



**Preventicum**

London Centre of Preventive Medicine

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## This month...

- [Cancer rates rise](#)
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### Did you know?

Broccoli contains twice the vitamin C of an orange and has almost as much calcium as whole milk and the calcium is better absorbed. It also contains selenium, a mineral that has been found to have anti-cancer and anti-viral properties.

### Tip of the month

Aim for a minimum of 7 hours regular sleep per night to keep you in good health and optimise performance.

### Watch our Movie



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

*Our lead story this month is the news that cancer rates are rising in our middle aged population. New studies show that although some of this rise can be put down to earlier detection, it is still worrying reading and more of a reason to have regular check-ups and become more health aware.*



*Also, if you are taking a holiday this year, please take a minute to read some of my travel tips in our second article as all too often, I hear holiday horror stories that could have been easily avoided.*

*Finally, I'd like to wish all of our clients a happy summer!*

*As always, please [forward](#) this Enews to friends, family and colleagues who may be interested in it.*

**Dr Garry Savin, Medical Director**

## Client Testimonials

"What an incredible adventure this has been and after 53 days to have actually been able to stand on the top of that 'huge wonder of the world' was quite breathtaking. As with all high altitude climbs it was not without its excitement and drama's but the most important thing was that all our team came off the mountain alive, no small miracle either. I cannot thank Preventicum enough for getting behind it and for giving me such a thorough physical examination and thankfully a clean bill of health before leaving as it is essential to know that you are in good nick before tackling something of that magnitude. I would highly recommend them to anybody"



**Justin Packshaw, conquered Everest May 2011.**

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

## Cancer rates in middle age rise

A recent press release from Cancer Research UK shows that cancer rates in middle-aged men and women in Great Britain have gone up by nearly 20 percent in a generation - an increase of 17,000 cases per year.

**17,000 more** middle-aged people are diagnosed with cancer every year, compared to a generation ago



Among women in their forties and

fifties cancer rates have risen by more than 25% from 24,000 in 1979 to more than 36,500 in 2008. Breast cancer rates have increased by 50%. In middle aged men, prostate cancer rates rose six-fold over the same period.

Dr Garry Savin, Medical Director at Preventicum says, "Some of this increase could be due to more cancers being detected earlier but nevertheless these figures are a concern, and all the more reason to have regular check-ups."

MacMillan Cancer Support also warned this month that overall cancer incidence had risen from a third to 4 in 10 people. The increasing number of people being diagnosed is, in part, due to the NHS breast screening programme and the PSA test for prostate cancer. Lifestyle factors have also influenced cancer rates, such as spending more time in the sun which is reflected in the rise in skin cancer cases as we reported in last month's Enews. We also reported findings from the King's Fund in our June Enews that

showed although overall cancer survival rates are improving, survival rates for some of the most common cancers are static or worsening in the UK compared to other countries. To re-visit any of our historical articles, please [click here](#).

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

## Travel Safely

At this time of year many people are travelling abroad.



### BEFORE YOU GO:

- It is sensible to have a dental check up and see your doctor or travel clinic to have your vaccinations if appropriate and sort out pre-existing medical conditions
- If travelling abroad, make sure you have travel insurance including repatriation cover, medical and health cover for injury or sudden illness, 24 hour emergency service and assistance, extra cover for activities that are commonly excluded e.g. jet skiing, water skiing etc.
- If travelling in Europe, get a European Health Insurance card (you still need insurance though)
- If you are going on a trip where you will be exercising more than normal - get fit beforehand. You will enjoy it more and be less likely to get injured.
- Carry a small first aid kit with you

### ON THE JOURNEY:

- Keep any medicines in your hand luggage
- Avoid caffeine and excess alcohol on the flight
- Drink more than normal on the flight as the air is

not humidified and can promote dehydration

- If you are pregnant check with the airline to check the upper limit you are allowed to fly and avoid countries where medical care is poor
- Move around the cabin regularly to avoid DVT risk
- Avoid tight clothing

**WHEN THERE:**

- Avoid foods that could make you ill e.g. ice cubes, street foods, unwashed salads and peeled fruits
- Avoid excessive sunshine/sunburn
- Most episodes of travel diarrhoea settle in 24 hours with fluids and restricted foods
  
- If in a malarial area, take precautions to avoid mosquito bites and take the whole course of antimalarials as prescribed
  
- Remember that HIV is very common in certain parts of the world including sub sahara Africa so bear this in mind

**GETTING BACK:**

- If you have been to a malaria zone remember that malaria can manifest several weeks and months later. About 2,000 people a year contract malaria abroad and a small number die so report any feverish illnesses to your doctor if you have recently been to a malarial area so you can be tested.

**Travel safe, know before you go:**

Useful websites to look at include the [Foreign & Commonwealth Office](#) site, the [Fit for Travel](#) website for general advice and the [NHS website](#) for malaria advice.

For information about our Check-Ups, please [email us](#)



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