



## Welcome to the August issue of Preventicum E-news Issue 4

*"The most common health issues that we worry about are heart disease, stroke and cancers but sometimes, discovering the root of an everyday problem such as an allergy can be life-changing. In this month's issue, we are focusing on some of the other services that we provide at Preventicum."*

**Dr Garry Savin, Medical Director**

### Allergy Testing



Allergies, asthma and autoimmune diseases are on the increase world, especially in industrialised countries and they can affect all ages. **Allergies will affect one in four** of the UK population at some point in their life, with numbers increasing each year. The commonest allergy in the UK is against plant pollens and is commonly called Hay Fever. At Preventicum we can test for specific food allergies or food groups such as nuts and

seeds, fish, shellfish and cereal allergies, e.g. wheat. We can also test for inhalants, antibiotics and insect allergies.

#### The most common symptoms of an allergy include:

- sneezing
- coughing
- shortness of breath
- runny nose
- itchy eyes and ears
- sinus and sore palate
- severe wheezing

For more information on our allergy testing visit our [allergy page](#) online or visit [Allergy UK](#), the leading charity for people with allergy, food intolerance and chemical sensitivity.

### Ovarian Ageing

Ovarian ageing (sometimes known as ovarian reserve) can be

#### ***In this issue:***

- Allergy testing
- Ovarian ageing
- Our other services

#### ***DID YOU KNOW?***

*1 in 3 of the UK population has a disease where allergy may be involved.*

*Allergy UK*

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

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



defined as the age or health of the ovaries and eggs (oocytes) they contain. Ovarian reserve decreases with age and for many women fertility begins to decline from the age of 30. The actual degree and rate of decline varies from woman to woman, but this ageing occurs as, unlike men who continue to make sperm throughout their adult life, women make no new eggs after their birth. At Preventicum, a simple anti-mullerian hormone (AMH) blood test with results back within 72 hours can give women some insight into this area. Measuring AMH cannot predict whether a woman is able to become pregnant – there are other important factors that have to be taken into account – lifestyle, infection, genetic abnormality, quality of sperm and other male factors - but AMH is currently considered the best hormone to identify her potential reproductive capacity. For more information on this service visit our Q&A page [online](#), call us on 020 7605 6900 or [email](#) us.



#### **DID YOU KNOW?**

*In the UK there are now more mothers giving birth in the 30-34 age group than in the 25-29 age group.*

### **Other services**

Alongside our [Check-Ups](#), Preventicum also offers these other services (click for a link to our webpage information):

- [Sexually transmitted disease \(STD\) testing](#)
- [Hepatitis C testing](#)
- [Dietary advice](#)

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



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