

◁ thing.' She enjoys drama, both performing and watching.
The Priory Hospital Roehampton, Priory Lane, SW15 (020 8392 4207).

DR WILLIAM SHANAHAN

Executive medical director of the Capho Nightingale Hospital, Shanahan treats patients with addictions to drugs and alcohol, as well as offering general psychiatry. He advises on whether recovery from addiction can be achieved as an outpatient or whether a hospital stay is required, and sometimes involves spouses and family in his approach, looking at the impact of the addiction upon them. 'I offer people a safe environment in which they can get better, and the promise of recovery without any pain or fuss.'
Capho Nightingale Hospital, 11-19 Lisson Grove, NW1 (020 7535 7901).

DR JEAN SPEIRS

Speirs is a specialist in perinatal disorders: 'Everything to do with pregnancy and its aftermath, including postnatal depression, antenatal depression and women who might have a bipolar illness, be on lots of medication and want to have a baby.' Medication is carefully considered for compatibility with pregnancy or breastfeeding, while other treatments include cognitive behavioural therapy. To wind down, the country-dwelling consultant goes on long walks with her dogs.
The Priory Hospital Roehampton, Priory Lane, SW15 (020 8392 4213).

RESPIRATORY MEDICINE

DR MICHAEL BECKLES

Patients who are breathless or have a persistent cough seek out respiratory and acute-medicine



physician Beckles, who is lung cancer lead at the Royal Free. He uses bronchoscopy to look inside the lungs to diagnose cancer, sarcoidosis and the effects of historic asbestos exposure. He does the basics well, say our sources, and he and his 'outstanding' team have been praised in *Hansard* by a grateful patient in the House of Lords. He also enjoys salsa dancing: 'I'm not good enough for *Strictly*, but if I had a couple of months' practice...'
The Physicians' Clinic, 13-14 Devonshire Street, W1 (020 7034 8164).

DR SHAHID HAMID

A general and respiratory physician, Hamid treats people with asthma, chronic cough, cancer and smoking-related diseases, as well as acute general and complex medical problems. 'I am often the first port of call for someone who is feeling unwell, breathless or losing weight, or whose GP is struggling to give them a diagnosis,' he says. He has three children and likes watching sport to relax.
BMI The Sloane Hospital, 125 Albemarle Road, Beckenham, Kent (020 8466 4050).

DR PALLAV SHAH

Leading the lung-cancer service for the Royal Brompton Hospital and the Chelsea and Westminster, Shah is known for novel procedures such as bronchial thermoplasty to treat asthma and bronchoscopic lung-volume reduction for emphysema. Lung-cancer treatments range from cutting-edge cryotherapy to state-of-the-art Cyberknife solutions. An adviser to the National

Institute for Health and Clinical Excellence, the keen deep-sea diver says his personal motto is 'strive for excellence'.
Bupa Cromwell Hospital, 162-174 Cromwell Road, SW5 (020 7351 8021).

DR ROBERT WILSON

A world authority on lung infections and their causes – especially bronchiectasis – Wilson 'enjoys improving the quality of life of patients'. Director of respiratory medicine and the lung division at the Royal Brompton & Harefield Hospitals, and chairman of Asthma UK, he also examines general respiratory complaints and describes himself as 'very friendly and obsessive about detail'. When not working, he walks the family's black lab Roxie and paints.
The London Clinic, 20 Devonshire Place, W1 (07879 644014).

RHEUMATOLOGY

DR STEPHANIE KAYE-BARRETT

Kaye-Barrett treats rheumatology problems of all kinds: carpal-tunnel syndrome, frozen shoulder, tennis elbow... 'I like building relationships with other health professionals, such as physiotherapists and osteopaths,' she says. She prefers pain-free injections for joints and soft tissues, including regular jabs for osteoporosis as an alternative to poorly tolerated oral medications. Compassionate and experienced, she 'goes the extra mile' to help, say patients.
The Physicians' Clinic, 13-14 Devonshire Street, W1 (020 7730 8508).

DR CHARLES MACKWORTH-YOUNG

Medical director of King Edward VII's Hospital Sister Agnes, what