gland and lymph node scans
- Breast scans
- Injections under ultrasound control
- Fine needle aspiration under ultrasound control

Magnetic resonance imaging (MRI).

We are equipped with a GE 1.5T scanner. At the time of writing, we offer the shortest waiting period of any South Wales centre, with the average time from referral to scan being 24 - 48hrs. We are also very competitively priced, with scans starting from £320. We offer examinations that include the following specialities:

- Musculoskeletal – including Arthrograms
- Neurological – including diffusion weighted imaging, TLE
- Gastrointestinal – including enterography, fistula
- Gynaecological – uterus, including endometrium and adnexae
- Prostate
- Breast scans – implants, rupture and pathology

Fluoroscopy.

An extensive range of fluoroscopic examinations, ranging from £375 - £600, the examinations performed include:

- Barium examinations – barium swallows and meals
- Spinal injections – a variety of pain relief procedures under X-ray guidance including facet joint injections, nerve root blocks, caudal epidurals, discograms and trigger point injections
- Arthrography – we regularly perform a variety of contrast enhanced joint examinations, including hips, shoulders and wrists, which can also be combined with MRI contrast agents to perform ‘MRI arthrograms’ simultaneously
- Urodynamic – we perform contrast enhanced bladder function examinations on a regular basis to determine if surgery is required
- Hysterosalpingography – we offer contrast enhanced examinations of the uterus and fallopian tubes for patentcy in ladies with fertility problems
Additional services.

Breast clinic – rapid access breast care clinic.
The Rapid Access Breast Care Clinic located at our Cardiff Bay Hospital offers convenient scheduling of consultant appointments, diagnostic tests all in a one-stop clinic. We have a team of consultant breast surgeons, radiologists and nurses who specialise in the diagnosis and treatment of breast disease and is supported by a team involved across a range of services, from diagnosis through to treatment.

Patients with breast problems will be offered rapid access to our team of breast care consultants. This one-stop clinic includes a clinical examination, and same-day breast imaging (with immediate results).

Health assessments.

Health assessments, also known as ‘health screening’, are offered at Nuffield Health Cardiff and Vale Hospitals.

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We provide an advanced range of health assessments, which combine state of the art technology with specialist expertise. The health assessments give you an in-depth insight into their current state of health and gives them the means and motivation to make sustainable lifestyle changes.

Which health assessment?

There are four different health assessments, (female, lifestyle, 360, 360+) available. Each health assessment is designed to address the specific concerns of people at different stages and ages, allowing them to choose the level of evaluation that suits them best.

Patients will get a comprehensive review from a doctor and a physiologist as well as an action plan to make sustainable changes that will help them get more out of life.

To make an appointment, contact 08452 302 040.

Pathology.

We offer a point of care testing facility at our hospital, largely U and Es, urinalysis, full blood count and ESR. A phlebotomy service is available in the outpatient department of both the hospitals.

Customised test packages are available and requests are welcome from all clinicians.

Connected health.

Local Fitness & Wellbeing clubs.
The most important thing to us is getting your patients fit and healthy with our network of fitness experts and cutting-edge facilities. Our gyms have a huge range of facilities and services available and gives you access to our on-site experts including personal trainers and physiotherapists, plus regular Health MOTs.

Our local Fitness & Wellbeing clubs are:

Nuffield Health Bridgend Fitness & Wellbeing club
Waterton Retail Park, Waterton Road, Bridgend CF31 3YW
T 01656 644160
W www.nuffieldhealth.com/gyms/bridgend

Nuffield Health Cwmbran Fitness & Wellbeing club
Wilcock Place, Avendale Road, Cwmbran NP44 1TX
T 01633 642915
W www.nuffieldhealth.com/gyms/cwmbran
Recovery Plus.

Recovery Plus is Nuffield Health’s flagship recovery programme available free-of-charge to our private patients at Nuffield Health hospitals.

Recovery Plus brings together a spectrum of healthcare services across Nuffield Health Hospitals and Fitness & Wellbeing clubs, and provides your patients with the support they need to get well and stay healthy after their procedure.

Recovery Plus embodies Nuffield Health’s complete end-to-end approach to healthcare. It is an optional enhanced recovery pathway that starts after our patients have finished their post-operative care.

GP education.

Nuffield Health Cardiff Bay and Vale Hospitals run a FREE education programme throughout the year for healthcare professionals. These CPD-certified education events are consultant-led and aim to provide you with interactive and relevant information in line with your educational needs.

If you would like to sign up to our education mailing list or would like to receive information about upcoming education events, please contact the below email rebekah.lyons@nuffieldhealth.com

Other facilities available at Nuffield Health Cardiff and Vale Hospitals:

- Isokinetic strength assessment
- Sports specific rehabilitation programmes
- Clinical Pilates – individual and group
- Aquatic therapy
- Accompanies access with your physio to the Vale Hotel Leisure Club
- Advice on safe exercise participation and injury prevention
- Running injury advice and treatment
- Women’s health clinics
- Access to an experienced podiatrist
- Access to a GP specialising in sports medicine
- Access to orthopaedic or rheumatology consultant intervention
- Access to the radiology department for further investigations of required

Physiotherapy and rehabilitation.

