



**A very special kind of hospital care**

Dermatology  
at Linia Cromwell Hospital

# A professional and friendly approach to patient care with a personal touch



## **Atmosphere**

It is difficult to imagine such a peaceful environment in such a central location. However, the LCH manages to provide a relaxing and reassuring atmosphere through the combination of small and attractive surroundings with happy, friendly and dedicated staff.

## **Nursing staff**

At LCH, the emphasis is on individualised care and building a rapport with our patients. Being a relatively small hospital, we are able to meet our patient's needs on a personal level. An extremely dedicated and happy nursing team is reflected in the length of service shown by the majority of them and offers friendly, recognisable faces for returning patients. Resident medical officers are on duty 24 hours a day.

## **Rooms**

We have 20 bedrooms all with en-suite facilities, telephone, radio, television and nurse call/monitoring system. Patients also have access to a lounge area as well as beautifully maintained gardens which, complete with dovecote, water fountain and rose arbour, provide a relaxing environment in which patients may sit, rest, or chat with others.

## **Medical facilities**

LCH is a well equipped registered private hospital and we have earned ourselves a reputation for using the best surgical techniques. A full range of procedures is on offer from minor day cases to major surgery. We pride ourselves in offering modern technology combined with the best traditional nursing care in a small and friendly environment. There are two main operating theatres as well as numerous consulting, examination and treatment rooms.



Linia Cromwell Hospital, part of the Linia Healthcare Group, offers private surgery for medically insured as well as self-paying patients with particular emphasis on personal and individualised care.

Private surgery and services offered at Linia Cromwell Hospital include:

- Cosmetic surgery
- Dermatology
- Ear nose and throat surgery
- General surgery
- Gynaecology
- Orthopaedic surgery
- Plastic surgery
- Physiotherapy
- Psychology
- Radiography
- Urology
- Non-surgical cosmetic procedures
- Acupuncture

# Dermatology

at Linia Cromwell Hospital

Dermatology patients are seen and treated in our outpatient department here at Linia Cromwell Hospital.

The following is a brief outline of the most common skin conditions seen by our specialist.

## Inflammatory skin disorders

**Eczema:** Also known as dermatitis, where the skin is itchy, dry and sometimes scaly. Eczematous skin can crack, become red or inflamed and prone to infection. Eczema affects between 10-15% of the UK population. There are various types of eczema and both diet and allergies may be influential in triggering eczema. Our specialist will diagnose and advise on appropriate investigations and treatment.

**Psoriasis:** A common inflammatory skin disorder affecting 2% of the population. Often there are red patches on the skin covered by silvery scales. It can affect any part of the body. The condition is not infectious and is known to tend to run in families. There are a range of treatments which are effective at relieving the symptoms and signs of psoriasis.

**Acne:** A very common skin condition which usually starts at puberty. Acne is a disease of the sebaceous (oil producing) glands and its characteristic spots are seen on the face, neck, chest and back. Our specialist can offer treatments such as Roaccutane to prevent new acne spots forming, to improve those already present and to prevent scarring. If you have no success with over the counter products it is probably time to visit us.

**Rosacea:** A common rash found on the central part of the face accompanied by a tendency to flush easily. It is followed by persistent redness on the cheeks, chin, forehead and nose and by crops of small inflamed red spots. The skin feels sensitive and may sting. Treatment works best if started when rosacea is at an early stage. Preparations applied to the skin can sometimes control mild rosacea or keep it in remission after a course of antibiotics or roaccutane treatment.

**Urticaria (hives):** This is a condition in which short-lived and very itchy swellings occur anywhere on the body. These may be pale, pink or red and of different shapes. Urticaria is common, frequently persistent and affects 20% of people at some stage of their lives. It can be successfully treated by our dermatologist.

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## Infective skin conditions

**Viral Warts (verrucae):** Commonly found on the hands and the feet. They can resolve following a course of intensive cryotherapy (freezing with liquid nitrogen) treatment.

**Folliculitis:** Inflammation of hair follicles and can occur anywhere on the skin. It usually occurs when hair follicles are damaged for example by friction from clothing or by shaving. The damaged follicles then become infected. Folliculitis often takes the form of rash, pimples or pustules centred around hair follicles. Topical antibiotics, oral antibiotics or antifungal medications may be needed to control the infection. Folliculitis usually responds well to treatment but may recur.

