



HEALTHWISE

Royal Brompton & Harefield Hospitals Specialist Care magazine • Issue 3

PIONEERING KEYHOLE SURGERY

for life-threatening
heart problems

Cardio-oncology

*heart health and
cancer patients*

Kicking the habit

Smoking cessation



RB&HH
SPECIALIST CARE

WHAT'S NEW

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RB&HH Instagram May 2019

RB&HH Specialist Care's Dr Nitha Naqvi wins British Asian women top award

Dr Nitha Naqvi, consultant paediatric cardiologist at Royal Brompton & Harefield Hospitals Specialist Care won the Chairman's Award at the Asian Women of Achievement Awards 2019. The awards highlight the role that British Asian women play in culture, economics and social ventures.

Read more on



RB&HH Twitter April 2019

Sleep easy

Sleep apnoea is associated with hypertension, coronary artery disease and cardiac arrhythmias. Dr Alanna Hare discusses the diagnostic and treatments of obstructive sleep apnoea, and how RB&HH Specialist Care can help sufferers.

Read more on



RB&HH LinkedIn February 2019

Minimally-invasive lung cancer surgery simulation

During Arab Health 2019, Mr Simon Jordan, consultant thoracic surgeon at Royal Brompton & Harefield Hospitals Specialist Care, performed a live surgical simulation, demonstrating the minimally invasive single port lobectomy using video-assisted thoracoscopic surgery (VATS).

Read more on



RB&HH YouTube May 2019

How serious is hypertension?

High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases your risk of serious problems such as heart attacks and strokes. In this video Dr Rakesh Sharma discusses the symptoms and management of hypertension.

Watch on



RB&HH Twitter April 2019

Lung cancer surgery using groundbreaking PlasmaJet System

With the PlasmaJet system, surgeons can completely remove or destroy all visible disease whilst sparing as much lung as possible compared to other procedures.

Read more on



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KICKING THE HABIT

In 2017, over 16% of adults in Great Britain were estimated to be smokers, despite it being known as one of the main preventable causes of ill-health and premature death worldwide.



While there are well-known interventions, some people may find they require additional support from a medical professional in order to completely stop smoking.

A STEP IN THE RIGHT DIRECTION

Royal Brompton & Harefield Hospitals Specialist Care provides an enhanced smoking cessation service that offers the emotional and psychological support that patients may require to stop smoking for good.

Led by nurses who are specially trained in smoking cessation, the first appointment includes a comprehensive review of a patient's smoking habits, full medical history, as well as numerous health tests to gauge the level of support required.

Patients can expect to be managed for six to eight weeks depending on their needs and progression. A full health check is completed at the final appointment to give an overview of any progress made and health benefits gained from quitting smoking.

FURTHER SUPPORT

In addition to emotional and psychological support, the team can recommend pharmaceutical treatment programmes to aid patients where appropriate.

Champix® is a prescription-only medication that works by reducing the cravings and withdrawal symptoms associated with nicotine addiction.

Nicotine Replacement Therapy (NRT) is another treatment used to help people quit smoking through the use of low dose nicotine products. Through the use of special gum, inhalers, nasal spray, skin patches or lozenges, patients can expect to cut down craving for nicotine and ease the symptoms of nicotine withdrawal.



Dr Jaymin Morjaria and the Harefield Hospital smoking cessation team

To enquire about our smoking cessation service, or to find out more, please contact the customer services team on +44 (0)20 3811 6423 or email privatepatients@rbht.nhs.uk

Information sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5490618/>
<https://www.cancerresearchuk.org/health-professional/cancer-statistics/risk/tobacco#heading-Eight>
<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/bulletins/adultsmokinghabitsingreatbritain/2017>

CARDIO-ONCOLOGY:

heart health in cancer patients

The emergence of cardiovascular diseases in people affected by cancer has led to the development of a new field of modern medicine known as cardio-oncology.

In 2011, the Royal Brompton Hospital set up the country's first dedicated specialist cardio-oncology service.



Dr Lyon (right) with cardio-oncology patient Rachel Wellbelove (left)

THE CARDIO-ONCOLOGY SERVICE

The mission of the cardio-oncology service is to improve the cardiovascular health of people before, during and after cancer treatment. This reduces the chance of patients that are receiving treatment for cancer developing heart problems in the future.

Dr Lyon explains: "In simple terms, we're trying to prevent the cancer patient of today becoming the cardiac patient of tomorrow. In the UK and internationally, we've seen a significant increase in the number of cancer patients with cardiovascular problems, particularly related to pre-existing heart problems becoming destabilised by their cancer treatment."

WHO'S AT RISK?

It is not known when an individual may have a heart attack due to blockage of a coronary artery. But it is known exactly when they will receive chemotherapy that can put their heart at risk. This gives the physician an opportunity to develop a strategy before a patient starts cancer treatment, to keep their heart safe.

"The goal is not to block cancer treatment but to support it by closely monitoring cardiac function to pick up the earliest changes. We provide a personalised plan either to initiate heart protection medicine in people either at highest risk before they start their cancer treatment, or close monitoring of their heart health and treatment when early signs of heart strain are detected and before they develop more serious heart problems."

BREAST CANCER PATIENTS

The cardio-oncology service looks after many people with

abnormalities of heart function picked up on a standard screening for some common treatments. For example, Herceptin for HER2+ breast cancers, requires three to four monthly ultrasound scans of the heart as standard. Through close monitoring, signals of cardiac strain can be picked up earlier – ensuring breast cancer patients can continue their treatment safely.

PROSTATE CANCER PATIENTS

Over the past 20 years, androgen deprivation therapy (ADT) has allowed patients to live for many years with their prostate cancer controlled. However, the main ADT medications – three monthly injections – can accelerate coronary disease and other vascular disease by increasing the development of diabetes and raising cholesterol.

