

# SEPTEMBER 2021 NEWSLETTER



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Dear GP

We are delighted to announce our programme for our Third and final series of lectures for 2021 (see **Upcoming Events**). Victoria is trying to change the timings of these agreed lectures from 7pm to 7.30pm, but will confirm 100% the week before each lecture, when she sends her reminder emails.

Also, a quick reminder we still have some rental spaces available for a large Consulting Room that has become available on a sessional basis, 7 days a week on the 2nd floor of our building with beautiful views of the Clifton Village and within easy walking distance to shops, restaurants, hotels, and Brunel's Famous Clifton Suspension Bridge from October 2021. Please contact me directly for more information either on the above telephone number or via email [businessmanager@litfieldhouse.co.uk](mailto:businessmanager@litfieldhouse.co.uk).

*Trisha Tanner*

Practice Manager

## Consultant of the Month - UPDATE



One of the very few female plastic and aesthetic surgeons in the UK, **Elena Prousskaia** runs modern plastic and aesthetic surgery practices in locations around England. In addition to her exceptional credentials, Elena's experience and friendly manner mean her skills are in huge demand.

We are pleased to announce that from November Elena will start providing minor operations at Litfield House in the Surgical Day Unit. Surgical procedures she will be providing are as follows:

**Blepharoplasty** - a surgical procedure to remove excess skin and sometimes excess muscle and fat from your upper & Lower eyelids.

**Liposuction** - involves the removal of fat, using special cannulas, through multiple small (5 mm) incisions.

**Lipofilling** - For those who would like to decrease unwanted fat in specific body areas while restoring or adding volume to other areas.

**Labiaplasty** - The excess skin, which can sometimes rub, will be removed for comfort.

**Scar Corrections** - removal of scar tissue and correction of unfavorable scars.

**Mastopexy** - The shape and projection of your breasts can be improved significantly by a breast lift procedure.

In addition to the above Elena will also offer skin lesion treatments.

For more in-depth information about all the above procedures, please visit her website <https://www.elenaprousskaia.com/>, or contact her via tel:0800 8021 886 or email [EP@eprousskaia.com](mailto:EP@eprousskaia.com).

## Upcoming Events

We are pleased to announce our programme for our third series of zoom lectures for 2021.

### **23<sup>rd</sup> September 2021**

**Speaker:** Dr Jamie Read – Associate Specialist in Geriatric Medicine

**Topic:** Geriatric Giants

### **30<sup>th</sup> September 2021**

**Speaker:** Mr Johannes Keller – Consultant Ophthalmologist

**Topic:** No Need for Glasses After Cataract Surgery – Successes and Pitfalls

### **7<sup>th</sup> October 2021**

**Speaker:** Dr Chih Wong – Cardiologist at Southmead Hospital

**Topic:** Heart Failure in BNSSG, where are we now?

### **14<sup>th</sup> October 2021**

**Speaker:** Rayne Roberts – Nutritional Therapist and Lecturer – 360 Fit Food

**Topic:** Mediterranean Diet for General Practitioners

### **4<sup>th</sup> November 2021**

**Speaker:** Dr Kathryn McCarthy – Colorectal Surgeon

**Topic:** Functional Gut Disturbance and the Microbiome

### **17<sup>th</sup> June 2021 @ 7pm**

**Speaker:** Angelica MacArthur-Kline – Clinical Psychologist specializing in Psychotherapy

**Topic:** Some Mental Effects Health Effects of our Pandemic – as we go forward....

Email [marketing@litfieldhouse.co.uk](mailto:marketing@litfieldhouse.co.uk) to confirm your space.

## Consultants and Surgeons

**Litfield House Medical Centre Home Page:**

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