**Professor Arvind Arya** MB ChB, MD, DO-HNS, MSc, FRCS (ORL-HNS)

**Job title**

Consultant Otolaryngologist, Head & Neck/Thyroid Surgeon; Director Maelor Academic Unit of Medical & Surgical Sciences (MAUMSS)

**Profile**

Mr Arya is a Consultant ENT Surgeon at Nuffield Health The Grosvenor Hospital, Chester. His current NHS consultant base is Wrexham Maelor Hospital where he is the ENT lead in the snoring and sleep disordered breathing and head and neck cancer services.

Mr Arya has worked in many major ENT centres across the UK including Bristol, Nottingham and Liverpool. He completed a master’s degree in research methodology at the University of Liverpool in 2007 and was appointed as a clinical research fellow at the University where he completed research in laryngeal carcinoma (for an MD thesis).

He has over 30 research publications and presentations and has won several research prizes. He was appointed as the UK Interface Fellow in Head and Neck Surgery in 2009 which provided him with extensive subspecialty training.

As well as treating patients with all manner of general ear, [nose](https://www.nuffieldhealth.com/hospitals/chester/treatments/rhinoplasty-or-nose-reshaping) and throat conditions, Mr Arya’s special clinical interests include snoring/sleep apnoea and sinus surgery. He offers injection snoreplasty (an outpatient-based procedure) for patients who snore as well as balloon sinuplasty for patients with sinus problems.

He is also interested in allergy testing and treatments and is hoping to be able to introduce immunotherapy treatments in the near future.

#### **Research areas of interest**

Sinusitis; Snoring; Sinus procedures incl. endoscopic sinus surgery; sleep disorders / apnoea; Head and neck surgery (oral-maxillo-facial); Thyroid disorders / surgery; Rhinology (nasal disorders); Head and neck cancer; balloon sinuplasty; Septoplasty; Eustachian tube dysfunction; parathyroid; swallowing disorders

### Personal interests

Mr Arya lives in Chester with his wife (a local GP) and daughter. He loves spending time with his family, and especially enjoys walking in the North Wales countryside so long as it’s followed by a substantial pub lunch. He plays cricket and squash and is an avid football fan (team of choice currently too embarrassing to mention).

**Latest publications**

Bielak, C, Ahmed, J, Atif, T, et al. (2021). A prevertebral desmoplastic fibroblastoma presenting with sleep-related breathing dysfunction. *Clin Case Rep*. 2021; 9: 1767– 1770. <https://doi.org/10.1002/ccr3.3897>

Galli F, Petraitiene C, Muthu SK, James S, Koppana VR, **Arya A**. (2015). Challenges in the differential diagnosis of interdigitating dendritic cell sarcoma of intraparotid lymph node vs metastatic malignant melanoma with unknown primary site. International Journal of Surgical Pathology 23(3):248-52.

Farboud A, **Arya AK.** (2015). The use of rubgy skull caps following parotidectomy to reduce the re-accumularion of seroma.. Clin Otol; 40(3):291-2.

**Arya AK**, El-Fert A, Devling T, et al. (2010). Nutlin-3, the small molecule inhibitor of MDM2, promotes senescence and radiosensitises laryngeal carcinoma cells harbouring wild type p53. British Journal of Cancer 13; 103(2): 186-95.

**Arya AK**, Donne A, Nigam A (2005). Double-blind randomised controlled trial comparing tonsillectomy and tonsillotomy using coblation in children. Clinical Otolaryngology; 30(3): 226-9

**Arya AK**, Rea P A, Robinson PJ. (2004). Double-Blinded Randomised Controlled Trial on the Use of Perioperative Sofradex Ear Drops in Preventing Tympanostomy Tube Blockage. Clinical Otolaryngology; 29(6): 598-601.

**Arya AK**, Butt O, Nigam A (2003). Double-blind randomised controlled trial comparing merocel nasal pack with rapid rhino nasal pack after routine nasal surgery. Journal of Rhinology; 41: 241-3.

**Arya AK**, Donne AJ, Nigam A (2003). Double-blind randomized controlled study of coblation tonsillectomy versus tonsillotomy on post-operative pain. Clinical Otolaryngology; 28(6): 503-6.