



Welcome to the July issue of Preventicum E-news Issue 3

"This month we're celebrating our 4th Birthday! Since opening the doors to our London clinic, we've completed over 3000 Check-Ups. We are now well into the British summer so please take a few minutes to read our safe sun tips and if you're thinking about getting fit for the beach, read on!"

Dr Garry Savin, Medical Director

In this issue:

- Don't let sunburn catch you out
- Preventicum turns Four!
- Get fit for summer

"Dr Savin was concerned about a small itchy mole on my thigh and advised me to see a dermatologist. Once I had the biopsy result it seems that time was of the essence. The mole was a **melanoma** diagnosed at the earliest stage and it was successfully removed...it is no exaggeration to state that one day at Preventicum may have saved me many years of misery. I am now vigilant in a way that I previously should have been about my health."

Edward H, 29 years old

To read more about what our corporate and private clients say about us [click here](#).

To watch our Preventicum movie, [click here](#).

Don't let sunburn catch you out



Cancer Research UK have started their Sun Smart campaign in time for our recent heatwave.

Most skin cancers are caused from overexposure from UV (ultraviolet) radiation from the sun or sunbeds.

Did you know?

Getting a painful sunburn just once every two years can triple the risk of the most serious type of skin cancer.

Follow these tips:

- Spend time in the shade between 11am and 3pm
- Cover up with a t-shirt, hat and sunglasses
- Use sunscreen of SPF 15 or higher

If you have fair skin, lots of moles or freckles, take more care. For more top tips visit www.sunsmart.org.uk

Preventicum is 4!

Preventicum is celebrating it's fourth birthday this month. Since opening our doors in July 2005 we have completed over 3000 of the most advanced and safest health checks in Europe. Of these, 5% produced significant findings requiring further immediate medical attention including the detection of early testicular cancer, pre-cancerous polyps in the colon, undiagnosed diabetes and brain tumours. To read some of our client testimonials [click here](#).



If you book before the end of July, we'll give you a 10% discount on your Check-Up, call 020 7605 6900 or [click here](#) to email us for details.

The great outdoors!

"Summer is a great time of year to get active and enjoy the outdoors and the long evenings. To increase your fitness and keep your heart healthy, you should be exercising 5-6 times per week for 40 - 60 mins so why not get some



friends together for a game of volleyball or go swimming in one of London's Lidos? Make sure you stay well hydrated though – always have some water with you or keep a jug of water on your desk and aim to get through it during the day! With a new exercise routine planned, it's a good idea to review your diet and lifestyle too."

Di Baker, Cardiac Technician, Preventicum

Coupled with exercise, diet is key:

- Eat cholesterol-lowering foods such as rolled oats and fruit and fibre.
- Eat at least 5 portions of fruit and vegetables a day
- Don't overcook vegetables as they lose some of their vitamin content
- Replace saturated fats with monounsaturated or polyunsaturated fats, e.g. olive oil, nut oils, sunflower oils.
- Avoid drinking too much alcohol

For more information about our Check-Ups or to book a consultation with Becky Stevenson, our resident dietitian, call us on 020 7605 6900 or email info@preventicum.co.uk or visit [our website](#).

[Please let us know if you would like us to focus on a specific subject in future issues.](#)



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