

SURREY & LONDON

VEINS, ARTERIES & HERNIAS AJLYON CLINIC

YOUR CARDIOVASCULAR HEALTH NEWSLETTER

Varicose Veins | Diabetic Foot | Leg Ulcers | Aortic Aneurysms | Peripheral Vascular Disease |
Lymphoedema | Cardiovascular Health & Fitness | Complimentary Therapy | Vascular Art & Science

Our Vision

To provide our patients with top quality contemporary treatment for vascular illnesses while maintaining our personal touch and care!

Our Promise

An *exceptional care* for you and your family with vascular disorders. We provide a *world class level of care* that achieves best outcome.

Our Services

- ✦ One Stop Artery and Vein Clinics- assessment, imaging, and treatment plan - all in one visit!
- ✦ All types of varicose veins treatment
- ✦ Leg ulcers & advanced wound management.
- ✦ Diabetic foot management
- ✦ lymphoedema & leg swelling management (inc. massage therapy)
- ✦ Hernia repair (key hole & open)
- ✦ Aortic Aneurysms Repairs
- ✦ Claudication & poor circulation
- ✦ Spider veins and telangiectasia treatment using Thermavein™

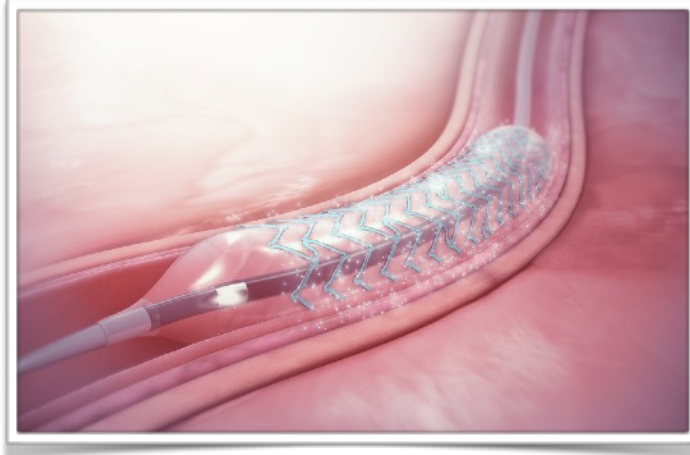
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In the News ...

Cardiovascular Health - Very high intake of sodium can injure your heart, your vessels and your kidneys. A review by UMassMemorial



Health care showed that the average intake of sodium for adults is 3400mg, against a recommended max of 2300mg. Most come from packaged and processed food. There is a link between high sodium intake and high blood pressure, stroke and heart attacks. With simple changes, it is possible to eliminate

this factor and live a healthier life. **Take home message:** Cook at home. Use fresh ingredients. Choose food that are lower in salt, and substitute salt with herbs, vinegar, or citrus flavours.

Cardiovascular Health - What are the 5 mistakes that patients with heart and vessels disease do? – 1) Thinking that changing lifestyle will not really help (it makes all the difference in reality). **2)** Give up on heart and vascular medicines. **3)**



Thinking heart and vessel diseases affect everyone regardless of their life style. **4)** Staying stuck in grief or depression, and **5)** Not “bothering” the doctor with questions.





Losing weight without much exercises - here's how

Weight loss is an essential part of any treatment plan for diabetic disease, cardiovascular disease, and Lymphoedema. Apart from regular exercises, the following advices are particularly useful:

- * **Use stairs** whenever possible
- * **Park your car further** away
- * **Leave remote control** on TV
- * **Stand**, Don't sit
- * **Move**, Don't just stand there
- * Get up and **get your stuff yourself**
- * **Make several trips** to do things. Don't be super economic!
- * **Get a Pet** and walk it a lot
- * **Disable automatic garage door** every now and then
- * **Carry your stuff around**. Don't walk weight-free
- * **Walk at airports**. Don't take the moving walkways.
- * **Change your room style** regularly yourself.
- * **Move things around** regularly.

