



The London  
Diabetes  
Centre



## The London Diabetes Centre

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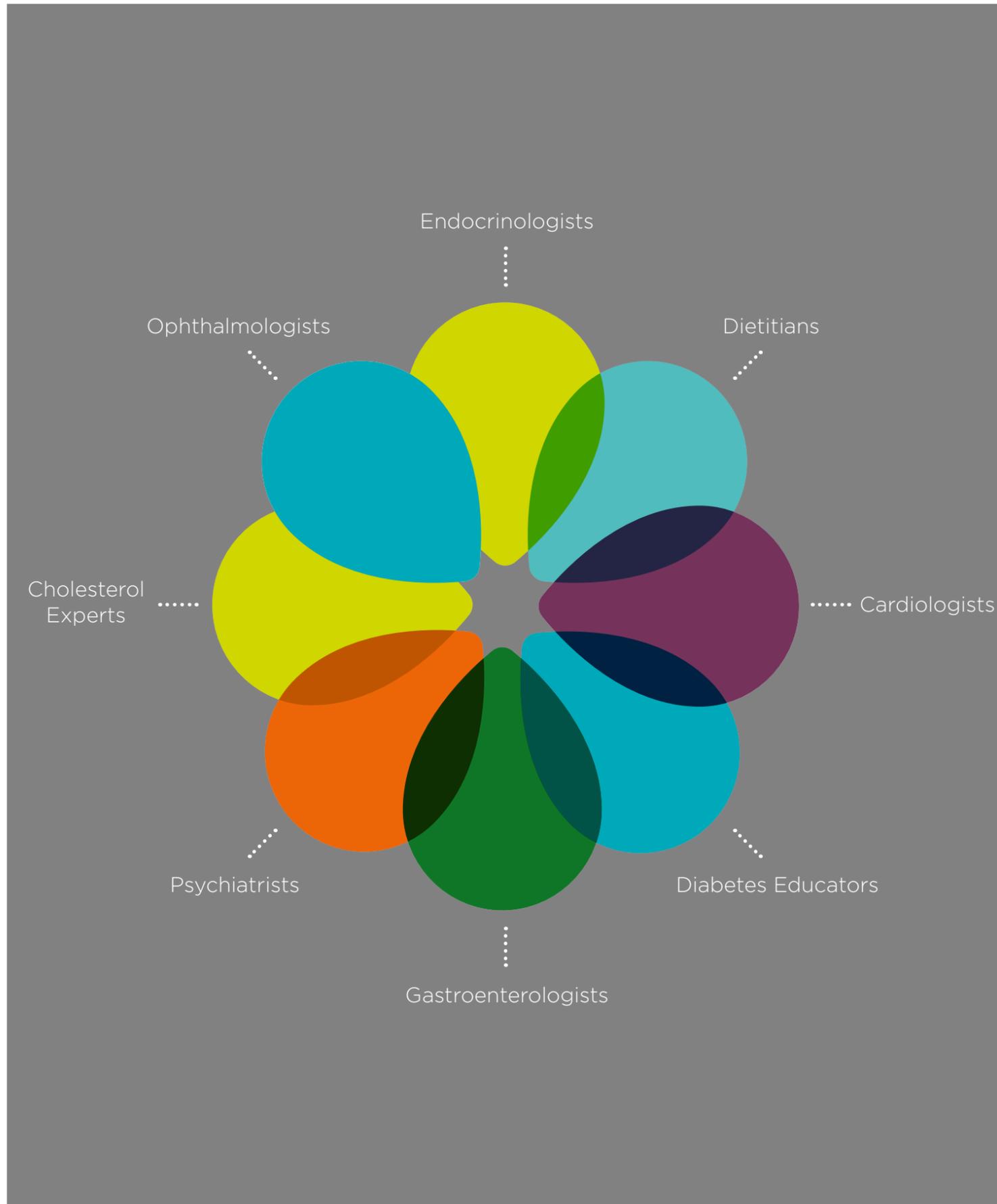
Joined-up thinking about  
your health and wellbeing



As you know only too well, diabetes is a complex and multi-faceted life-long condition that can affect your whole body, at every level. Which means that, either immediately or over time, you may need a very wide range of specialist care and treatment.

At the UK's leading and largest private diabetes clinic, we take a different approach to providing that care and treatment.

One in which everything connects...



# The only place for joined-up head-to-toe diabetes care

At The London Diabetes Centre, we offer something not available at any other private clinic in the UK. Here, under one roof, we have not just the finest facilities, but a single team that brings together cutting edge expertise in every aspect of diabetes care; leading specialists in their areas, working alongside each other – in a genuinely “joined-up” way.

