# RTH COTSWOLDS Your

November / December 2023

Robotic Hip & Knee Surgery



Shorter hospital stay Faster recovery time See p8-9 for more details

MR NADIM ASLAM BMSc MB FRCS(Eng) FRCS(Tr & Orth) MFSEM(UK)





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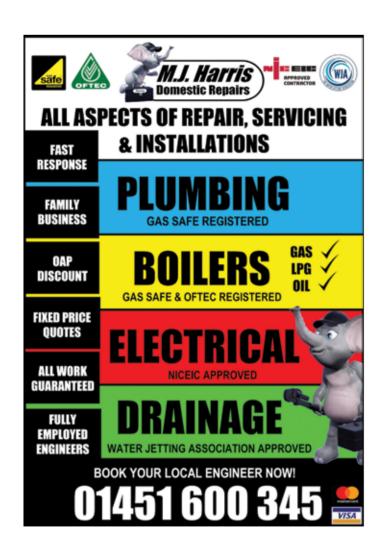
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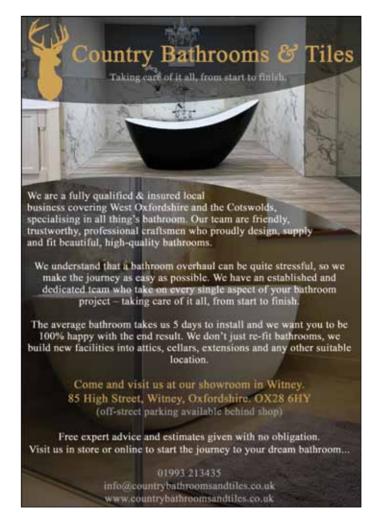
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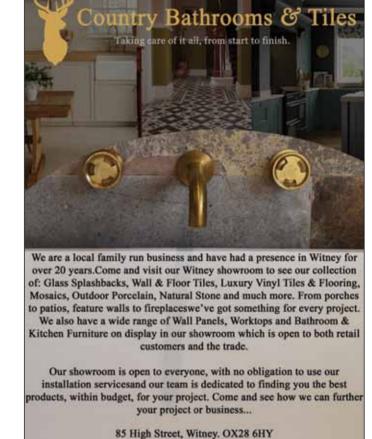








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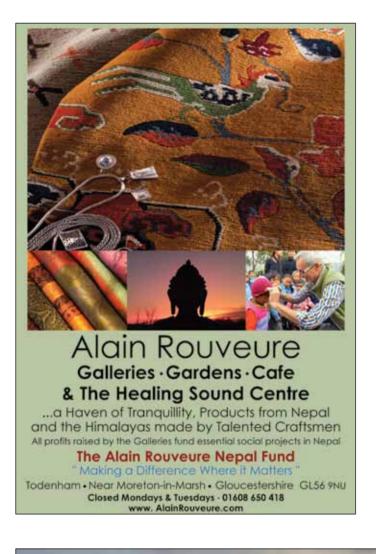
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# Celebrating 100<sup>th</sup> Robotic Joint Surgery

with RoboDoc, Mr Nadim Aslam

Consultant Orthopaedic Robotic Hip & Knee SMART Surgeon Mr Nadim Aslam, has recently performed a personal milestone of his 100th Mako robotic-assisted joint replacement after carrying out a total knee replacement operation on Mrs Hilary Fowler.

Mrs Fowler was confident in selecting RoboDoc, Mr Nadim Aslam for her procedure, saying: "I had previously undergone a successful operation by Mr Aslam many years ago, so I had no hesitation in entrusting him with my robotic knee replacement. Several of my friends have been his patients before, making it an obvious choice. He is truly a remarkable man! Being his 100th robotic patient was an exciting experience."

A 3D CT scan was performed, creating an exact virtual model of Hilary's unique anatomy, enabling us to plan and tailor the surgical procedure to achieve an accurate and perfect fit for the joint replacement.

This incredibly high level of detail improves the fitting of hip and total knee implants which therefore leads to better joint functionality and reduced post-operative pain. Compared to traditional surgery, robot-assisted surgery has been proven to significantly reduce pain after surgery, allow a faster recovery in early knee movement, and perform joint replacement surgery with more accuracy.