Credits to: Dr. Ockene, a cardiologist at the UMass Memorial Health Care

For more info, please visit:
ajlyon.co.uk/faq

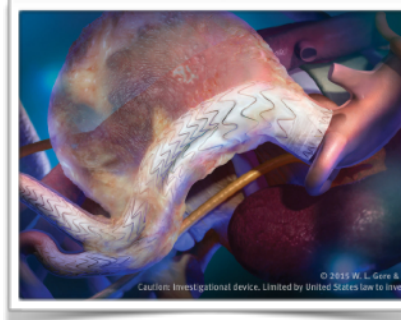
Cardiovascular Health - How to read nutritional labels using a vascular surgeon's eye? If you are serious about reducing the fat and salt in your diet, your need to learn how to read the nutritional label on any food you buy. Start with **portion** which is useful to allow for comparison with other product. A portion is also what an average person would consume per meal.

Energy is what your body will get with this diet. Remember that an average adult should not consume more than 2500 Kcal per day. If you eat one portion of butter, as in the picture, you will get 52kCal. Diet drinks, for example, has 10 times less calories than non-diet counterparts. **Eat** is essential to the body, providing you use the good fat. The label will tell you how much bad fat (cholesterol and saturated fat) are there. Avoid those if you have a cardiovascular disease. Finally, **sodium** has been shown persistently to affect your cardiovascular system. The less you have the better.

Typical Values	Per 100g as sold	Per portion*	%* per portion*
Energy	2199 kJ/523 kcal	219 kJ/52 kcal	3%
Fat	59 g	5.9 g	8%
- of which saturates	20 g	2.0 g	10%
Carbohydrates	<0.5 g	<0.5 g	<1%
- of which sugars	<0.5 g	<0.5 g	<1%
Protein	<0.5 g	<0.5 g	<1%
Salt	1.3 g	0.13 g	3%
Vitamin A	800 µg (100% NRV)	80 µg (10% NRV)	
Vitamin D	7.5 µg (150% NRV)	0.75 µg (15% NRV)	
Omega 3 fatty acids	3.0 g	0.3 g	

*% of Reference Intake of an average adult (8400kJ/2000kcal)
**1 portion = 10g (pack contains 25 portions)
NRV = Nutrient Reference Values

Aortic Aneurysms - A new design with a wider range of options for aortic stent grafts has been approved. A new graft from one of our preferred supplier, W L Gore, is expected to expand the indications and



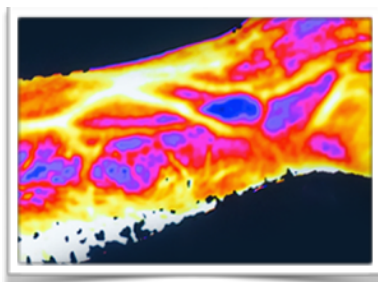
the treatment options for patients with aneurysm disease. It is possible now to fit an approved stent via key hole access using a minimum landing zone. **Take home message:** The options available to patients with aortic aneurysms are wide and choosing a high quality tested one is so essential. Once the stent graft is inside, it is a no

return journey. Getting it right first time is therefore essential.

Aortic Aneurysms - Is there a drug that can stop or reverse the expansion of an aneurysm. Despite the extensive research studies in animals and humans, there remain NO proven drug therapy available for aneurysms (Jan 2019). We have strong evidence that aneurysms develop and expand due to inherited and haemodynamic reasons (high blood pressure, etc.), nevertheless, there seem to be a major lack in our ability to stop this process. A call for alternative design methods, or natural products, for future clinical trials is in place.



Diseased arteries in the legs - New technology allows clinicians to visualise 'life' in questionable tissues of legs and feet - The FDA has approved a new optical imaging solution powered by spatial frequency domain imaging (SFDI) for noninvasive assessment



of tissue health. Clarifi is the first commercialised diagnostic device to use SFDI, a patented technology based on structured light. This can help clinicians assess tissue function and compromised circulation which can then be used in the assessment, management and treatment of several challenging conditions, such as peripheral vascular diseases and diabetic foot ulcers.

Diseased arteries in the legs -Tiny meshes can now protect arteries from splitting following balloon dilatation. A tacking device has been tested in a large randomised trial (TOBA II) to help in managing split artery which can complicate balloon dilatation in the legs. Results demonstrated 92.1% complete dissection resolution within a rather clinically challenging patient population, along with 80% maintenance of vessels (patency) and 87% freedom from reintervention at 12-months.



