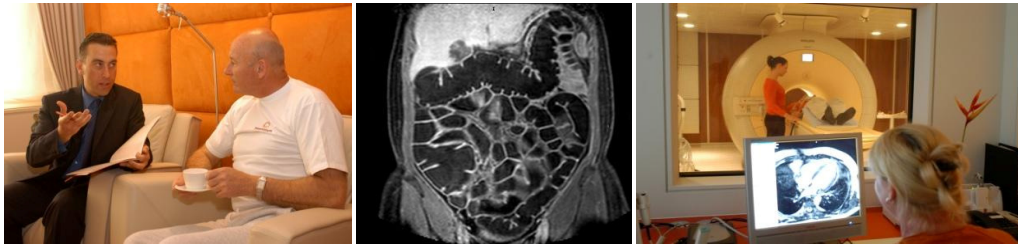


Bowel cancer: preventable, treatable, beatable



Bowel cancer is the second biggest cancer killer in the UK, claiming some fifty lives every day, despite being highly treatable if diagnosed early. It affects both men and women and often does not cause symptoms until the later stages of the disease.

April is Bowel Cancer Awareness Month and Dr Garry Savin , Medical Director at Preventicum says "The tragedy of the disease's high death toll is that, when detected early enough, 90% of bowel cancer cases can be successfully treated. The minimally-invasive, radiation-free screening that we offer at Preventicum is perfect to detect any polyps, comfortably providing patients with peace of mind."

If you are over 40 years old and/or have a family history of bowel cancer, then you could benefit from an MRI colonoscopy, which takes just 15 minutes and is less invasive and less uncomfortable than conventional methods and the procedure is totally radiation-free. Results are available on the same day, so a referral can be made quickly for any polyps to be removed.

In between regular Check-Ups at Preventicum, we advise our clients to follow these preventive steps:

- aim to eat a high-fibre diet, including at least 5 portions of fruit and vegetables a day - a high-fibre diet is recognised to help combat bowel cancer
- try to engage in moderate physical activity for at least 30 minutes, 3 times a week - research suggests that regular exercise can help to prevent cancers including bowel cancer
- don't smoke

- limit your intake of red and processed meats to one portion a day

For more information on our MRI colonoscopy, or any of our Check-Ups, please contact our team on 020 7605 6900 or info@preventicum.co.uk
Please also visit our website www.preventicum.co.uk for further information.

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