



Preventicum October E-news Issue 6

"Hello and welcome to our October issue. Following a number of requests, this month we will be focussing on female health issues. I urge our male readers to forward this to all the women in your life as our mission statement is, as always 'prevention is better than cure'. To forward this newsletter, click on the 'forward' icon at the bottom of the page."

Dr Garry Savin MBBS DRCOG MRCGP, Medical Director

Breast cancer awareness month



October 1st was the start of [Breast Cancer Care's](#) annual breast cancer awareness month.

Breast cancer is now the most common cancer in the UK. More than 100 women are diagnosed with the disease every day, with one in five cases occurring before the age of 50. The good news is that more women are surviving breast cancer today thanks to earlier detection and better treatments.

Breast Cancer Care promote this breast awareness 5-point code:

1. Know what is normal for you
2. Know what changes to [look for and feel for](#)
3. Look and feel
4. Report any changes to your GP without delay
5. Attend routine breast screening if you are aged 50 or over

At Preventicum, all of our Check-Ups include a consultation and breast examination and our medical team will show you how to examine yourself correctly. We also work closely with The Princess Grace Hospital to offer consultant-led mammography and breast ultrasound for clients who wish to add this onto their Check-Up. For more information, please [email us](#) or call us on 020 7605 6900.

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DID YOU KNOW?

'Around 46,000 people are diagnosed with breast cancer every year, that's one person every 11 minutes'

'Breast cancer can run in families but fewer than 10% of cases are as a result of family history.'

'Around 300 men are diagnosed each year.'

Breast Cancer Care

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

Cervical screening

Cervical cancer is the second most common cancer in women under the age of 35, however most cases could be prevented. A smear test helps doctors find early changes in the cervix before they have a chance to develop into cancer. Treatment is easy and effective and smear tests save thousands of lives every year. It is important to go for your cervical smear test when invited. All female clients are offered an annual smear test at Preventicum as part of their Check-Up.



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



Ovarian Ageing

Ovarian ageing (sometimes known as ovarian reserve) can be 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. AMH levels are directly associated with the number of active eggs remaining in the ovaries. 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.

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



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