**Fungal skin infections:** Most fungal nail infections are not serious. The appearance and symptoms depends on the type of fungus and the part of the body affected. The most common fungal infections are athlete's foot, nail infections, jock itch, ringworm (tinea) on the body or scalp, pityriasis versicolor, and thrush (candida). Fungal infections are often easy for the specialist to diagnose but sometimes a scraping of skin or fragment of hair or nail may need to be taken for laboratory testing. Treatment of most skin fungal infections may come in the form of a cream, medicated powder, nail lacquer or tablets.

## Hair problems

**Hair loss (alopecia):** There are a large number of causes for hair loss. The commonest are androgenetic alopecia (pattern hair loss) and alopecia areata. The dermatologist at the Linia Cromwell Hospital can offer expert advice to patients with such problems.

## Skin Cancer and sun damaged skin

**Solar keratoses:** These are rough areas of skin found in people whose skin has been exposed to a lot of sunshine over the course of their lifetime. They are very common. Solar keratoses have the potential to develop into skin cancer. They arise on areas exposed to the most sun - e.g. nose, cheeks, forehead, tops of ears, scalp, backs of hands and forearms. The skin on which they lie often looks sun-damaged, blotchy, freckled and wrinkled. Some solar keratoses may resolve and need no treatment. For those solar keratoses causing symptoms then effective treatments include freezing, removing them surgically under a local anaesthetic or by applying specialist creams.

**Skin cancer:** Successful treatment of skin cancer depends on catching the disease early. The number of patients with skin cancer is increasing rapidly in the UK. A skin cancer is an abnormal or uncontrolled growth of the cells that make up the skin. They can be benign or malignant. The main types of skin cancer are:-

- **Malignant melanoma:** A cancer involving the pigment cells (melanocytes) of the skin. It can present as an enlarging mole or an itchy mole or a changing mole which may bleed. Melanomas can be detected at an early stage by the use of a specialist investigation technique known as dermoscopy. Dermoscopy is available at the Linia Cromwell Hospital.
- **Basal cell carcinoma (BCC):** This is the most common form of skin cancer. Although not usually life-threatening if left untreated the cancerous cells can cause considerable tissue destruction. BCC's often affect the face, neck and back.
- **Squamous cell carcinoma (SCC):** This is another common skin cancer which in rare cases can be life-threatening. SCC's often appear as thickened skin nodules or lumps, or they can appear as a painful sore or as a non healing ulcer.

If skin cancer is suspected your doctor may recommend a biopsy which involves removing a sample of the skin from the affected area for examination under a microscope. Treatment options vary depending on the type and stage of disease. BCCs can usually be cut away in a minor operation, or removed by freezing with liquid nitrogen, or by radiotherapy or by topical (applied to the skin) chemotherapy. SCCs and malignant melanomas are almost always removed surgically because of the risk that they can spread to other sites.

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### **Moles (Naevi) and Seborrhoeic warts**

The dermatologist at the Linia Cromwell Hospital is also able to help with the diagnosis and treatment of problematic moles (naevi) and adult age warts of the skin known as seborrhoeic warts. Such lesions can often be treated successfully by surgery or by freezing with liquid nitrogen.

Whether insured or paying for your own treatment, we are open to everyone. LCH is registered with most major UK insurance companies and most medical insurance policies will cover your treatment here. Alternatively, if you choose to pay for your treatment our “Fixed price packages” offer you the advantage of knowing in advance how much you will be paying and exactly what’s included.

## **The benefits of choosing LCH for your private care speak for themselves...**

- Your own private room with en-suite facilities
- The highest quality consultants in the area
- High level of dedicated nursing care
- No long waiting lists
- Consultations and treatments arranged to fit your schedule
- Visitors whenever you choose - no restrictive hours
- Restful surroundings and tranquil gardens to help you recuperate
- Easy location in town centre
- Free private parking
- Resident medical officers 24 hours a day
- Fixed price packages available for the uninsured



## How to find us

On entering Huntingdon, join the ring road which is a one way system. Keep in the right hand lane until you pass a red brick building called Graphic House. Shortly afterwards, turn first right into the High Street, just before the pedestrian crossing and traffic lights. Almost immediately on the left is Cromwell House which is a large white building set behind a red brick wall with railings.

To make an appointment for consultation at LCH you simply need to telephone

01480 411411

(Most types of surgery require referral from your GP)