



## Preventicum September E-news Issue 5

*"Welcome to this month's issue. It's a hard hitting fact that every two minutes someone suffers a heart attack in the UK. As part of our fight for better preventive awareness, this month we're highlighting the dangers of high blood pressure and the changes you could make to your diet and lifestyle that you could help your heart health."*

**Dr Garry Savin MBBS DRCOG MRCGP, Medical Director**

## Know Your Numbers!



Today sees the start of Know Your Numbers week, run by the [Blood Pressure Association](#) whose aim is to fight blood pressure to beat stroke and heart disease.

Preventicum's Lead Nurse Julie Morton explains, "blood pressure is an indicator of how hard your heart has

to work to pump blood around your body. If your readings are consistently high, you are putting extra strain on your heart and blood vessels. Over time, this extra strain increases your risk of a heart attack or stroke. A 'textbook' normal blood pressure should be 120/80."

An unhealthy lifestyle will raise your blood pressure and the higher your blood pressure becomes, the higher your risk of having a stroke or heart attack in the future. The good news is that healthy lifestyle changes will help to bring it down, [click here](#) to view the Blood Pressure Association's video explaining this.

Testing blood pressure is included in all our Preventicum Check-Ups, for more information, [email us](#) or call us on 020 7605 6900.

## World Heart Day

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### **DID YOU KNOW?**

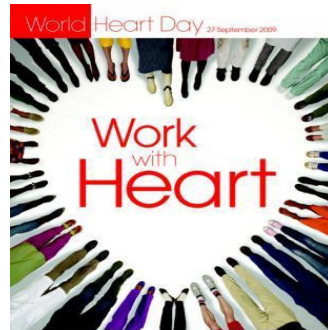
You probably have high blood pressure (hypertension) if your blood pressure readings are consistently 140/90, or higher.

"One in three adults in the UK have high blood pressure. Yet a third of them don't know it. That's because it's symptomless and, untreated, can cause stroke and heart attack."

**Blood Pressure Association**

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

27th September is the [World Heart Federation's](#) annual World Heart Day which was created to inform people around the globe that heart disease and stroke are the world's leading cause of death, claiming 17.2 million lives each year. Together with its members, the World Heart Federation spreads the news that at least 80% of premature deaths from heart disease and stroke could be avoided if the main risk factors, tobacco, unhealthy diet and physical inactivity, are controlled. To find out more, please visit their website by clicking [here](#).



At Preventicum, alongside consultations, blood testing, resting and exercise ECGs we also scan the heart using radiation-free Magnetic Resonance Imaging (MRI). For further information on our Check-Ups, [click here](#) or to view some of our MRI images including a video of the beating heart, [click here](#).

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



Preventicum, Shepherds West, Rockley Road, London, W14 0DA

+44 (0)20 7605 6900 [www.preventicum.co.uk](http://www.preventicum.co.uk)

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





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