Varicose Veins - Cyanoacrylate glue

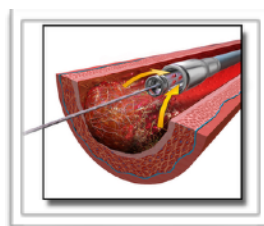
occlusion (VenaSeal™) offers effective treatment to varicose veins in the clinic with one 'expert' injection site only. With appropriate training and experience, it is possible to use a glue to occlude varicose veins in a one-stop clinic. The efficiency is 100% immediately, and 92% closure rate at 2 years. This is comparable to laser and radio frequency ablation and is very promising. NICE has published guidance on the use of this procedure, which is available in many centres in the UK, including our AJLyon Vascular Centre.



Deep Vein Thrombosis (DVT) - New large research trial

(ATTRACT) showed significant improvement to DVT patients following thrombolysis (clot dissolving)

- This trial compared patients with DVT who were treated with catheter-directed clot dissolving procedure (group A) vs. those treated with blood thinning only (group B). Group A had significantly better leg results (less swelling and pain) and almost similar (insignificant) difference in major bleeding and recurrent DVT.



What THREE things you should check for in 2019

☞ Have **Diabetes**? **1)** make sure your Haemoglobin HBA1c is within normal range (4-5.5%). **2)** check your kidneys and eye sight, and **3)** check your feet (dry? small thickening? ulcerations? prominent bone?).

☞ Have **Varicose veins**? **1)** make sure you have nice supporting stockings to use when you go for long walk or long standing. **2)** check skins for change in colours or ulcers, and **3)** check the origin of the vein problem; usually by treating this you can get rid of the bad veins once and for all (success rate 94% in two years).

☞ Have **Leg Swelling** ? **1)** make sure you have checked your heart, kidney and liver functions. **2)** check how much you walk. Remember that you need 10,000 steps EVERY day to be fit, and **3)** check the origin of the swelling problem; and treat that origin early to keep your legs nice and slim.

☞ Have an **Aneurysm** ? **1)** make sure you don't have unmanaged risk factors (especially smoking and high blood pressure). **2)** check if your aneurysm is too big (more than 5.5cm in the abdomen for example is dangerous), and **3)** check that you consider all options available and not only one option.

We wish you a very happy and healthy 2019!

For more info, please visit our social media web page:

facebook.com/ajlyon.co.uk

iLympho© Dynamic Programme *for better legs*

iLympho©

Lymph drainage | Fat Cavitation | Skin Tightening

Using a combination of state of the art technologies and specialist clinical expertise, this programme ensures a full holistic care and management of leg swelling and lymphoedema diseases. The programme aims at identifying and treating all underlying disorders (vein disease, lymphatic disease, and excess limb fat) that causes your leg to swell, and ensures that you are protected now and in the future.

OUR SPECIALISTS

Mr. Abdullah Jibawi is a Consultant Surgeon with a special interest in lymphovenous diseases. All patients will receive a top quality clinical care that ensures best experience and outcome. This is supported by specialist therapists and top-level admin work to provide a smooth and highly satisfactory service all the time.

TIME SCALE

The iLympho© Dynamic Programme starts with a one-stop clinic (full clinical assessment and duplex imaging). Any identified disease will then be treated. Multiple sessions will be assigned on a case-by-case basis. The programme requires 3-6 months to deliver the best outcome.

*Disclaimer: Results vary from person to person and are dependent on few factors such as the successful treatment of underlying conditions.

PRICES

Prices vary depends on the number of 'units of treatment' required to complete the programme. The core component (£500) can be topped up as the treatment progresses in time.

LOCATIONS

BMI Runnymede hospital, Chertsey
Nuffield Hospital, Woking
BMI Syon Clinic, Brentford, London
BMI Clementine Churchill Hospital, Harrow, London



Ultrasound Cavitation

This method uses non-invasive ultrasonic waves to create "mini-bubbles" within the excess fluid and fat tissues in the swollen legs, allowing the lymphatic fluid to be drained more effectively. The treatment is safe and effective without harming other cells.



Dynamic Massage

By using varying levels of pressures in a highly-controlled rhythmic, circular motions, dynamic massage is able to stimulate the lymph system to work more efficiently and help it move the lymph fluids back to the heart.



RF Skin Rejuvenation

This FDA-Approved technology uses radio-frequency waves to emit heat into outer layers of the skin. This causes the collagen and elastin fibers to remodel and a new scaffold of collagen to form and support the wrinkled tired skin.

