

DECEMBER 2020 NEWSLETTER



Litfield House Medical Centre

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Dear GP

This will be our last Newsletter for 2020, in what has proved to be an exceedingly difficult year for everybody. At Litfield House we were shut for two months in April and May but were able to open again once we had all the PPE in place in June and are committed to remain open ongoing.

We have all adapted to the changes, protecting not only ourselves, but those around us as well. The good news is a vaccine has been approved, so I hope we can all live our lives with some normality at some point in the New Year.

May this holiday season be filled with laughter, joy, health, and peace. Wishing you all a very Happy Christmas and New Year from us all at Litfield House.

Trisha Tanner
Practice Manager

Consultant of the Month



Elena Prousskaia is one of the few female plastic surgeons in the UK, she brings a distinctly feminine perspective to her work. Her deep understanding of the physical and emotional concerns experienced by women undergoing cosmetic or reconstructive surgery give her an empathy that makes all the difference for many patients. She is a Patron of Keeping Abreast - a breast cancer reconstruction support group and dedicates her free time to educating and supporting woman who have suffered from breast cancer.

"The one thing that matters most to me when I am with a patient is empathy. It is only when you are able to identify and understand your patients problems that you can begin to help resolve them satisfactorily. A good surgical outcome is not the only thing that matters. Everything that you do and say to a patient has to come from your heart."

As well as using some of the most cutting-edge techniques in the world, Elena's association with the best private hospitals, combined with her team's exemplary aftercare and customer service make her clinic a popular choice.

Her main areas of interest:

- ❖ Breast augmentation (enlargement), breast lift (mastopexy), breast reduction
- ❖ Tuberos (tubular) breasts and asymmetrical breasts
- ❖ Breast reconstruction with DIEP flap, TMG flap and LD Flap
- ❖ Male gynaecomastia surgery (male breast reduction), male body remodeling
- ❖ Breast implants, expanders, and fat grafting for breast reconstruction
- ❖ Abdominoplasty (tummy tuck)
- ❖ [Liposuction](#)
- ❖ Thigh and Arm lift
- ❖ Prominent ears (pinnaplasty)
- ❖ Nose reshaping (rhinoplasty)
- ❖ Face Lift & Neck, Brow surgery
- ❖ Eyebag removal (blepharoplasty)
- ❖ Genital surgery – labiaplasty
- ❖ Skin surgery including mole, lesions and cyst removal

If you've been thinking about cosmetic surgery but not sure if it's right for you, Elena offers free 15-minute mini consultations. These do not replace the full pre-op consultations you'll need to have before surgery, but are a good way to find out a little more about a procedure you're interested in. To find out more please click the following link: <https://www.elenaprousskaia.com/>

Upcoming Events

We have now finished our series of lectures for 2020, and will be back in touch in the New Year with our usual full programme of lecture series in 2021. Albeit still virtually for the time being.

These free lectures are certified, and you will receive a certificate, which will give you points towards your Continual Professional Development. If you have any enquiries please do email Victoria Gee at marketing@litfieldhouse.co.uk.

If any of your colleagues are interested in attending our events, please ask them to register their details on the following link: <https://mailchi.mp/bf6018c44f61/gp-lecture-signup>

Consultants and Surgeons

Please click on one of the following links to see a full list of our Surgical and Day Consulting Room:

Litfield House Medical Centre Home Page:

<https://www.litfieldhouse.co.uk/>

Surgical Suite:

<https://www.litfieldhouse.co.uk/surgical-suite>

by speciality

<https://www.litfieldhouse.co.uk/specialities>

by consultant:

<https://www.litfieldhouse.co.uk/consultants>

