URL: <http://www.bowen.co.nz/index.php>

Bowen Hospital has a proud tradition of patient care, supported by the very latest technology, equipment and facilities. The treatment and care you receive will be of the highest standard and our staff will do their best to help you return to good health as quickly and as comfortably as possible. Experienced, professional management ensures that our high standards are maintained with due regard to efficiency and cost. The present site, with its tranquil surroundings and easy access from all directions, was selected for the establishment of a modern, architecturally designed surgical hospital.

**Services**

* [ENT](http://www.bowen.co.nz/sevices_ent.php)
* [Gastroenterology](http://www.bowen.co.nz/sevices_gastro.php)
* [General Surgery](http://www.bowen.co.nz/sevices_general.php)
* [Gynaecology](http://www.bowen.co.nz/sevices_gynaecology.php)
* [Ophthalmology](http://www.bowen.co.nz/sevices_ophthalmology.php)
* [Orthopaedics](http://www.bowen.co.nz/sevices_orthopaedics.php)
* [Plastic and Reconstructive Surgery](http://www.bowen.co.nz/sevices_recon.php)
* [Orthopaedics](http://www.bowen.co.nz/sevices_orthopaedics.php)
* [Radiology](http://www.bowen.co.nz/sevices_radiology.php)
* [Respiratory Medicine](http://www.bowen.co.nz/sevices_rsepiratory.php)
* [Vascular Surgery](http://www.bowen.co.nz/sevices_vascular.php)

**Doctor’s credentials**

**Doctor in plastic surgery**

Mr James R (Jim) Armstrong MBChB, FRCS, FRCS(Plast), MD, BMSc

Mr Armstrong is a Plastic and Reconstructive Surgeon registered in New Zealand and in the UK. He completed his undergraduate years at Dundee University, qualifying in 1984, MBChB and BMedSci. Postgraduate surgical training was completed in Manchester, FRCS 1988 and he gained a Doctorate from Manchester University in 1996. He completed his FRCS(Plast) in 1997 with plastic surgery training throughout the UK and Wellington NZ.Professional interests include hand surgery, breast reconstruction and burn surgery. Mr Armstrong also offers all aspects of general plastic surgery (skin cancers, scar revisions, microsurgical procedures, soft tissue tumours) and aesthetic surgery.

Cosmetic surgery interests cover abdominoplasty, breast reduction, rhinoplasty, body contouring and body lifting (including surgery after massive weight loss).

**Doctor’s in anesthesia**



Dr Kirsten Cunningham

Anaesthetist.

Consults at:   
Capital Anaesthesia & Associates Ltd   
100 Churchill Drive   
Crofton Downs   
Wellington 6035

Consults at Bowen   
Operates at Wakefield

Contact Details: Phone: (04) 479 6026

### Dr Nanda G Bellum FFARCS FANZCA

Specialty:   
Anaesthesia, Pain Management.

Specialising in:   
Anaesthesia - general and local.   
Interventional chronic pain management   
Lower back pain   
CRPS   
Neuropathic pain.

Procedures include:   
Epidural injection   
Facet joints   
Sympathetic blocks   
Coeliac plexus blocks   
Peripheral nerve blocks.

Operates at Bowen

Contact Details: Phone: ()   
Fax: ()   
    Email: [bellumwar@xtra.co.nz](mailto:bellumwar@xtra.co.nz)

**Doctor’s in gastroenterology**

### Dr Sam Islam MBBS, PhD, FRACP

Dr Sam Islam is a Consultant Gastroenterologist with the Wellington Public Hospital and jointly Senior Lecturer with the Otago University Wellington Medical School.

He passed the Australian Medical Council qualification exam and completed the FRACP from Sydney.

Prior to that he was trained in hepato-gastroenterology in Paris where he completed his PhD.

Dr Islam has published more than 25 peer-reviewed papers.

His expertise include upper and lower interventional endoscopy, chronic liver disease, inflammatory bowel disease and IBS.

  Operates at Bowen

Contact Details: Phone: (04) 385 5999  
Fax: (04) 385 5523  
    Email: [sam.islam@ccdhb.org.nz](mailto:sam.islam@ccdhb.org.nz)

### Dr John Wyeth MB ChB, MD, FRACP, FRCP(London)

Dr Wyeth is a Gastroenterologist, having trained in Wellington and at the Royal Free Hospital, London.

Special interest in:   
Endoscopy (gastroscopy and colonoscopy)   
Manometry   
Oesophageal pH studies.