As you can see, that team includes not just consultant diabetologists, and diabetes specialist nurses and dietitians, but also everything from cardiologists and clinical psychiatrists to podiatrists and sleep apnoea specialists. We even have our own in-house pharmacy.

Since we started back in 1991, it’s been our goal to provide diabetes patients with a truly comprehensive “one-stop-shop” approach to every aspect of their ongoing care and wellbeing.

Today, that’s exactly what we offer you. No one else does.

# Living your life the way you want, with diabetes

Before we tell you more about the highly personalised care we offer each patient, let's focus on one goal that's common to everything we do. Ultimately, we're here to help people with diabetes live better, happier, more fulfilling lives.

We know how hard that can be. But with The London Diabetes Centre, you'll have our entire team to support you. We'll be there to help you succeed with all the routine demands your diabetes makes upon you, from managing your weight to monitoring your cholesterol and blood pressure.

We'll help you learn how to get the best from pumps and sensors, too – showing you (if you don't already know) how continuous glucose monitoring can dramatically improve your quality of life, by saving you the time and hassle involved in repeated daily tests.

And, looking ahead, it's reassuring to know we'll always be there whatever twists and turns your diabetes journey may take.





# Putting you at the very heart of things

Our specialists are nationally and internationally recognised experts on diabetes. But, in terms of your day-to-day experience of living with the condition, nobody knows more than you. That's why our approach is to build a team around its most important member. You.

Working closely together, we'll equip you with the very latest in diabetes care, knowledge and technology specifically tailored to your needs. And we won't just be looking at your condition medically; we'll focus on every part of your life that's affected by diabetes.

Our long experience shows that the more you can learn, and the more fully you can understand your condition, the better you'll be able to live with it. And being part of a truly supportive and collaborative group plays a crucial part in confident and highly motivated self-management.

Are you ready to work with us on "Project You"?  
Then let's get started.

# Type 1 or 2, young or old, with us it's always 1:1

At The London Diabetes Centre, we care for diabetes patients of all ages, from all over the world, and every walk of life. And we never forget for a single moment that each one is an individual, with his or her own uniquely personal needs and wishes.

Our Type 1 and Type 2 Care Plans\* have been carefully designed to provide patients with a package of continuous care specifically tailored to their goals and needs, at a fixed cost around 30% lower than paying for all the component parts of the plan separately.

And because we want to make joined-up diabetes care as widely accessible as possible, we also offer flexible payment options.

\*Find out more at [www.londondiabetes.com](http://www.londondiabetes.com)





# A big weight off your mind: support that's always there for you

Our expert dietitians will work with you to help you manage your weight, and keep your blood sugar levels under control. But that's just part of our wider commitment to helping you understand your diabetes better, and improve every aspect of your wellbeing.

From your very first appointment, when you'll see one of our diabetes educators, we'll be working with you to help you zero in on dietary factors, or other aspects of your lifestyle, that could affect your condition.

