

E-NEWSLETTER



THE DOVE CLINIC FOR INTEGRATED MEDICINE

ISSUE 6

February 2011

Special Offer - The Dove Clinic is currently making a special offer for anyone considering EECP for angina and chronic heart disease. For £99 you will receive a full doctor's assessment / consultation at The Dove Clinic. For anyone taking a course of treatment, this fee will be discounted from the cost. Please refer to the EECP website www.eecp.co.uk

Dispensary at The Old Brewery



Dispensary: A day in the life of a dispenser by Heather Bruske.

I have worked at the Dove Clinic for 10 years this June, coming from a background in retail pharmacy. Having been dispensing medicines in the same pharmacy for over 20 years, I decided it was time for a change and when I saw the advert for the Dove Clinic I thought it would be good for me to expand my knowledge of natural products, vitamins and homeopathic treatments.

A day in the dispensary is never the same two days running. We have a great deal of contact with our patients,

receptionists, secretaries, doctors and nurses. Our main task is to dispense the doctor's prescriptions and talk to the patients, making sure they know how to take their supplements and the process of re-ordering them. On a typical day we would be dispensing the doctor's prescriptions for the patients in the clinic and in between we would be taking telephone requests for repeat supplements for which we would take payment, invoice, label and post out. We also deal with patient's questions about their supplements and liaise with the doctors if necessary.

The dispensary has to be kept clean and tidy and stock rotated and ordered. We try to keep as wide a range of stock as possible.

I enjoy talking to the patients in person and on the telephone and like it when I can put faces to names. I now recognise some patients' voices on the telephone without them

giving me their name !! The positive friendly feeling in the clinic makes it a nice place to work. We have 3 dispensers at the moment working at the clinic. As well as me there is Dawn and Lesley and we have all been here for a good few years, so I feel this is a good sign about the atmosphere in the clinic.

EECP EECP is Enhanced, External Counter Pulsation.

EECP is an out-patient non-invasive, non-surgical treatment for cardiovascular patients with symptoms of ischemia, angina and heart failure. Also, for post stent and coronary artery bypass graft patients and patients who are too high risk or unwilling to have surgical intervention. Studies have also shown a benefit for patients with erectile dysfunction and tinnitus.

"ENHANCED". Refers to the equipment which has evolved over decades

of research and development to become the 'state-of-the-art' treatment which is delivered today at EECP centres.

"EXTERNAL".

Because it happens outside of the body and does not require surgery or other invasive procedures.

"COUNTER PULSATION".

Counter Pulsation occurs between heart beats. Increasing blood flow to the heart muscle. Decreasing the heart's workload creating increased oxygen supply, whilst lowering oxygen demand.

HOW DOES EECP WORK?

EECP is performed on a special treatment bed/compressor.

Patients remove their footwear and change into tight fitting EECP pants. Three ECG electrodes are applied to their chest to give a constant ECG reading to measure the heart's contractions and relaxation. A finger



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sensor called a plethysmograph records a tracing that pre-presents blood pressure. Specially designed cuffs similar to large blood pressure cuffs are wrapped around the patient's calves, lower thighs and upper thighs, including the buttocks.

When the treatment commences, the compressor uses air to inflate/deflate the cuffs sequentially. Calves -> thighs and thighs -> buttocks "milking" the blood from the lower limbs up to the heart. Each wave of pressure is timed to the heartbeat. So there is



Dr Richard Fuller

increased blood flow to the heart's coronary arteries, when the heart is relaxed (encouraging collateral blood vessel growth). When the heart dumps again, the cuffs deflate simultaneously, creating a vacuum, sucking the blood back down the body. Decreasing the workload on the left side of the heart.

Blood tests reveal changes including increased VEGF which stimulates new blood vessel growth. Increased release of nitric oxide and reduced endothelin levels act to widen blood vessels and increase blood supply. Studies after EECP have shown that these changes correspond to a visible increase in blood supply to the heart (myocardial perfusion).

WHERE TO GO FROM HERE

If you wish to have a free assessment for your suitability for EECP then please contact the Dove Clinic for further information.

