



Healthcare

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Patient case study: Spotlight on oesophageal dilation and a testament to specialised care



[Sarmed S. Sami, MBChB, MRCP, PGCMC, PhD](#), a leading gastroenterologist at Mayo Clinic Healthcare, recently managed a challenging case that highlights the importance of specialised care. The patient, a woman with a severe narrowing of the gullet, was dependent on a feeding tube and unable to eat solid foods — a devastating long-term prognosis.

Under Dr Sami's expert care, the patient underwent a series of oesophageal dilation procedures, a process for which Dr Sami himself has written the national guidelines. The case was particularly complex, with two distinct areas of narrowing that were unusually long, making successful treatment difficult.

Despite these challenges, Dr Sami's skillful management led to remarkable results. After just two procedures, the patient began eating and drinking again. Within two months, she had her feeding tube removed and was able to enjoy meals with her family again.

This case not only highlights the value of specialised care but also demonstrates Dr Sami's expertise in handling even the most complex conditions, significantly improving the quality of life for his patients.

Autumn Cardiology networking event — An evening of knowledge sharing

Join us at Mayo Clinic Healthcare on Wednesday, 16th October 2024, for an exclusive autumn networking event tailored for healthcare professionals.

Explore our clinic, connect with peers, and gain insights from our consultant cardiologist, [Dr Gosia Wamil](#), who will discuss women's health and maintaining heart health during menopause.

This event will also feature a Q&A session, offering you the opportunity to engage directly with our specialists.

[Secure your spot now.](#)



Mayo Clinic Healthcare staff stories: Meet Joy Osarieman, lead endoscopy nurse at Mayo Clinic Healthcare

Joy Osarieman is the lead endoscopy nurse at Mayo Clinic Healthcare, where she oversees the endoscopy unit and its staff. Her role includes managing daily operations, ensuring policies are up to date, carrying out audits, and developing and improving the endoscopy service to meet national standards. Joy is deeply committed to the principle that the needs of the patient come first, a big aspect of Mayo Clinic Healthcare's core values. Joy emphasises that nursing goes beyond clinical tasks, focusing on holistic care that addresses both the physical and emotional needs of patients.

Joy ensures that patients feel heard and supported, particularly during procedures, when anxiety and fear of the unknown are common. By taking the time to communicate effectively and provide reassurance, she strives to make sure that patients leave with a positive experience, not just a completed procedure.

The supportive environment at Mayo Clinic Healthcare, where teamwork is central, enhances Joy's ability to deliver compassionate care. She describes her colleagues as members of a close-knit family, collaborating to overcome challenges and make each day successful. For Joy, the most rewarding part of her role is the opportunity to spend time with patients, educate them and make a meaningful difference in their lives.

Outside of work, Joy loves to relax by watching movies, playing the guitar and reading books. She's particularly fond of Nigerian food, with its complex, spicy flavours, and counts "Purple Hibiscus" by Chimamanda Ngozi Adichie as one of her favourite reads.

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Mayo Clinic Healthcare, based at 15 Portland Place in London, provides consultant appointments including Gastroenterology, Cardiology and direct access imaging. With advanced diagnostic services and state-of-the-art healthcare technology on-site, Mayo Clinic Healthcare in London acts as the UK's front door to the unparalleled expertise of 5,542 world-leading specialists.

We accept physician referrals for specialist services, diagnostic imaging including MRI and CT, and procedures in our endoscopy suite.

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