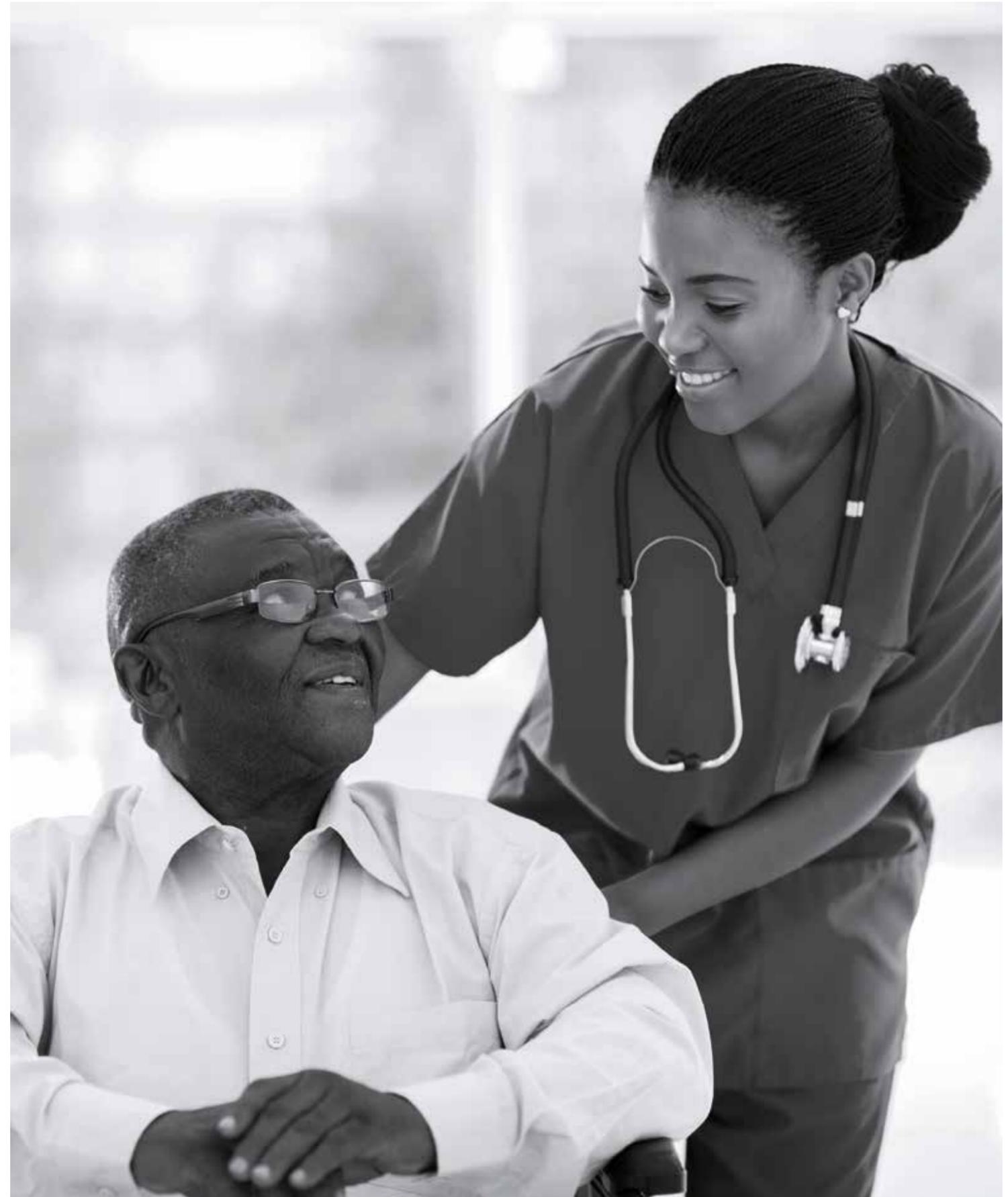
As your care with us progresses, you'll have regular follow-up sessions with one of our dietitians, with the option to join one of our tailored weight management programmes. And you don't have to visit the clinic to get help and encouragement from us. Wherever you happen to be, we can be there for you – providing expert support by email, phone or video consultation.

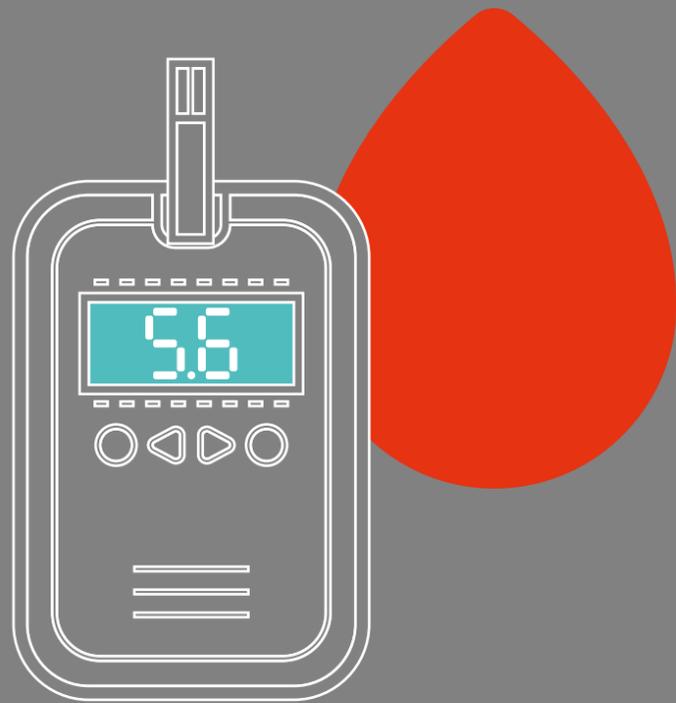
# With us, time is of the essence

From the moment you arrive at our clinic, we hope you'll notice another important difference. With us, caring for people with diabetes is something that should never be rushed. So we'll always have time to listen...