CHILDHOOD AND YOUNG ADULT CANCER SURVIVORS

The Royal Brompton Hospital cardio-oncology team also provides care to adults who had cancer in earlier life – either as children or young adults in their 20s and 30s. Many of these individuals required chemotherapy which is toxic to the heart and/or high doses of radiotherapy to their chest, which results in their heart receiving harmful radiation.

CARDIO-ONCOLOGY FOR THE FUTURE

Since starting the service, Royal Brompton Hospital has been collecting feedback from patients at the end of their initial visit and 99% of patients would recommend the cardio-oncology service to friends and family. Dr Lyon says:

“We’re very pleased with the response and feedback we’ve received so far. We continue to strive to maintain these very high standards and improve each patient’s experience further.”



Dr Alexander Lyon
Consultant cardiologist

Dr Alexander Lyon is a consultant cardiologist at Royal Brompton Hospital in London. He is also president of the British Cardio-oncology Society, chair of the cardio-oncology study group of the Heart Failure Association of the European Society of Cardiology, and Dr Lyon is the cardiology adviser to the charity Macmillan Cancer Support.



To refer a cardio-oncology patient or find out more, please contact the customer services team on +44 (0)20 3811 6423 or email privatepatients@rbht.nhs.uk



Photo of Dr Lyon and Kreena Dhiman

PATIENT TESTIMONIAL

“I suffered acute heart failure in 2016, two years after completing treatment for breast cancer. I was incredibly unwell with an ejection fraction of 10 percent. My heart had enlarged and the left ventricle was failing to pump blood around my body. Dr Lyon treated my condition with medication to support my heart and bring the ejection fraction into normal range.”*

Kreena Dhiman,
cardio-oncology patient

*Ejection fraction is the percentage of blood leaving your heart with each contraction. It is normally 55% or higher.



Mr Toufan Bahrami and the Harefield Hospital surgical team

PIONEERING KEYHOLE SURGERY

for life-threatening heart problems

At Harefield Hospital, patients suffering from multiple life-threatening heart problems can have up to four surgical procedures completed during a single operation, using minimal access techniques.

In this procedure, instead of accessing the heart via sternotomy (a large incision through the breastbone), the heart is accessed via a handful of small cuts.

The operation is video-assisted, utilising a state-of-the-art 3D camera and a large high-definition monitor which gives an extremely clear view inside the body, instead of using direct vision which requires a larger access port.

Mr Toufan Bahrami, consultant cardiac surgeon, who has pioneered the technique at Harefield Hospital, explains how the heart's aortic valve is accessed: "It's done endoscopically with three small access holes. One for the camera, one to put a clamp on the aorta, and one to expose the valve."

The instruments used in video-assisted surgical procedures are different to those used in traditional surgery, and it takes many years of training to develop the skills needed.

The patient can have up to four procedures in the same theatre slot:

- fixing a faulty mitral and/or tricuspid valve (which can affect blood flow)
- catheter ablation (to correct an abnormal heart rhythm)
- left atrial appendage closure (to reduce the risk of stroke)

This is very beneficial for the thousands of patients each year who develop a number of heart problems, as it saves them from undergoing two or more separate operations. It helps to reduce the disruption to their daily life, allowing them to get back to hobbies and work more quickly, rather than undergoing another heart operation within a short space of time.

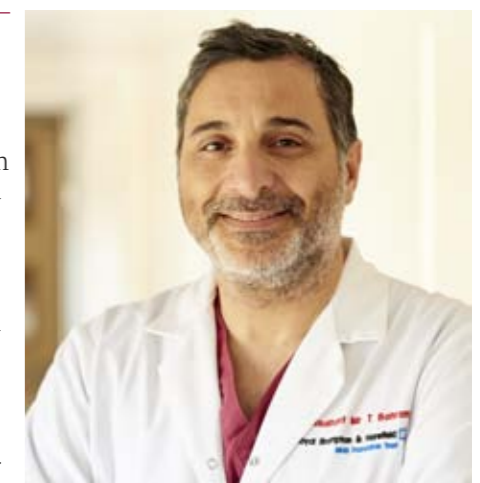
Patients' symptoms and quality of life is improved by performing up to four surgical procedures in one go: mitral and tricuspid valve surgery, ablation, and left atrial appendage closure.

A CENTRE OF EXCELLENCE

This revolutionary technique is available to patients thanks to the years of innovation and expertise from researchers and clinicians at Harefield Hospital, including Mr Bahrami.

The whole theatre team – including anaesthetists, nursing staff, and perfusionists – have been trained and are experts in the technique.

"It's not just one person – there is a whole team who is ready to do it. They have the skills and are used to it. Everyone is comfortable, and we have a plan for the operation. We have done many surgeries of this type."



Mr Toufan Bahrami
Consultant cardiac surgeon

BETTER RECOVERY

The operation takes about three hours and the patient typically stays at the hospital to recover for about five to seven days.

Comparing the mini-access procedure to the more standard sternotomy approach, Mr Bahrami says: "The length of stay in the hospital is mainly the same; what makes a difference is afterwards. The integrity of the chest is preserved, so therefore the recovery is much quicker."

Mr Bahrami specialises in minimally-invasive, endoscopic cardiac surgery including mitral valve repair and aortic valve replacement, coronary artery bypass grafting including MIDCAB and EndoACAB approaches, left atrial appendage closure and surgical ablation treatment of atrial fibrillation.

To enquire about minimally invasive surgery to treat multiple heart conditions, and to book an appointment with one of our specialists such as Mr Toufan Bahrami, contact our customer services team on +44 (0)20 3811 6423 or email privatepatients@rbht.nhs.uk



RB&HH

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in heart and lung care**

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