

Vaughan Tanner on Refractive Lens Exchange (RELEX)



Vaughan Tanner, Consultant Ophthalmologist at Circle Reading Hospital, talks about Refractive Lens Exchange and how it's helping patients to be free of spectacles.

"Recent advances in the safety and predictability of micro-incision cataract

surgery mean I can now offer this surgery to patients with minimal or no cataract, who wish to reduce their need for spectacles.

Surgery is particularly effective in those over 50 years who already wear glasses/contact lenses for distance, and now find themselves in need of reading glasses as well. Glasses and contact lens use can obviously be highly inconvenient and does not always result in a very clear image.

"I recently introduced new techniques allowing the incision size to be decreased to 2mm which, together with advanced pre-operative imaging, enables 95% of patients to be independent of distance spectacles following RELEX. It is also possible to insert multifocal

lenses helping to remove the need for reading spectacles, allowing many patients to be entirely spectacle independent.

"My preferred technique is to use topical anaesthesia as it offers a quicker recovery with fewer side effects, meaning most patients can see well within 24 hours."

If you have any questions around RELEX, or have a question around referrals to Mr Tanner, please call **0800 644 0700**.



Insertion of toric, multifocal lens implant into capsular bag, following removal of natural lens by phacoemulsification through 2mm incision.

Circle Reading Hospital first in Europe to use new diagnostic tool

Earlier this year, Circle Reading Hospital became the first hospital in Europe to use a state-of-the-art diagnostic device called mi-eye 2, enabling significantly quicker diagnosis compared to traditional MRI scans. First developed in the United States by Trice Medical, mi-eye 2 offers a fast way to diagnose joint conditions affecting areas such as the knee, shoulder or hip. Rather than having to wait several days for MRI results, and have multiple appointments, the consultant can complete an assessment at the patient's first consultation. During the brief procedure, the patient can watch the results live on a screen while having an explanation from the Consultant.

Mr Tony Andrade, Consultant Orthopaedic Hip and Knee Surgeon, introduced this innovative technology to Circle Reading Hospital and was the first surgeon in Europe to use the device. Mr Andrade said: "The mi-eye 2 provides a fantastic opportunity to be able to show patients what's going on inside their joints and talk them through it live as you see the pathology. It provides a dynamic assessment of the joint. This is something that's been needed for a long time to aid the patient's understanding of their injury or condition.



It's useful not only for diagnostic purposes, but it also allows for the delivery of injections into the appropriate targeted area. It can currently be used in the knee, shoulder and hip joints."

To discuss referrals to Mr Andrade, or for more information, please call **0118 974 5265**. You can also view Mr Andrade's website profile [here](#)

Book your place at free BLS Training

Please see below the next confirmed training dates for 2018.

This is completely free to local GPs and practice nurses, so you simply need to get in touch to book your place in advance.

Our upcoming training dates are:

- **Tuesday 11th September 2018, 7pm – 9pm**
- **Tuesday 6th November 2018, 7pm – 9pm**

Refreshments will be provided.

Please note: Limited places are available for each event, with a maximum of 12 attendees permitted. Certificates will be provided after training is complete.

To book your place, please email gp@circlereading.co.uk or call **0118 922 6923**.

Have you had a look at our GP Centre?

We've recently launched a new website specifically designed to create a fast, optimised experience for those visiting on mobiles or tablets. Our hospital homepage has a new look, as does the GP centre which you can visit [here](#)

This GP centre has been created to give you a central place to find our latest updates, documents and events. You can download the latest documents by clicking on the tiles below and contact the team to sign-up to our upcoming events and talks.

To find out more about how we can help your practice, please give us a call on **0118 922 6923** or email gp@circlereading.co.uk

Ophthalmology and General Surgery self-pay guide prices:

Cataract surgery (one eye - standard lenses) from **£2,425**

Cataract removal (one eye, special lenses) from **£3,058**

Yag laser capsulotomy (Bilateral) from **£900**

Blepharoplasty (Bilateral eyelid surgery, local anaesthetic) from **£3,100**

Excision of cyst of eyelid (outpatient) from **£400**

Primary Hernia from **£2,040**

Colonoscopy from **£1,600**

Gastroscopy (OGD) from **£1,400**

Colonoscopy & Gastroscopy from **£2,300**

Private consultations start from **£200**

Our self-pay enquiry number is **0118 922 0026**. You can also contact the team via enquiries@circlereading.co.uk

Referral tips for anorectal symptoms

By Simon Middleton, Consultant General & Colorectal Surgeon



Mr Simon Middleton joined Circle Reading Hospital earlier this year. Here he gives a bit about his professional background and some referral tips for patients with anorectal symptoms.

"I am a general and colorectal surgeon specialising in minimally invasive treatments for abdominal and bowel conditions. I trained in the South-West Thames region and carried out research towards my Master of Surgery thesis at St Mark's Hospital, a world-renowned centre for bowel conditions.

I treat a wide range of general and colorectal surgical conditions. The majority of operations for colon and rectal disorders, including cancer and inflammatory bowel disease, as well as gallstone disease, can be carried out by laparoscopic (keyhole) surgery.

I have a specific specialist interest in the modern management of haemorrhoids, having introduced Doppler-guided haemorrhoidal artery ligation (DG-HAL), HAL-RAR, HALO-Trilogy and radiofrequency ablation to Reading. I am a firm believer in treating the individual rather than just the condition and so I tailor the treatment to the individual."

Here are some key points around anorectal symptoms:

- **So-called minor anorectal disorders such as haemorrhoids (piles), fissure and fistulas can be anything but minor – but there is a range of treatment available**
- **Bright red rectal bleeding can be frightening but is very likely to be benign – it is very important to diagnose the cause though**
- **There are new, modern treatments for haemorrhoids which are far less painful, less dangerous and do not require traditional cutting operations**

If you have any questions around referrals to Mr Middleton, please contact **07809 562460**. You can also view Mr Middleton's website profile [here](#)



Please send us your feedback

We want to ensure we're providing you with the most useful information to help you in your role. If you have any feedback, or perhaps some suggestions for what you would like to see in future editions, please get in touch by emailing gp@circlereading.co.uk or call **0118 922 6923**