At The London Diabetes Centre, your consultations will always give you long enough to discuss your condition, and its effect on your lifestyle, in detail; to ask questions about any aspect of your treatment; and to receive in-depth advice on managing your diabetes with increasingly sophisticated drugs and technology.

We understand that your time is precious, too; so we do everything we can to ensure that your visits to our conveniently located clinic go as smoothly and seamlessly as possible. You'll usually be able to see the consultant of your choice with minimal delay. And if you have multiple reasons to visit us, we'll co-ordinate your appointments, so you can do everything on the same day.





## Cutting edge care, and first class facilities

In a world where medical knowledge, and innovative forms of treatment are advancing at lightning speed, it's vital to ensure that the team caring for you is right at the cutting edge – both in terms of their expertise, and the technology available to them.

It's no exaggeration to say that we are living through a revolution in diabetes care. Over the last few years, new treatments and technological advances have been transforming the outlook for patients – with major improvements in virtually every aspect of managing your condition.

At The London Diabetes Centre, we're fully on board with that revolution. We use the latest and very best approved treatments from around the world (some of which are not yet otherwise available in the UK); and our patients benefit from the most advanced facilities and technology. Just one very small example: we now offer a choice of seven different insulin pumps, depending on your particular needs.

# An expert team, in constant consultation

Individually, our diabetes specialists are some of the most highly respected in their field of medicine. But we can't stress too strongly that at The London Diabetes Centre, what really sets us apart is the way our team works together for the benefit of your health and wellbeing.

Our 13 consultant diabetologists include specialists in every aspect of the condition, and patient group – including children of all ages, where we have particular expertise. Overall, the combined breadth and depth of our team's diabetes knowledge is quite simply unmatched anywhere in the UK.

If you're unsure which of our consultants would be best suited to your needs, please don't hesitate to ask for our advice.



**Dr Ralph Abraham**  
MA, PhD, BM BCh, MRCP  
Cardiovascular disease prevention - Diabetes - Endocrinology - Lipid disorders  
Ralph has treated patients all over the globe. He is a renowned diabetes specialist, and founded London Medical in 1991.



**Mr Ahmed R Ahmed**  
BSc (Hons), FRCS (Gen)  
Bariatric Surgeon  
Mr Ahmed is a consultant in gastrointestinal surgery and lead bariatric surgeon at the Imperial Weight Centre. He's clinical senior lecturer at Imperial College London and has been published widely.



**Dr Rakesh Amin**  
MBChB (Hons) MRCP MSc MD (Commendation) FRCPCH  
Diabetes - Paediatrics - Endocrinology  
Rakesh is educational lead for endocrinology and diabetes at Great Ormond Street Hospital. He started as a consultant and senior lecturer at GOSH and ICH in 2012.



**Dr David Cavan**  
FRCP  
Adult Diabetes  
Dr Cavan has written a number of books with the focus on diabetes and diet, he is a leading type 2 specialist.



**Symone Genevezos**  
BND, RD  
Diabetes - Dietary services  
Ms Genevezos is a Dietitian, offering nutrition advice and support for clients of all ages. She helps to manage many health conditions which require modification of diet or lifestyle.



**Dr David Levy**  
MD, FRCP  
Cardiovascular disease prevention - Diabetes - Endocrinology  
Dr Levy has written several books on diabetes, most recently 'type 1 diabetes', and 'Practical Diabetes Care, 3rd edition'. He is currently writing an e-book for type 2 diabetes patients.



**Carin Hume**  
BSc Dietetics, MSc Sports Nutrition  
Diabetes - Dietary services  
Carin Hume is a consultant dietitian at London Medical. Carin has a specialist interest in digestive disorders and food intolerances.



**Dr Billy White**  
MB ChB MRCPCH DFSRH  
Diabetes - Paediatrics - Weight management  
Billy is a consultant in the UK's top performing child and adolescent diabetes team. He is also a general adolescent physician and supports young people with all kinds of health issues.



**Dr Malcolm Prentice**  
BSc MB BS FRCP  
Diabetes - Endocrinology - Radiology  
Dr Prentice co-wrote the National Guidelines for the Management of Differentiated Thyroid Cancer, and the National Training Course for Thyroid Ultrasound and Biopsy with the Royal College of Radiologists.