Clinical interest in:   
Dyspepsia   
Irritable Bowel Syndrome   
Inflammatory bowel disease   
Nutrition.

Dr Wyeth has an ongoing involvement with clinical trials of new therapies.

Consults and Operates at Bowen   
Operates at Wakefield

Contact Details: Phone: (04) 479 8261  
Fax: (04) 479 9084  
    Email: [john.wyeth@ccdhb.org.nz](mailto:john.wyeth@ccdhb.org.nz)

**Doctors in orthopedic**

### Mr Anthony A.R. (Tony) Griffin MB ChB FRCS(Eng) FRACS

Mr Griffin is a specialist orthopaedic surgeon, consulting privately at Bowen Medical Chambers.

He has a special interest in the surgical management of hip and knee arthritis by total joint replacement, and his practice covers the broad spectrum of elective orthopaedic surgery, including surgery of hand and upper limb disorders, knee injuries and foot disorders.

Mr Griffin has a long association with Bowen Hospital, and is medical trustee on the Bowen Trust. He also holds a long standing position as part-time visiting orthopaedic surgeon at Wellington Hospital, and is currently Head of Department, Wellington Hospital Orthopaedic Service.

Consults and Operates at Bowen

Contact Details: Phone: (04) 479 1375  
Fax: (04) 479 2217  
    Email: [medcham2@bowen.co.nz](mailto:medcham2@bowen.co.nz)

### Mr Russell Tregonning MB ChB FRACS FNZOA

Specialty:   
Orthopaedic Surgery.

Trained:   
Auckland, London and Toronto.

Specialising in:   
All aspects of knee surgery   
Subspecialty interests in arthroscopic knee surgery, including arthroscopic ligament reconstruction   
Additional subspecialty interest in knee joint replacement, particulary unicompartmental arthroplasty.

Mr Tregonning is a Past President of NZ Orthopaedic Association and Past President of NZ Knee and Sports Surgery Society.

 Consults and Operates at Bowen

Contact Details: Phone: (04) 479 1551  
Fax: (04) 479 2540  
    Email: [medchamber@xtra.co.nz](mailto:medchamber@xtra.co.nz)

**Doctor in vascular**

### Mr Dilip Naik MBChB., FRACS, DDU(Vascular)

Dilip Naik is a Vascular and Endovascular Surgeon who is currently the Clinical Leader of Vascular Surgery at Wellington Hospital. He is a graduate of Otago University and did his postgraduate training in general surgery predominantly in Wellington and his advanced training in Vascular Surgery at the Royal Melbourne and Royal Brisbane Hospitals in Australia.

He has extensive experience in Vascular Surgery and has worked at Wakefield since 1994. He is an affiliated provider for Vascular Surgery with Southern Cross Healthcare and is experienced in the management of venous disorders, carotid, aortic and peripheral vascular disease.

Mr Naik is presently developing experience in Endovascular Surgery and Endovenous procedures such as ultrasound guided sclerotherapy and endovenous laser treatment.

 Consults and Operates at Wakefield   
Consults and Operates at Bowen

Contact Details: Phone: (04) 381 8120  
Fax: (04) 381 8121  
    Email: [specialists@wakefield.co.nz](mailto:specialists@wakefield.co.nz)

### Doctors in ENT Mr Peter Blake MA (Oxon) MB BS (Lond) FRACS

Speciality:   
Otolaryngology (ENT) Head and Neck Surgery.

Trained:   
Oxford (UK), London (UK)   
Fellowship Royal Australasian College of Surgeons 1983.

Specialising in:   
Ear nose and throat disorders   
Paediatric ENT   
Rhinology   
Sinus disease   
Voice disorders   
Ear disorders, including hearing loss   
Head and neck surgery   
Salivary gland surgery.

Mr Blake is a consultant Otolaryngologist / Head and Neck Surgeon at Wellington and Kenepuru Hospital 1983 to date.   
Senior Clinical Lecturer in Otolaryngology at Wellington Clinical School of Medicine, University of Otago.

Consults at:   
6 Upland Road, Kelburn, Wellington.

Operates at Wakefield   
Operates at Bowen

Contact Details: Phone: (04) 475 3727  
Fax: (04) 475 3146



### Mr Graeme Webster MB ChB FRACS

Specialty:   
Otolaryngology, Head & Neck Surgery.

Trained in Auckland and Dunedin. Post fellowship experience in Scotland.

Consultant at Wellington Public and Private Hospitals since 1991.

Special interests include:   
Middle ear surgery, sinus surgery.

