



**Preventicum**

London Centre of Preventive Medicine

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### Did you know?

You can triple your risk of melanoma, the most serious type of skin cancer by getting a painful sunburn just once every two years.

Cancer Research UK

### Tip of the month

Twenty minutes of sunshine at least three times a week without burning is very important to boost Vitamin D levels especially for

## "Hello and welcome to the July issue of Preventicum E-news.

*As Wimbledon is drawing to a close, we're covering a topical issue - lateral epicondylitis, otherwise known as 'tennis elbow' in our first article. If you're planning on making the most of the great outdoors over summer, please also read our second article on sun damage (even in the UK when the sun doesn't feel that hot) where we talk about early signs of skin cancer to look out for.*



*Finally, Preventicum celebrates its 6th birthday this month and we are busier than ever, proof that you agree with our ethos of prevention over cure. We'd like to thank all our clients for your continued support and in our third article I list some of the clinical findings over the past 6 years. As always, please [forward](#) this Enews to friends, family and colleagues who may be interested in it.*

office workers or those who spend most of their time indoors. Vitamin D is very important to health.

### Watch our Movie



### Client Testimonials

"I went to Preventicum to satisfy my parents' concern that I had made a full recovery from a recent operation. 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.** I would sincerely like to thank Dr Savin personally... it is no exaggeration to state that one day at Preventicum may have saved me many years of misery. With a busy lifestyle it is tempting to put off an experience like this which can last a day. I am now vigilant in the way that

## Dr Garry Savin, Medical Director

### Tennis Elbow

Lateral epicondylitis or tennis elbow as it is more commonly known is a mild to severe pain around the outside of the elbow (the lateral epicondyle is the bony lump on the outside of the elbow). It is caused by a sudden overload of the tendon which causes a degree of degeneration.



The condition can be caused from playing tennis but this is actually rare as in 95% of cases it is caused by a range of other physical activities that lead to unaccustomed excessive loading of the finger tendons as they attach at the elbow. When the injury is caused by playing tennis it is normally the backhand stroke that causes the excessive loading. However, tennis racquets have become lighter and coaches are increasingly teaching the double-handed backhand and so it is now less common in tennis players. Most typically the injury occurs in people who are sedentary and then begin exercising in the gym, gardening or paint a room, lift a new baby or heavy luggage.

For most people, the pain only occurs with twisting movements however, for some, the pain is constant and affects sleep and makes everyday activities such as holding cutlery, cups and pens difficult. The elbow on the dominant hand is usually affected and in most cases the symptoms eventually improve without treatment. Anti-inflammatory painkillers can reduce

I previously should have been about my health."

**Edward H, 29**

[Click here](#) to read more of our testimonials

the pain and splinting and rehabilitation exercises can be helpful. Cortisone injections can give short term relief but can be harmful in the longer term and are no longer recommended in most cases. Newer treatments include nitrate patches and something called platelet rich plasma injections. These are being trialed and are producing promising results. Most cases of tennis elbow resolve in 6-12 weeks naturally. Surgery is the last resort for the worst cases but this is rarely necessary.

For more information on our range of Check-Ups, please [click here](#) or [email us](#)

## **Skin cancer**

Cases of malignant melanoma - the potentially fatal form of skin cancer - have risen by more than 650 since last year with statisticians at Cancer Research UK predicting that by 2024 malignant melanoma could be the fourth most common cancer for men and



women of all ages. Sunburn is caused by ultraviolet (UV) radiation from the sun, this radiation doesn't feel warm (the sun's heat comes from infrared rays which do not burn) and this is why we can burn even on a cool day. Sunburn can cause lasting damage to the DNA in your skin cells and when UV radiation damages DNA, your body tries to repair the damage by swelling the blood vessels to allow blood to rush to it. This is why sunburnt skin appears red and hot as the heat comes from the blood rushing to this area; in actual fact, the burn is no hotter than your core body temperature. We know that UVB rays are responsible

for the majority of sunburn cases and can cause skin cancer, but recent findings show that UVA can also damage the skins DNA. Although your body can repair some of the damage, sometimes it cannot repair all the damage done to your skins DNA. Surprisingly, most cases of sunburn happen in the UK when people are not using sunscreen, shade and hats and get burnt doing everyday activities rather than when abroad sunbathing. It is now advised to use a factor **30+ sunscreen** when in the sun.

There are definite signs that a mole is suspicious and should be seen by a doctor and the **ABCD** rule is easy to remember:

**A: asymmetry** - the two halves of a melanoma may not look the same

**B: border** - changing shape, particularly an irregular edge

**C: colour** - getting darker, becoming patchy or multi-shaded

**D: diameter** -getting bigger. Many melanomas are at least 6mm in diameter, the size of a pencil eraser



Research suggests that moles with 3 or more different shades of brown or black are particularly likely to be melanoma. [Cancer Research UK](#) has a page with some photographs of abnormal moles and melanomas, which is a helpful tool to look at but always ask your GP if in any doubt. Precancerous moles are very easy to treat. They can usually be removed under local anaesthetic. An early melanoma can be cured in this way, but if left can become very difficult to treat.

Melanomas in men are most common on the back and in women, the commonest site is the legs. More advanced melanoma can be difficult to spot without medical test. At Preventicum we perform a physical examination on all of our clients.

For more information on our Check-Ups, please [email US](#)

## Preventicum is 6!



Preventicum celebrates its 6th birthday this month and since opening our doors in July 2005 we have performed several thousand of the most advanced and safest

health Check-Ups in Europe. Of these, around 5% produced significant findings requiring further immediate medical attention including:

- the detection of early testicular cancer
- pre-cancerous polyps in the colon
- undiagnosed diabetes
- undiagnosed brain tumours
- early colon cancers
- silent heart attacks
- aortic aneurysms
- brain aneurysms
- prostate cancers
- malignant melanomas
- pancreatic tumours
- heart valve problems
- peripheral vascular disease
- multiple sclerosis
- cardiomyopathies

- significant coronary artery disease
- hormone disorders
- hepatitis
- Parkinsons disease
- chronic obstructive airways disease
- Vitamin D deficiency

to name but a few.

We would like to thank you for your continued support. If you have any comments or suggestions about this, or any future issues of Enews, please [email us](#).

### **Welcome to Susanne Hindmarsh**

Welcome to Susanne who joins our team as Cardiac Physiologist. Prior to joining Preventicum Susanne held positions at Nu-life Medical and the Wesley Hospital in Australia where she gained an extensive knowledge of cardiology, particularly interpretive electrocardiography (ECG) and cardiac rehabilitation. Susanne will carry out your cardiac tests, including a resting and exercise ECG and spirometry (lung function) test. To read more about our team [click here](#).



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