

GUT FEELING

We talk to gastroenterologist Dr Derek Chan about his specialist area of expertise



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What do you do?

I see and treat patients with a wide variety of gastrointestinal issues; from acid reflux, change in bowel habit and abdominal pain to liver and pancreatic issues. My specialist interest is in inflammatory bowel diseases and nutrition. During my specialist training I spent a period of time in research, looking at the effect of diet and gut bacteria in Crohn's disease (a type of bowel inflammation). Diet and the effect on the gut bacteria and health is now an exploding field in research, with some highly fascinating results.

How did you get into your chosen career and why?

My interest in medicine stemmed from a very young age. My mother is a retired nurse. I remember when I was little she would tell me all about her day at work, which I found so interesting. She would also sometimes take me to the hospital to have a look around and my ambition to become a doctor grew from there.

My first job as a junior doctor was on a gastroenterology team at Epsom General

Hospital. The consultant in charge was well respected and so inspiring that I became drawn to this field.

What do you enjoy most about what you do?

I love that my job is so varied. I enjoy talking to my patients and also the practical skills I use in endoscopy. I can be sitting in a clinic one morning and doing an emergency endoscopy a few hours later. I love that gastroenterology is a highly dynamic field with new advances and research developments coming about almost every week.

Is there a secret to your success?

I continue to enjoy and be interested in my work, and think this is key to succeeding, whatever you do. Hard work and support is important and I have my wonderful parents who have always supported me in my journey to be a doctor and gastroenterologist. I also have a good work-life balance. Outside of work I love spending time with my fantastic wife, Jennifer and our two young boys, Nathan and Reuben.

What do your clients value most about your services? I like to treat my patients holistically. One problem can manifest itself in so many different ways in different people, so that the treatment of one illness can vary dependent on the individual I am treating. I also believe that a lot of gastrointestinal issues can be improved by diet and I work closely with a great group of specialist dietitians.

Derek Chan (BSc MBBS MRCP MRCP(Gastro)) is a consultant gastroenterologist, nutrition lead and training lead at St Helier Hospital. He also consults privately at Spire St Anthony's Hospital and Ashtead Hospital

“From my first appointment to my last, Dr Chan was fantastic. With his vast subject knowledge complimented with excellent communication skills I couldn't have asked for better care during my visits at Ashtead Hospital. Dr Chan was punctual and professional throughout my time under his supervision. I would totally recommend his service to all who visit Ashtead Hospital.”

23rd April 2019

Written by a patient at Ashtead Hospital

Dr Chan consults at the following hospitals:

Spire St. Anthony's Hospital
801 London Road, Cheam, SM3 9DW
020 3131 5083
www.spirehealthcare.com/spire-st-anthonys-hospital

Ashtead Hospital
The Warren, Ashtead, KT21 2SB
01372 221 400
www.ashteadhospital.co.uk

St Helier Hospital
Wrythe Lane, Carshalton, SM5 1AA
020 8296 2000
www.epsom-sthelier.nhs.uk

You can read reviews by Dr Chan's patients at www.iwantgreatcare.org/doctors/dr-derek-chan-1