



New London Based Recurrent and Chronic UTI Clinic

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Earlier this year Mr Ased Ali and Dr Anderson joined forces to open a new clinic in central London to serve the growing number of patients seeking their help from the south of England.

We have had the chance to chat to them to find out more.

Q: Thank you for talking with us today. I am sure our readers would like to hear more about your new joint clinic in London.

Can you tell us what prompted you both to join forces in offering a dedicated clinic for patients in London?

A: Thank you for inviting us to talk with you, we are very pleased to be given this opportunity to explain more about our London based clinic. Upon meeting at a BHUK conference in Leeds 2017 we recognised our shared interest in this poorly recognised and resourced disease area, following this we stayed in regular contact, sharing information and exploring how better we might serve our patients.

Q. Please tell us more about how your joint approach might benefit the type of patients who seek support through BHUK

A: Well we both have a keen interest in the science underpinning recurrent and chronic UTI and together we have a wealth of scientific experience relating to this field. Including scientific research in recurrent



UTI and infection, urology, medical microbiology, women's health and menopause care, men's health, pharmacology and how this disease influences other medical conditions. We draw on our broad range skills to address each patient as an individual, patients are complex, their problems are often multi-faceted so we aim provide a more holistic and personalised approach.

Q: What influenced you in deciding to specialise in this area?

A: Although we differ in our training and post graduate qualifications we both recognised a huge cohort of patients were suffering with very little appropriate help available. It is true to say we share a strong vocational drive to offer improved diagnostic and therapeutic options in this poorly understood condition. Together with our regional clinics focus medical clinic in the North West/ Midlands and Yorkshire Urology in the North East we hope to provide greater patient access to expert testing and treatment throughout the UK.

Q: What services do you offer patients?

A: Following an initial 45-minute consultation where a thorough medical history is taken and examination carried out, the patients are offered further investigations appropriate to their needs. These may include microbiological tests including detailed cultures and/or molecular analysis of urine and swab samples. Further urological investigations, blood and occasionally stool tests are offered should the patient require them.

Following investigations patients are offered follow-up appointments either in person, via phone or video call/ Skype.



A personalised treatment plan is formulated, and the patient monitored as they progress on their treatment journey.

A: That's a tricky one to answer because no one likes to blow their own trumpet, but to echo comments we have received from patients- they say the holistic approach that we offer appeals.

The fact that we offer a range of investigations tailored to suit the patients requirements, and that we address other issues e.g. incontinence, vaginal issues, menopause problems and gut issues. This combined with our offering traditional antibiotic treatments alongside, Uromune^R (the recurrent UTI vaccine aimed at the commonest bacteria found in recurrent UTI patients. Although still in phase III clinical trials and only available on a named patient basis we are prescribing this to our patients when appropriate). We also offer naturopathic, lifestyle treatment and if needed treatment for the anxiety and stress that so often accompanies this illness. This brings us on to mention that we are discussing plans to widen our team to include a qualified naturopath and psychological support and counselling.

Q: Could you give us an idea of your success rate?

A: Again, tricky to answer without first raising the question of 'what do you rate as success?'

Well if success is measured by 'taking a patient who has exhausted all available options that the NHS and other private clinics have offered to date. Restoring their quality of life to a point where by their symptoms are vastly improved or wholly resolved' then we have figures just over 70%. It has to be borne in mind that the majority of patients present to us with chronic symptoms that significantly disrupt their quality of life, eradication of all symptoms is possible in many but it is not achievable in all. Also, many need to adhere to a prophylactic treatment management regime long term (either low dose antibiotic or naturopathic + care around lifestyle) to maintain their improved health.



Q: Where is the new clinic?

A: It is located in central London a few steps away from Holborn tube station in a newly refurbished, well resourced private clinic, which also houses a private GP practice and dermatology clinic. We currently run clinics one day per month and will look to expand if there is further patient demand.