

# The East Preston Clinic



## NEWS

### **BUPA PATIENTS**

The East Preston Clinic continues its close co-operation with BUPA to avoid shortfalls for BUPA patients.

### **SUTURE FREE HERNIA**

The East Preston Clinic is happy to advise patients regarding all types of hernia repair, including the "Progrid" suture free hernia repair mesh.

### **FOB TESTING**

FOB testing (bowel cancer screening test) is available on request at the East Preston Clinic.

### **GALLBLADDER SURGERY**

The East Preston clinic is happy to advise patients regarding day case laparoscopic cholecystectomy. It is possible for patients to go home on the day of surgery up to 9 times out of 10

### **COLONOSCOPY WITH ENTONOX**

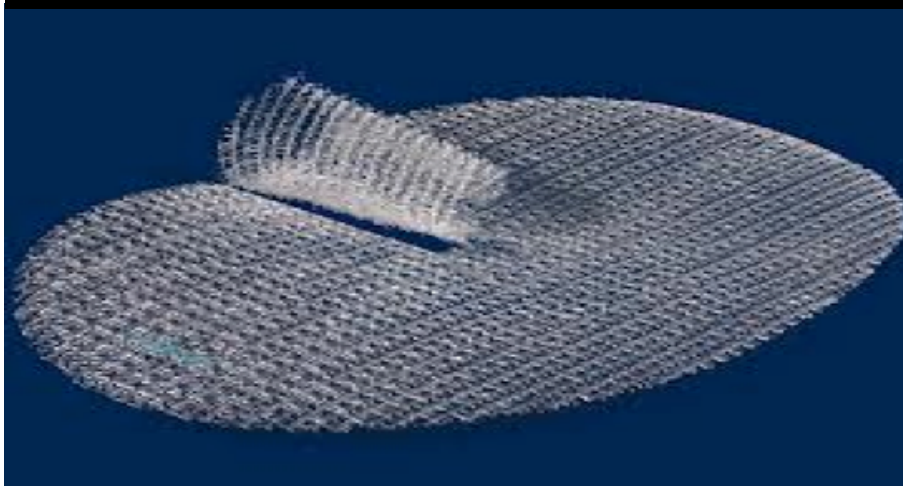
Many patients prefer not to have sedation by injection during their colonoscopy. Studies have shown that Entonox (laughing gas) can provide adequate sedation for most patients. We are happy to provide this service for our

## Seven Years of the East Preston Clinic

The East Preston Clinic was founded in 2006 to provide patients with a comfortable and convenient environment for medical consultation. The shop front which had previously been a Dress Shop and Travel Quest the travel agents was purchased in 2004. Delay in planning approval held back the development until 2006 when the shop space was completely renovated and the internal floor plan converted into three purpose built, fully equipped medical consulting rooms with a toilet and reception area all with disabled access. The Clinic opened in May 2006 and has gone from strength to strength. It continues to provide a personal, professional service to patients giving an independent private opinion. Treatment can be

arranged via any of the local hospital services; Goring Hall, The Downlands Suite, The Chichester Suite and Southlands Hospital Day Surgery Unit. This gives our patients the widest possible choice for their investigation and treatment and of course a choice of cost options for self pay patients. Consultations are available in regular weekly clinics on a Tuesday afternoon, however additional evening and weekend clinics are available by request. Emergency appointments can be arranged by phone when required. The East Preston Clinic is delighted to be celebrating its first seven years in business. We are looking forward to continue to provide an excellent service for the next seven years and beyond.





Hernia repair  
without  
permanent  
stitches.

**Open mesh hernia  
repair no longer  
requires the use of  
permanent stitches.**

### **Progrid hernia mesh, the future of hernia repair.**

In April 2009 Mr Miles was given the opportunity to visit Mr Phillippe Chastan, M.D. at his clinic in Bordeaux France. Mr Chastan had developed the material for the Progrid mesh with medical fabric manufacturer Sofradim. The product was subsequently purchased by Covidien who are currently the sole supplier world wide.

Mr Chastan, is a general surgeon with a special interest in hernia repair. Following the development of the suture less mesh he has undertaken to provide a training program for surgeons who wish to develop the technique. The training program involves a full day of training including the current theories regarding hernia repair, the selection of patients for open or laparoscopic repair and then

hands on teaching of the repair including the exact placement of the mesh.

Since 2009 Mr Miles has recommend the use of the Progrid Mesh for all of his open inguinal hernia repairs. He has now performed more than 100 hernia repairs using this technique. To date there has been no evidence or chronic pain or recurrence.

If you would like further information about hernia repair at the East Preston Clinic

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Or email

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The technology of inguinal hernia repair has never stood still for long. From the initial sutured repairs using silk or silver wire to the mesh revolution in the 1960's there has always been change. Meshes have become lighter and softer and there has been a move away from monofilament fibers to woven fabric. Polyester has been introduced to replace Prolene in many clinics because of its superior incorporation into the tissues of the groin and because of its stability and resistance to shrinkage. Until recently however the mesh has always been secured by permanent sutures. Although permanent sutures have been associated with a low recurrence rate they have also been associated with chronic pain.

A new type of mesh however dispenses with permanent sutures altogether. "Progrid" mesh is a self securing polyester mesh designed specifically for suture less inguinal hernia repair. Current trials indicate that the suture less mesh gives an important reduction in longterm post operative pain. The technique of suture less hernia repair is taught by Mr Chastang in Bordeaux

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