

# JULY NEWSLETTER



## Litfield House Medical Centre

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## Upcoming Events

Due to the current GOV UK guidelines we have cancelled our CPD GP lectures for the rest of the year.

We are looking at on-line lectures, should social distancing still be in place in 2021 and would really appreciate your feedback on whether you would be interested in us providing them in this format. Please could you feedback to [marketing@litfieldhouse.co.uk](mailto:marketing@litfieldhouse.co.uk)

Dear GP

### Litfield House is OPEN for Business

Over the last couple of months, we have been working hard to make some fundamental changes to the way we work to keep both patients and staff safe.

The safety of our Employees, Consultants and Patients will always be our number one priority and we will not compromise in any way.

We have reviewed how we manage space within the "House" in order to minimize any risks, as well as ensuring that our already high standards of hygiene and cleanliness are even more rigorous. Appropriate PPE has been sourced and temperature checks are in place for patients and staff entering the building.

*Trisha Tanner*

Practice Manager

### Consultant of the Month



Dr Zafra has been a member of LHMC since 2016 and Board Director since 2018. He was raised in Austin, Texas and did his medical degree in a private university in Mexico City. After which he moved to Barcelona, Spain where he trained in parallel to be a GP and achieve a master's degree in Cosmetic Medicine and Anti-ageing. He has been practicing aesthetic medicine for over 10 years, lectured in international congresses and is a

published author in this sector.

The ethos of his practice "Zafra Medical", is to help his patients achieve their physical cosmetic goals based on scientifically proven techniques and devices to deliver a natural appearance and beautiful ageing. From his last GMC revalidation, a patient described him as "Excellent practitioner; gentle with a very caring manner, friendly, approachable, and knowledgeable, spends lots of time listening to you. Does not pressure you to make decisions and gives you options."

He is a keen artist, who enjoys cooking and loves travelling with his wife Anna, who is a Russian fashion designer. Both are very active on social media to promote positivity and share their experiences. You are all welcome to follow them on their accounts: [@doctorzafra](https://www.instagram.com/doctorzafra) [@annazafra.designer](https://www.instagram.com/annazafra.designer) and their cat [@superterriblecat](https://www.instagram.com/superterriblecat)

When a patient desires anything from the removal of any benign skin lesion to the complete improvement of their appearance, face or body without having to go through surgery, Dr Zafra can provide expert advice and treatment and continues to offer free consultations which can be easily booked online at: [www.zaframedical.co.uk](http://www.zaframedical.co.uk)



### Consulting Rooms & Day Surgical Suite Open

(see [www.litfieldhouse.co.uk](http://www.litfieldhouse.co.uk) for further details)

#### Surgical

**Whiteley Clinic** - Vein Treatments

**NewMedica** - Ophthalmology

**Linia Cosmetic Surgery**

#### Day Consulting Rooms

**Beard Medical Practice** - GP

**Zafra Medical** - Cosmetic/Aesthetic

**Cosmedics** - Cosmetic/Aesthetic

**Helen McCarthy** - Psychologist

**Dr Newman Clinic** - Threadveins

**London Orthotic Consultancy** - Orthotist

**Medico Legal** - Neuropsychology, Psychiatry & Orthopedics

**Sherif Wilson (New)** - Cosmetic Surgery

**Elena Prouskaia (New)** - Cosmetic Surgery

**Rebecca Slinn** - Psychiatrist

**Tara Collinge** - Psychiatrist

**Dr Radu Iosub** - Psychiatrist

**Paul Renton-Harper** - Periodontics

**Angelica MacArthur-Kline** - Psychologist

**Hair Medics (New)** - Hair Loss Treatment

**Check4Cancer** - Cancer Screening & Diagnostics

**Hillside Hair Clinic (New)** - Hair Loss & Restoration Specialists