RoboDoc, Mr Nadim Aslam, who has pioneered the introduction of the Mako system at Spire South Bank Hospital said: "This has been an incredible journey, from our very first procedure in January to now, marking my 100th procedure in just seven months. The feedback from patients has been nothing short of astounding, Patients have reported exceptional outcomes, remarkably faster return to work or being able to do the things they love and unmatched levels of satisfaction."

The expertise of Mr Nadim Aslam, combined with the advancements offered by the robotic assisted arm, have significantly had positive outcomes.

Mr Aslam has now carried out over 150 roboticarm assisted joint replacement surgeries and is in the top 10 Robotic Surgeon users in the Country.

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www.doctify.com/uk/specialist/mrnadim-aslam

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## What is Separation Anxiety (SA) in Dogs

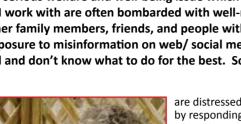
Separation Anxiety in dogs is a serious welfare and well-being issue which affects the whole family. The people I work with are often bombarded with well-meaning but conflicting advice from other family members, friends, and people within their local community, as well as exposure to misinformation on web/social media sites. They tell me they are confused and don't know what to do for the best. So, let's bust some myths!

#### Myth #1 - Your dog's separation anxiety will get better on

Separation Anxiety is a phobia/ anxiety state, similar to human phobia/ anxiety. Your dog panics when left alone at home. This may be instantly the door closes, or it may be that your dog takes a while to begin to show distress. There is no difference between the 0-60 dog or the 'slow burn' dog. To have any chance of recovery. professional help and support is needed, just as a human with phobia/anxiety requires professional help.



If you are told that: by allowing them to follow you around the house; by letting them sleep in your bedroom and/ or on the bed; by mollycoddling them by giving comfort when they



are distressed: and/or by responding to them when they are communicating a need, you have caused your dog's distress at being home alone. then thank them kindly and forget this advice instantly!

Separation anxiety is not caused by being loved too much. Dogs are social animals and actively seek interactions with their families. By providing for this you are meeting their needs, and you are not creating an anxious dog.

However, dogs do need to learn to be alone. This is best done as part of 'life skills training' when they are puppies, but a dog is never too old to learn new tricks.

To be continued.....



I am qualified as a Certified Separation Anxiety Trainer (CSAT). I trained as a CSAT under the tuition of Malena De Martini, the acknowledged world-leading trainer for SA with over 20 years of experience, research, and development of the CSAT training protocol. I am one of only 10 CSATs in the UK. I am also accredited with the IMDT, the leading dog training and behaviour organisation in the UK.

I offer a 30-minute consultation phone call or Zoom chat free of charge to talk about your dog and their separation-related behaviour. If you are concerned that your dog may have SA, or you have been trying to help your dog but have only got so far, please get in touch.

You can arrange your consultation by visiting www.sa-mentor.com/contact or by calling me on 07766 756 095. You need not worry about your dog anymore - call me now: I can





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ww.rb2gym.com Email: enquiries@rb2gym.com Tel: 01451 822541

9.30-10.15am

A talk by Richard Martin who is an expert on the subject

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## **District Commissioner Vacancy North Cotswold Scouts**

We are seeking a new District Commissioner or District Commissioner Team to support the volunteer adults to deliver Skills for Life to our young people, aged 4-18. This is a managemement role and is ideal for any persons who can provide leadership and guidance to our adults.

You don't need any prior or Scouting experience to apply for this role as we'll make sure you're fully trained and supported.

For an initial and informal discussion please contact:

#### Ricky Campbell

Email: richard.campbell600@ntlworld.com or call on 01451 810977

#### Liz Hodge

Email: liz.hodge@btinternet.com or call on 07748 683835



7 Clive Parade, Cricklade Road, Swindon SN2 1AJ 01793 701313 56 George Lane, Marlborough SN8 4BY scouts.org.uk/join 6 Devizes Road, Wroughton SN4 0RZ Lansdowne, Bourton on the Water GL54 2AR **#SkillsForLife** 



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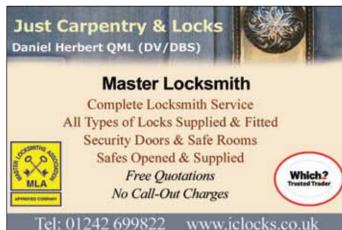






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