Consults at:   
Wakefield Specialist Centre, Florence Street, Newtown, Wellington

Waikanae Specialist Centre   
Anwyl Rooms, 107 Mana Esplanade, Mana, Wellington

Operates at Wakefield   
Operates at Bowen

Contact Details: Phone: (04) 381 8120  
Fax: (04) 381 8121  
    Email: [specialists@wakefield.co.nz](mailto:specialists@wakefield.co.nz)

**Doctors in general surgery**

### Mr Burton King FRACS

 Consults and Operates at Bowen   
Operates at Wakefield

Contact Details: Phone: (04) 475 7670  
Fax: (04) 475 7672  
    Email: [enquiries@surgeonz.co.nz](mailto:enquiries@surgeonz.co.nz)

### Mr Dilip Naik MBChB., FRACS, DDU(Vascular)

Dilip Naik is a Vascular and Endovascular Surgeon who is currently the Clinical Leader of Vascular Surgery at Wellington Hospital. He is a graduate of Otago University and did his postgraduate training in general surgery predominantly in Wellington and his advanced training in Vascular Surgery at the Royal Melbourne and Royal Brisbane Hospitals in Australia.

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Consults and Operates at Wakefield   
Consults and Operates at Bowen

Contact Details: Phone: (04) 381 8120  
Fax: (04) 381 8121  
    Email: [specialists@wakefield.co.nz](mailto:specialists@wakefield.co.nz)

**Doctors in ophthalmology**

### Dr Nina N Ashraff MB ChB FRCOphth FRANZCO

Specialty:   
Ophthalmology.

Nina Ashraff is an eye surgeon with a special interest in cataract and glaucoma. She graduated from Leeds University Medical School, UK and did her post graduate specialist training at Manchester Royal Eye Hospital, UK. She spent 18 months doing cataract and glaucoma sub-specialist training at Manchester and Wellington.

Nina is a fellow of the Royal Australian and New Zealand College of Ophthalmologists and a fellow of the Royal College of Ophthalmologists, UK.

She consults from Thorndon Eye Clinic, Wellingon and is a Consultant Ophthalmologist at Wellington Hospital Eye Department.

Website: [www.thorndoneye.co.nz](http://www.thorndoneye.co.nz)

Operates at Bowen

Contact Details: Phone: (04) 499 4940  
Fax: (04) 499 0242  
    Email: [info@thorndoneye.co.nz](mailto:info@thorndoneye.co.nz)

### Dr Helen Long MB ChB, FRANZCO

Ophthalmologist.

Dr Long is New Zealand trained and received her UK Fellowship at Bristol and Moorfield's Eye Hospitals.

She has a special interest in:   
\* Retinal diseases including treatment of age-related macular degeneration   
\* Ocular inflammatory disease   
\* Cataract surgery   
\* Pterygia and minor lid surgery.

Consults at:   
Kelburn Eye Centre   
8 Upland Road   
Kelburn

 Operates at Bowen

Contact Details: Phone: (04) 475 9559  
Fax: (04) 475 9699  
    Email: [kelburneye@xtra.co.nz](mailto:kelburneye@xtra.co.nz)

**Doctor in urology**

### Dr Grant Russell MB ChB FRACS

Dr Grant Russell is a Urologist consulting at several specialist centres in the Wellington Region. Appointments can be made at the contact listed below.

Training:   
Royal Prince Alfred Hospital, Sydney   
Urology Institute, London.

Special interests include:   
Prostate cancer, especially minimally invasive treatments   
Prostate: benign diseases   
Bladder diseases (benign and malignant)   
Stone management   
Fertility.

Interests also include:   
Minimally invasive surgery for stone in the urinary tract and urinary incontinence.

Consults at:   
Tinakori Road, Wellington   
Upper Hutt Health Centre.

Website:   
www.healthpoint.co.nz

Operates at Wakefield   
Operates at Bowen

Contact Details: Phone: ()   
Fax: ()   
    Email: [capitalurology@xtra.co.nz](mailto:capitalurology@xtra.co.nz)



**Contact us:**

## Bowen Hospital

98 Churchill Drive   
Crofton Downs   
Wellington 6035

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Fax 04 479 8520   
Email: [admin@bowen.co.nz](mailto:admin@bowen.co.nz)

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98 Churchill Drive   
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Wellington 6035

Phone 04 479 2019   
Fax 04 479 8563   
Email: [spec.centre@bowen.co.nz](mailto:spec.centre@bowen.co.nz)