**Professor James Scott**  
BSc, MSc, MB BS, FRCP, Cbiol, FIBiol, FMedSci, FRS  
Alzheimer's - Cardiovascular disease prevention - Diabetes - Endocrinology - Lipid disorders  
Prof. Scott is a Consultant Physician Professor of Medicine at Imperial College.



**Dr Harvinder Chahal**  
BMedSci, MBBS, MRCP, PhD  
Diabetes - Endocrinology  
Dr Chahal is a consultant in Endocrinology, Diabetes, Bariatric Medicine and GI Medicine at Imperial College Trust. He's also Honorary Clinical Senior Lecturer at Imperial College.



**Dr Dipesh Patel**  
Bsc, MBBS PhD MRCP  
Diabetes - Endocrinology  
Dr Patel is a consultant physician in diabetes and endocrinology. His clinical practice includes general endocrinology, and diabetes management. He is also undergraduate site lead teacher.

## Other specialists include:

**Dr Pratik Choudhary**  
MBBS FRCP  
Diabetes

Dr Pratik Choudhary is Senior Lecturer and Diabetes Consultant at Kings College London, he is a specialist in type 1 diabetes and is an international expert in insulin pumps and diabetes distress.

**Dr Martha Ford-Adams**  
FRCPCH  
Diabetes - Paediatrics

Dr Ford-Adams qualified from the University of Western Australia. She worked at many prestigious hospitals across the UK, and is now Consultant for children and adolescents with diabetes.

**Dr Catherine Lunken**  
MA, BM, BCh, FRCP  
Cardiovascular disease prevention - Diabetes - Lipid disorders

Dr Catherine Lunken specialises in Diabetes and Lipid Metabolism. She's the Clinical Lead for Familial Hypercholesterolaemia at University College London Hospital Trust.

**Dr Helen Spoudeas**  
MBBS, DRCOG, FRCP, FRCPCH, MD  
Paediatric Endocrinology

Dr Spoudeas is part of an innovative team of six endocrine consultants, supporting patients with endocrine disease in a seamless service across Great Ormond Street and UCL Hospitals.

## Una Vince

Diabetes specialist nurse

Una is a highly trained DSN with the experience of many years in both care and education in hospital and community. She has a special interest in the delivery of carbohydrate counting courses and use of pump therapy for type 1 patients.

**Dr David Hopkins**  
BSc (Hons) MB ChB FRCP  
Diabetes

David Hopkins is a consultant physician and diabetologist based in London. He is a Director and Clinical Academic Group lead for the newly inaugurated Institute of Diabetes, Endocrinology and Obesity at King's Health Partners, an academic health science centre comprising King's College London, King's College Hospital, Guy's & St Thomas' Hospitals and South London & Maudsley NHS trust.

**Dr Bobby Huda**  
MBChB FDRCP PhD  
Diabetes

Consultant Physician in Diabetes & Metabolism, St Bartholomew's and Royal London Hospitals, Barts Health NHS trust and Honorary Senior Lecturer at Barts & the London Medical School.

**Martha Ford Adams**  
FRCPCH  
Diabetes - Paediatrics

Her private practice is based in the Guthrie Clinic at King's College Hospital London, where she was appointed in 2004. She qualified from the University of Western Australia, and has since worked at a variety of prestigious hospitals across the UK. In 2004, she was appointed consultant paediatrician and lead paediatrician for children and adolescents with diabetes.

**Catherine Lunken**  
MA, BM, BCh, FRCP

Paediatric Endocrinology

Dr Catherine Lunken is specialist in Diabetes and Lipid Metabolism, based at the University College London Hospitals. As well as this, she's the Clinical Lead for Familial Hypercholesterolaemia at University College London Hospital Trust. When Dr Lunken isn't practicing, she's an Honorary Senior Lecturer at UCL's Medical School.

# Celebrating 25 years of putting patients first

London Medical was founded in 1991, and today is the UK's largest private diabetes outpatient clinic. From the outset, our unmatched expertise in diabetes has been at the heart of what we do; but whatever your health needs, we're here to provide truly outstanding patient-focused care.

In addition to diabetes, we have particular expertise in Ophthalmology, Cardiology and Endocrinology, as well as in obesity and the health issues associated with it. But across the widest range of specialisms, many of London's most highly regarded consultants carry out their private practice exclusively with us, because we provide an environment that patients love, and first class "one-stop-shop" facilities.

We're pleased to say that many of our diabetes patients (and others) have been with us since we started, over 25 years ago. We hope that you and your family will also come to trust us with your continued health and wellbeing.



