



*Hello and welcome to the first edition of **Preventicum E-news**. Every month we will send you health and lifestyle news with advice from our team and network of medical professionals. We hope you enjoy this issue and would welcome any feedback sent to: enews@preventicum.co.uk*

Wishing you a healthy May, The Preventicum Team

World Hypertension Day

High blood pressure (hypertension) is one of several risk factors that can increase your chance of developing heart disease, a stroke and other serious conditions. Because hypertension usually has no symptoms everyone should have regular blood pressure checks. For more information contact us on 020 7605 6900 or info@preventicum.co.uk

Eat less salt

We all consume far too much salt often hidden in large amounts in commercial foods. Virtually all processed foods contain lots of added salt as a tasting agent and preservative e.g. bread, biscuits, cheeses, pastas. The food industry (and



"Health is our greatest asset yet it is all too easy to take it for granted. It is only at times of illness when we appreciate its true worth."

Dr Garry Savin

Medical Director

Fruity Friday!

Preventicum is happy to support the World Cancer Research Fund's (WCRF) **Fruity Friday** campaign which aims to increase public awareness of the links between diet, nutrition and cancer prevention. All the following count towards your 5 portions of fruit and vegetables per day:

- Fresh fruit and vegetables
- Frozen fruit and vegetables
- Dried fruit
- Tinned fruit and vegetables

In support of Fruity Friday, when you book any Preventicum Check-Up in May, you will be entitled to a 15% discount and we will also make a donation on your behalf to the WCRF. Please mention 'May E-news' when booking.

Preventicum tips for success:

- Eat at least 5 portions in total per day. (One portion = 1 large or 2 small fruits, 2 tablespoons of vegetables, 1 cup of berries, 1 glass of fresh fruit juice)
- Choose organic fruit and vegetables where possible.

possibly the drink industry!) love salt. Unfortunately it can increase blood pressure in predisposed people and is possibly associated with stomach cancer. We only need around 6 grams a day but some people unwittingly consume over 10 times this amount. The average person consumes around 10 grams a day which is far too much.

- Don't overcook vegetables as they lose some of their vitamin content.

For more information about our Check-Ups, please call 020 7605 6900 or visit our website www.preventicum.co.uk

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