



## Dr Tom Gilhooly

Graduated from Glasgow University Medical School in 1983

Dr Gilhooly has worked as General Practitioner in Glasgow since 1989 where he is the senior partner in the practice. He became interested in addiction medicine and served as GP representative on Government advisory committees as well as being part time clinical director of several addiction services.

His career long interest in the importance of nutrition in health led to him founding The Centre for Nutritional Studies in 2003 and Glasgow Health Solutions Ltd in 2006. In 2007 he opened The Essential Health Clinic in Glasgow. The clinic specialises in nutritional medicine and is an Omega Centre of Excellence.

He is one of the medical advisors to the LDN research Trust; a registered charity dedicated to raising money for research into the drug Low Dose Naltrexone. He is currently involved in developing a double blind randomised controlled study into LDN, in Multiple Sclerosis.

Other research activities include studies into omega 3 blood testing and the impact of omega 3 on muscle physiology. His particular interests are the nutritional management of Multiple Sclerosis, Chronic Fatigue Syndrome and Depression. The Essential Health Clinic is the first clinic in the UK to introduce CCSVI screening and treatment for multiple sclerosis patients.

## **Posts held:**

- ❑ GP from 1989 – Carntyne Medical Centre
- ❑ Medical Co – ordinator Glasgow GP Drug Scheme 2002 – 2005
- ❑ Clinical Director Lanarkshire Drug Service 1999 – 2002
- ❑ Managing Director The Centre For Nutritional Studies Ltd from 2003
- ❑ Clinical Director Glasgow Health Solutions Ltd from 2005
- ❑ Managing Director The Essential Health Clinic Ltd from 2007

## **Appointments:**

- ❑ Scottish Advisory Committee Drug Misuse 1995 – 2006
- ❑ Advisory Council Misuse Drugs (Technical Committee) 2005 – 2007
- ❑ Medical Advisor LDN Research Trust 2005 – 2006
- ❑ Medical Advisor Yes To Life Charity from 2008
- ❑ Member of Addaction Scottish Council from 2008

## **Presentations:**

- ❑ Blind Opiate Prescribing – ERIT Conference – Bologna 1997
- ❑ ERIT Psychostimulant Conference – Paris 2004
- ❑ Buprenorphine in Crisis Centre – Europad Conference Paris 2005
- ❑ Buprenorphine in General Practice – RICGP Conference Dublin 2005
- ❑ Natural Treatment of Depression – Natural Trade Show London 2007
- ❑ Nutritional Management of Chronic Fatigue Syndrome – CAM Expo London 2007
- ❑ N – 3 HUFA percentage – A new, simple expression of HUFA balance – ISSFAI Conference Maastricht May 2010

## Publications:

- ❑ Reduction in use of temazepam is factor in deaths related to overdose.  
BMJ. 1997 Nov 29;315(7120):1463-4
- ❑ What happens when doctors stop prescribing temazepam? Use of alternative therapies.  
Br J Gen Pract. 1998 Sep;48(434):1601-2
- ❑ Misuse of diphenhydramine soft gel capsules (Sleepia): a cautionary tale from Glasgow.  
Addiction. 1999 Oct;94(10):1575-7
- ❑ CYP2D6 deficiency, a factor in ecstasy related deaths?  
Br J Clin Pharmacol. 2002 Jul;54(1):69-70
- ❑ Mortality in Methadone Maintenance Programme in Glasgow - Heroin and Related Clinical Problems 2005 ; 7(3):51 -52
- ❑ Using a fingertip whole blood sample for rapid fatty acid measurement: method validation and correlation with red blood cell polar lipid compositions in UK subjects - accepted British Journal Nutrition 2011