# London's best address for diabetes care...

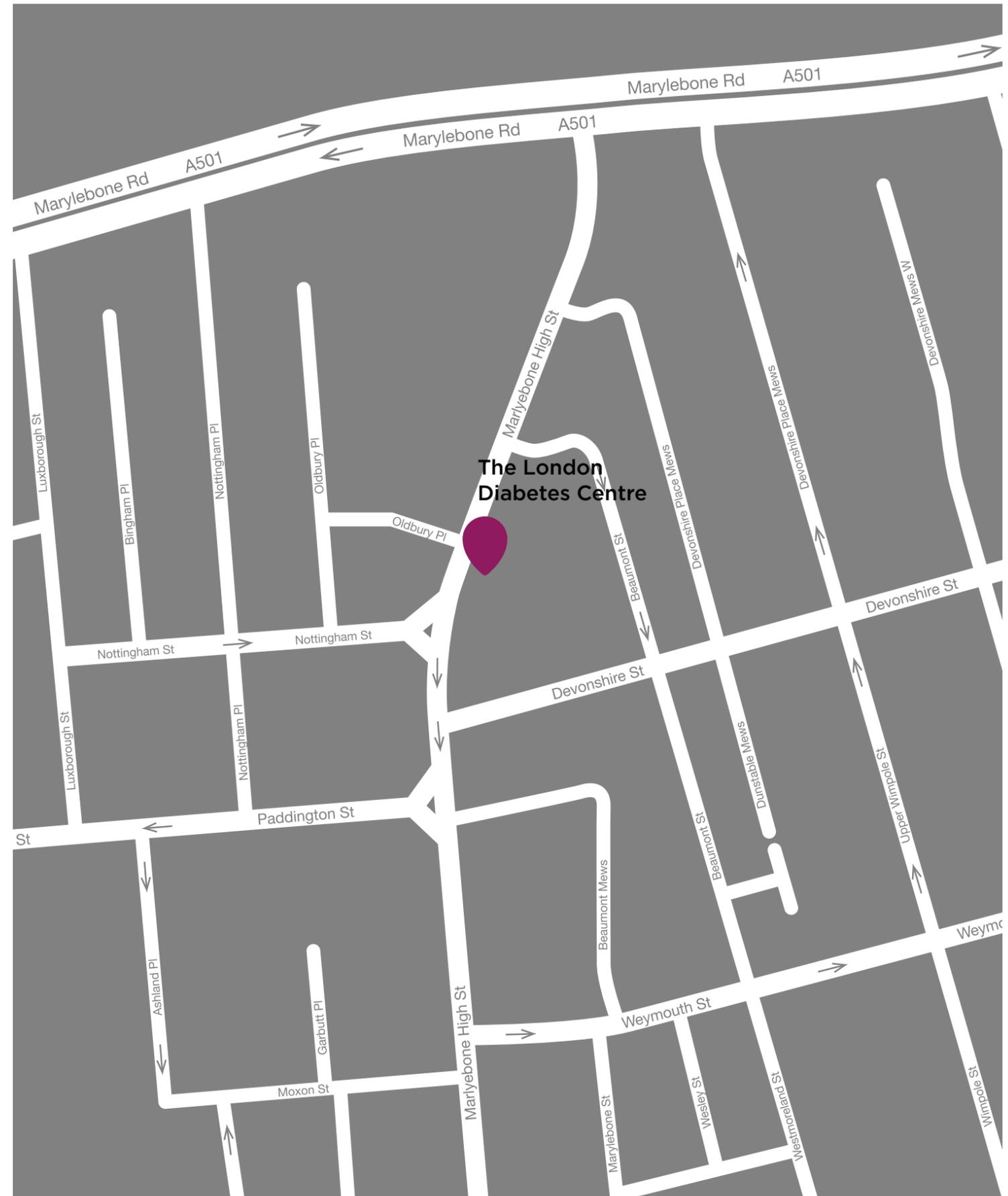
If you'd like to arrange an appointment, or find out more about any aspect of the joined-up care we provide, please do get in touch today. Or visit our website, where you'll find a lot more detailed information on our services, and on living with diabetes.

Remember, you don't need a referral from your GP to make an appointment. But if you're unsure where to start, or which of our consultants you'd like to see, we'd be very happy to advise you.

Please call us today on  
08000 483 330

or email us at  
[diabetes@londondiabetes.com](mailto:diabetes@londondiabetes.com)

And please do visit our website for more detailed information about The London Diabetes Centre:  
[www.londondiabetes.com](http://www.londondiabetes.com)





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