



PROMOTION

All in

Whether it's an allergy, reflux or something more serious, it's worth getting any ear, nose and throat symptoms checked out

the head

Ear nose and throat (ENT) problems can affect people of all ages and backgrounds. These parts of the body are at the upper end of the airway and digestive systems and are prone to viral and other infections, particularly in the colder months. The most common ENT disorders are ear infections, strep throat, sinusitis and sleep apnoea. Others such as reflux may be just as common, undiagnosed and unlinked.

The majority of people will experience one or more of these disorders in their lifetime and by visiting an ENT specialist, they may be able to discuss their symptoms and find a diagnosis.

Range of conditions

Many ENT symptoms are related to undiagnosed dietary and environmental allergies. Conditions such as hayfever and reflux disease, often affect basic senses of vision, smell, hearing, balance and taste, as well as lifestyle elements such as concentration, sleep, swallowing, voice and breathing function. Our quality of life can be impacted in many cases, with symptoms

extending from acute to chronic afflictions, impacting from childhood through to adult and senior years undiagnosed. It is important any conditions are managed appropriately by the necessary specialist. Allergies and reflux can be screened for through non-invasive and simple tests, and an endoscope assessment of the mouth, nose, ears and throat can inform and educate patients, as well as providing reassurance where possible cancer is a worry.

Rule out cancer

ENT symptoms are common and head and neck cancers are thankfully rare.

Although throat pain, voice change, swallowing and breathing difficulties and a chronic cough may all be symptoms of allergy and reflux, they may also be red flags for more life threatening diseases. Persistent neck lumps too should raise concern.

Cancers of the upper aerodigestive tract can be prevented and screened for easily and the procedures are non-invasive. When picked up early they can be managed with minimum impact and have excellent cure rates. This is why patients have the need for regular checks and corrections.

Diagnosis
Complex networks run between the ears, nose and throat. When a patient has sinus pain, earache or a sore throat, specialists know where to search for the problem.



MEET THE EXPERTS



Mr Taran Tatla, MBBS, BSc (Hons), FRCS (ORL-HNS), PhD, is a consultant ENT-Head and Neck Surgeon

based in central London.

He manages both adult and paediatric patients for common ENT disorders, as well as benign and malignant disease including the thyroid and salivary glands. Through scholarship he obtained First Class Honours in Anatomy, before medical graduation from University College London and PhD at Imperial College London. His academic and surgical interests include novel technological methods for disease screening and minimally invasive disease management.



Mr Arvind Singh, MBBS, BSc (Hons), DLORCS-Eng, FRCS (ORL-HNS), is a consultant ENT surgeon providing

a wide scope of services in all aspects of ENT disorders.

He is a UCL Medical School graduate and was awarded a scholarship to undertake a BSc in Anatomy with Neurosciences, gaining a First Class Honours. He is based in northwest and central London with his main interests being in otology, multi-professional voice assessment, nasal blockage and minimally invasive balloon surgery.

FOR MORE INFORMATION

Call **020 8275 0782** or **020 8582 1635**

Visit **1st-ent.com**

Email **contact@1st-ent.com**

Private Consultations at:
 The London Clinic, W1

The London Digestive Centre, W1
 BMI Clementine Churchill and Bishops
 Wood Hospitals, NW London
 Northwick Park Trustplus,
 Harrow, NW London