A full information booklet is available upon request. EECP treatment is available at:

The Dove Clinic for Integrated Medicine
The Old Brewery High Street
Twyford Nr Winchester Hampshire
SO21 1RG
Telephone: 01962 718000
(Note: EECP is not available at Wimpole Street. Consultations only).
The Dove Clinic
19 Wimpole Street

London W1G 8GE
Telephone: 02075808886
www.eecp.co.uk

The Dove on Facebook

These days businesses are faced with a myriad of ways of keeping in contact with customers, business partners, employees and those interested in the company. The challenge for most of us is to decide what our resources are best targeted at in this digital age. Our first step (after the website of course) at the Dove Clinic was to move to an electronic Newsletter which we launched in July last year. As well as the speed and comparative ease of production we were pleased to offer something cost effective which also was environmentally friendly. It is something which our readers can easily pass on to friends whilst keeping a copy for themselves.

We have a few more ideas in the pipeline to increase the way in which our readers, patients and potential patients can interact with the Dove - so watch this space. The latest one which is operational is via our facebook page. This can be found at <http://www.facebook.com/pages/The-Dove-Clinic/155866397792132>

This of course highlights the benefits of electronic Newsletters. If I had to type that link from a magazine I'm sure I wouldn't get it right first time. The facebook page will grow over time and it was here that we first listed news of our 5000th patient (more about that later in this Newsletter). We are hoping that some of you will become followers and "like" this page so we can give the Dove Clinic a wider audience by doing so. Please also feel free to post messages on the wall. If you have any ideas about other ways in which we can improve communication with you please let us know and email:

reception@doveclinic.com.
David Webb

The Dove Welcomes its 5000th patient.

Close on the heels of the landmark 10th birthday, our 5000th patient walked through our door. Daniel Kenny, a Chronic Fatigue Syndrome sufferer was given a free consultation with Dr Richard Fuller to mark the event. When asked how he felt when he received the news of his free consultation, Daniel remarked to the Clinic Manager Clare Robinson, "I was ecstatic. I had been praying to receive



Special Offer - Introduce a friend and get a £50 voucher to use at your next full consultation. More good news, your friend will also get £50 discount from their first consultation. Make sure you both quote "friend offer" and you will receive your voucher once your friend has attended.

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confirmation that this was the right thing to do and the next day I got the call (from the clinic)".

Dr Richard Fuller of the Dove Clinic added, "we were delighted to be able to see Daniel and to have the opportunity to treat him. The clinic has recently reviewed its results for CFS patients using its Vitamin C treatment which has indicated a significant and sustained improvement for a majority of patients. We will shortly be producing a review of these results which will be published on the Dove Clinic website". One comment to our researcher on the effect of the treatment was recorded: "She had Vitamin C last year and in 2008. It has really changed her life, without it she feels she would still be in bed. Staff are brilliant, has nothing but praise for it and is taking exams now in nutritional therapy. Has been inspired by such a positive impact on her life. Only downside is the cost of the treatment. She is 24 and happy to talk to anyone in similar situation who may be considering treatment, especially if they are younger patients like

her".

If you would like to know more about our CFS treatment please

Contact:
reception@doveclinic.com
 or visit:
www.cfsmedicine.co.uk
David Webb

Meeting Customer Needs.

Dr Richard Fuller has availability 5 pm – 7pm on Tuesday 15th February, 1st March and 15th March.

Dr Julian Kenyon on Thursday 10th February, 10th March and 24th March.

Please telephone our Reception Team if you would like to have an evening appointment.

Facebook:
www.facebook.com/pages/The-Dove-Clinic/155866397792132

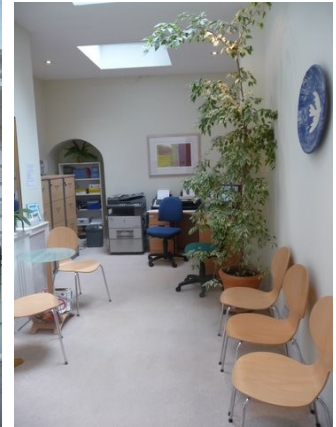
Chronic Fatigue Syndrome:
www.cfsmedicine.co.uk

EECP Treatment:
www.eecp.co.uk

Inside Wimpole: Some of you have asked about our Wimpole Clinic. We have put together a gallery of photos to show the entrance, the reception area, Dr Kenyon's consulting room, and Tanya Kenyon's Live Blood Analysis area.



Outside Wimpole



Reception area



Tanya's Live Blood Analysis Area



Dr Julian Kenyon's Consulting Room