



### ABOUT US

We provide safe & effective medical aesthetic treatments to men & women of all ages, to subtly slow the ageing process & enhance natural beauty.

With many of us working longer, juggling both work & family commitments, it is increasingly important to look after ourselves. It's

not about turning back the clock, but when combined with a healthy lifestyle, appropriate aesthetic treatments can restore your confidence & feeling of wellbeing.

Caroline Hill Aesthetic Skin Clinic offers a discreet professional service, specialising in non-surgical aesthetic treatments.

We deliver long-term relationships, from early intervention of the ageing process, we use our skill & experience to build bespoke treatment plans which we adapt as you age. Trust is at the heart of what we do.

### CAROLINE HILL, NURSE PRESCRIBER

Our clinic director Caroline has been a Registered General Nurse since 1988 & has been practicing at the forefront of the aesthetics industry since 2004. Caroline is a Nurse Prescriber, has studied Dermatology at postgraduate level, has a Postgraduate Certificate in Non-Surgical Aesthetic Medicine, & an Advanced BTEC in Laser Skin Health. Caroline has a foundation certificate from the British Menopause Society & advises on menopausal transition. Caroline periodically attends professional development courses to advance her skills & stay abreast of emerging treatments & techniques. Caroline's unique knowledge is her understanding of ideal facial proportions.

Caroline has worked & trained with renowned dermatologists, cosmetic surgeons & dentists from across the world. Caroline's longstanding experience in aesthetics enables her to offer complimentary services, as well signposting to other medical professionals.

### OUR CONSULTATIONS

Our consultations are unique, our ethos is to assess your concerns & inform you of suitable treatment options in a relaxed, unrushed environment, giving you confidence that you have made the right choice. Caroline will perform a full face & skin assessment, taking into account age, budget & expectations, ensuring your treatment plan is bespoke & appropriate. Our consultations are by appointment only; they are free of charge & without any obligation.

### YOUR PRIVACY

At Caroline Hill Aesthetic Skin Clinic, we acknowledge that your privacy is paramount when considering treatment. Our clinic is designed to protect your anonymity, & you are always seated in privacy. Clients are put at ease by our friendly & professional support team, Keren & Barbra.

### OUR TREATMENTS

We offer a wide range of specialist, non-surgical medical treatments to address a range of skin concerns. We only offer treatments that will protect, maintain & restore your skin health. All of our treatments are proven to be safe & effective by robust clinical trials.

Our ethos is to achieve subtle definition, enhancing features &/or replacing volume loss, by an expert understanding of the anatomy & the physiology of muscle groups. We provide treatments to improve the aesthetic proportions of your face as you age.

All our products & treatments are selected to improve your skin quality, tightening, brightening & rejuvenating to realise a refreshed & natural radiance.

Our treatments include;

- Wrinkle Smoothing Injections
- Dermal Fillers
- Injectable Skin Boosters
- Microneedling (for skin rejuvenation)
- Microsclerotherapy (for leg thread veins)
- Milia Extraction
- Prescriptive Skin Care
- The Perfect Peel
- Fire & Ice Resurfacing Peel
- Platelet Rich Plasma (PRP)
- Viora Reaction Radio Frequency Skin Tightening

We also offer a range of complimentary products for purchase; Revitalash, Heliocare, IS Clinical, Obagi, ZO & Tebiskin.

Gift vouchers available.

### FIND US

Our purpose designed clinic can be found at the leafy end of Ecclesall Road South. Allocated parking is provided.

119 Ecclesall Road South,  
Sheffield,  
South Yorkshire,  
S11 9PJ

## Newsletter June 2020

Regulated by



Dear All,

We sincerely hope you are all keeping safe & well. We have missed you! You will be pleased to hear all the team here are well. Our lovely administrator Keren will be shielding for a little while longer – but will be back with us later in the year.

Caroline, Bev & Barbara are looking forward to reopening the doors & welcoming you back all being well on July 4<sup>th</sup> if you would like an appointment please call: 0114 2351193.

We would like to reassure you that the Clinic & Team are ready to greet you with your safety & wellbeing at the heart of what we do. We will be operating in line with the latest guidance relevant to our sector issued by Public Health England.

### CQC Registration

We have been busy since we temporarily closed our doors in March. We are proud to announce that we are now registered and regulated by the Care Quality Commission (CQC), this means we have demonstrated that the services we provide meet the same standards of quality & safety that GP practices & hospitals are measured by. We are excited to announce that we have introduced some new treatments & services to our portfolio.

### Introducing - The Sheffield Menopause Clinic



The Sheffield Menopause Clinic is based at the Caroline Hill Clinic.

This is a private nurse led service for the management & treatment of menopausal symptoms.

It is offered on a self-pay basis for women who wish to receive information, advice & treatment of menopausal symptoms as an alternative to the NHS provision. We are dedicated to ensuring women receive up to date, accurate & unbiased evidence-based care. We recognise that unfortunately many women receive conflicting & inaccurate information - especially in the media.