TECHNOLOGIES AS SEEN ON



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Carotid Artery Disease in the neck - Brain-protection device (Sentinel) allows a safer procedure on the heart valves (transcatheter aortic valve implantation - TAVI) - developed



by Claret Medical and acquired by Boston Scientific, this device is making its way to reduce the risk of stroke (4%) that occurs during valve Endovascular procedures. The SENTINEL trial showed a huge (63%) reduction in stroke rate within the first 72 hours of the procedure, by capturing most debris flowing towards the brain.

Diabetic Foot Disease - Delaying procedures to improve the blood flow to the legs (>2 weeks) can result in very high rate of amputation, a review study found

In a large analysis of the the time spent on each step of the treatment process, diabetes was associated with poor limb saving compared to non-diabetics. When revascularisation (limb perfusion procedure) was achieved within two weeks, there was no difference in limb salvage between diabetic and non-diabetic patients. However, when the delay from referral to revascularisation exceeded two weeks, the limb salvage was significantly poorer in diabetics than in non-diabetics.



Lymphoedema - Novel methods can reduce swelling in lymphoedema patients.

According to the World Health Organization, around 300 million people are affected by the pathological oedema of limbs. In advanced cases of lymphoedema, all main lymphatics are obstructed and tissue fluid accumulates, forming "blind channels" or "lakes".



The only solution in these cases would be to drain the spaces. One innovative method is the formation of artificial pathways by implantation of silicone tubing "lymphatics", placed along the limb from the most distal part to its root. Some 80 patients divided into two groups with lymphoedema of lower (50)

limbs after removal of uterus and upper (30) limbs after breast surgery have undergone implantation of silicone. Follow-up of 15 patients has almost reached four years. A rapid decrease in limb circumference was observed during the first days after implantation lasting for two weeks, which slowed thereafter but remained significant.



Suffering from tiny or large varicose veins?

This sketch explains what treatment options can be offered to you to clear your veins successfully!

Success rate:
Treating large veins with **radiofrequency ablation**: 99.9% immediately- 94% in two years.

Foam sclerotherapy: 97% immediately - and 88% in two years (but remains the best option in small-sized veins).

Thermavein - 99% immediate success rate. 70% in two yrs.

BEST OPTION: Using a combination of ALL techniques, selectively, to achieve best functional and cosmetic outcome.

Patients' feedback

“ Welcoming. Compassionate. Interested. Enthusiastic. Attentive. Modern. Informative. Descriptive. Organised. Inclusive. Innovative. enlightening. Encouraging. Empowering. Professional !!!! ”.
doctify.co.uk

“ Mr Jibawi helped my son who had radiofrequency ablation of the LSV and SSV. We found him very competent and patient and his manner was very reassuring. His aftercare service was just as good. He is highly recommended. ”.
iwantgreatcare.org

“ A charming man who has completely sorted out my varicose veins. I am delighted with the results and would highly recommend Mr Jibawi. ”.
doctify.co.uk

“ I have attended Mr Jibawi's clinic for over a year and have been treated with great care and professionalism by him and by the whole team. My operation was carried out with great expertise and I found Mr Jibawi very patient and caring, explaining my options to me in detail. I couldn't have received better treatment. ”.
iwantdreatcare.org

“ Outstanding. Mr Jibawi is extremely knowledgeable and very approachable. Initial consultation put me completely at ease, and the operation could not have gone better in any way. The follow up appointment was very re-assuring. Could not recommend highly enough. ”.
doctify.co.uk

Activities & Future Events

The FRCS Alpine Course - Jan 2019

An educational event to educate and examine Consultants-to-be on the most updated thinking in the field of vascular, Endovascular and trauma surgery. Livigno. Italy

Free Mini-Consultation week - Feb 2019

A special week for people worried about their legs (swelling, veins, diabetic foot, ulcers, etc.) to be held at the Clementine Churchill Hospital (CCH), Sudbury Hill, London. Details are on CCH web site.

Medical Art Exhibition - Mar 2019

A special event featuring medical artwork for real life surgical cases with unique patients' stories explained.

Updates in cardiovascular health - Sep 2019

Our featured update evening for general public, GPs and Community nurses. Featuring live operation demonstration, updates on new advances and advices related to cardiovascular diseases, and a mini-art exhibition.

The Brain and Vascular Diseases - Nov 2019

An introduction evening on brain anatomy and the effect of vascular diseases on brain functions and intellectual abilities.

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