Expert treatment from our dedicated team of professional clinical staff.

Nuffield Health Cardiff and Vale Hospitals offer a complete injury package that includes assessment, diagnosis, treatment, rehabilitation and advice. Initial assessments are made by our physiotherapists and a diagnosis will be provided on the cause of your symptoms followed by expert advice on how to best treat your condition.

Where appropriate, an early referral will be made to other specialist consultants for further advice and management. During your initial assessment, individual rehabilitation programmes tailored specifically to you will be discussed and then implemented to return you back to full mobility as quickly as possible.

Who can benefit from physiotherapy treatment at Nuffield Health Cardiff and Vale Hospitals?

We treat patients of all ages and for all types of injuries. Our physiotherapists are specialist in musculoskeletal injuries. We also offer a women’s health service which provides treatment for women’s incontinence and pregnancy related back pain service.

Associated services.

Physiotherapy and rehabilitation.

Expert treatment from our dedicated team of professional clinical staff.

Nuffield Health Cardiff and Vale Hospitals offer a complete injury package that includes assessment, diagnosis, treatment, rehabilitation and advice. Initial assessments are made by our physiotherapists and a diagnosis will be provided on the cause of your symptoms followed by expert advice on how to best treat your condition.

Where appropriate, an early referral will be made to other specialist consultants for further advice and management. During your initial assessment, individual rehabilitation programmes tailored specifically to you will be discussed and then implemented to return you back to full mobility as quickly as possible.

Who can benefit from physiotherapy treatment at Nuffield Health Cardiff and Vale Hospitals?

We treat patients of all ages and for all types of injuries. Our physiotherapists are specialist in musculoskeletal injuries. We also offer a women’s health service which provides treatment for women’s incontinence and pregnancy related back pain service.

Other facilities available at Nuffield Health Cardiff and Vale Hospitals:

- Isokinetic strength assessment
- Sports specific rehabilitation programmes
- Clinical Pilates – individual and group
- Aquatic therapy
- Accompanies access with your physio to the Vale Hotel Leisure Club
- Advice on safe exercise participation and injury prevention
- Running injury advice and treatment
- Women’s health clinics
- Access to an experienced podiatrist
- Access to a GP specialising in sports medicine
- Access to orthopaedic or rheumatology consultant intervention
- Access to the radiology department for further investigations of required

Contact us to make an appointment.

Call: 01443 449269
Email: vale.physiotherapy@nuffieldhealth.com
Visit: nuffieldhealth.com/hospitals/cardiff-and-vale
We are pleased to now offer patients easier access to unrivalled expert treatment from start-to-finish at a new competitive price.

Nuffield Health Cardiff Bay and Vale Hospitals already enjoy an enviable reputation for the highest quality orthopaedic surgery in South Wales. The centre provides a 360 service to all our patients and easier access to our excellent facilities and highly professional team of consultants, nurses, surgeons and physiotherapists. It is also very important to us in these challenging times that our self-funding patients receive the best possible service at the most competitive price.

You can also be reassured that all our patient pre-assessment, treatment and after-care service is still one of the most professional and trustworthy in South Wales. All we have done is improve the journey through all stages of treatment for all our patients and made our outstanding quality and service much more affordable to a greater number of people who might need it.

The same high standards of care and support backed up by the Nuffield Health Promise – this is our unique offer to patients who are paying for their treatments themselves. It is a pledge to our patients where we ensure that they receive a transparent price for treatment, the highest standard of clinical care and with no limits on aftercare.*

*Terms and conditions apply

Joint replacement centre Wales at Nuffield Health Cardiff and Vale Hospitals.

Nuffield Health Cardiff and Vale: Motivating bodies and minds.

Our emotional health is just as important as our physical health, but it too often gets overlooked. Looking after our emotional health is a dynamic process and can be influenced by many factors. Understanding and having an awareness of these helps us to recognise how our emotional wellbeing may be compromised so we can focus on the areas in need of some more dedication, helping us to feel healthy in mind and body. At Nuffield Health, for those times when people may need a little support, we offer a range of evidence-based therapies that can help manage emotional health. Our highly experienced therapists are here to listen.

0333 920 5733
nuffieldhealth.com/emotional-wellbeing
How to find us.

Cardiff Bay Hospital
Dunleavy Drive, Cardiff CF11 0SN

The Vale Hospital
Hensol Castle Park, Hensol, Vale of Glamorgan CF72 8JX

Switchboard: 02920 836 700
outpatientbooking@nuffieldhealth.com
www.nuffieldcardiffandvale.com/hospitals/cardiff-and-vale