Caroline our Nurse Prescriber heads up this service, she has a special interest in menopause care, having recognised that many women are unable to access the information & treatment they require. Caroline has worked in many areas of women's health during her 30year nursing career, including gynaecology, midwifery & sexual health. She has spent the last few years completing her studies in the preparation of launching the Sheffield Menopause Clinic. Caroline holds a Menopause Special Skills certificate & attends regular meeting, workshops & annual conferences with the British Menopause Society to keep abreast of new developments.

The Sheffield Menopause Clinic is available to any woman who is suffering from possible menopausal symptoms. It is suitable for women even if they are still having periods. We can diagnose & manage early menopause & help women in the transition phase (perimenopause). Women who have gone through the menopause (postmenopausal) can also access this service to manage symptoms or optimise their health.

The menopause is a natural transition for a woman as she ages. However, as we are now living longer the effects of oestrogen depletion on the body can be profound & lead to significant health issues, such as heart disease & osteoporosis. Symptoms such as hot flushes, anxiety, panic attacks, insomnia, urinary incontinence & vaginal dryness can be debilitating. NICE Guidelines (2015) state that HRT should be offered to menopausal women where **appropriate** to manage the health concerns & symptoms caused by oestrogen depletion, because the benefits outweigh the risks in most cases.

Our aim at The Sheffield Menopause Clinic is to provide you with all the latest information so that you can make an informed decision about your treatment to optimise your health & wellbeing through the menopause & beyond.

We offer a one-hour consultation (£125), including health assessment & bespoke treatment planning based on your individual risk factors & symptoms. We will discuss all your treatment options including HRT & body identical HRT, non-HRT alternatives, vaginal oestrogens & DHEA, testosterone & evidence based complimentary therapies including cognitive behavioural therapy (CBT). We can prescribe HRT for you, or we can write to your GP with the outcome of your assessment & treatment choice. We want to dispel the myths around menopause & HRT, so that you can make an informed decision about your health.

For more information & prices go to: [www.carolinehill.co.uk](http://www.carolinehill.co.uk) or call 0114 2351193 to book an appointment.

## Treatment for Chronic Migraine

The Migraine Service is open to patients who have been diagnosed by their GP as suffering from chronic migraine, or those who suffer and want to find out more.

We offer a nurse led consultation service, set up with the purpose of sharing up to date evidence-based information regarding treatments and lifestyle modifications that may help patients suffering from chronic migraine. We offer a private self-pay service for patients who opt to have Botox® treatment to manage their migraine.

Patients may opt to have their treatment privately for two reasons. Firstly, if they find there is a delay for referral to the NHS for Botox® treatment. Secondly, they do not wish to take the oral medications. Referral to the NHS for Botox® to treat chronic migraine is usually offered after the patient has tried and failed on three different types of oral medication. This process can take up to two years.

If you decide to proceed with treatment will be provided with a headache diary to record the number, frequency and severity of your migraines and headaches. We will require a referral letter from your GP confirming a differential diagnosis of chronic migraine.

Once we have received the referral letter, we can book you in for your first treatment.

For more information & prices go to: [www.carolinehill.co.uk](http://www.carolinehill.co.uk) or call 0114 2351193 to book an appointment.

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## Introducing - Mr Dominic Dodd BSc, MBChB, MD, FRCS



We are proud to introduce Mr Dominic Dodd our Clinic Medical Director, who oversees and advises on the clinical governance processes & safe practice standards at the clinic.

Mr Dodd is a Consultant Vascular Surgeon. As an NHS Consultant he treated vascular diseases including carotid & peripheral arterial disease & abdominal aortic aneurysm. He is a vascular specialist, with over 20 years of experience in all aspects of varicose vein treatment. Mr Dodd has a special interest in the minimally invasive treatment of varicose veins. He offers all treatment options including laser ablation (EVLA), Venaseal, foam sclerotherapy & as well as surgical options. He first introduced EVLA to Sheffield in 2004 & has trained surgeons from all over the UK & Europe in EVLA. We offer a referral service to Mr Dodd if your

treatment falls outside our scope of practice. We look forward to working with Mr Dodd at the Clinic in the future. We will keep you posted.

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## Introducing – Bev Ashton Administration Supervisor

Some of you may have already met Bev (pre lockdown), she joined our team in October 2019. Bev brings with her 21 years of secretarial experience in general practice working alongside the senior management team at the practice. She heads up our clinic administrative team, overseeing the smooth running of the service processes & operating functions. You will usually see Bev in clinic on Saturday's.

We really do have the happiest & loveliest administrative team of three. Watch this space! There will be another smiling face joining our team – we have just recruited a new addition to our growing admin team.

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## We are expanding

Our team is expanding & so are we. Over the next 6-18 months we will be taking on additional treatment rooms at 119!

## New Branding & New Websites

Whilst we have been away our business branding has undergone a little beautification. Here is the finished version, what do you think? Over the next 8 weeks we be launching our very long-awaited aesthetic website with new branding at: [www.caroline.hill.co.uk](http://www.caroline.hill.co.uk).

CAROLINE HILL  
AESTHETIC SKIN CLINIC

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The Menopause Clinic will shortly have its own website too: [www.thesheffieldmenopauseclinic.co.uk](http://www.thesheffieldmenopauseclinic.co.uk)

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## Find Us

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