



## Preventicum November E-news Issue 7

"Welcome to this month's E-news. Following the interest in our female health issue last month, this month we switch our focus to men's health and I urge any of our female readers to forward this to the men in your life. Taking the time to become more body-aware and raising awareness of these cancers among men could save a life.

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

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## November becomes Movember!



'Movember' is an annual fund raising event which encourages men to grow moustaches to raise awareness of men's health issues, specifically prostate cancer, the most common male cancer, with 35,000 men diagnosed each year in the UK. Although most cases are slow growing cancers that may never cause symptoms or problems, some men will develop a fast growing cancer that needs immediate attention.

Please seek medical advice if you are aged 45 or over and notice any of the following symptoms:

- A weak or reduced urine flow
- Needing to urinate more often, especially at night
- A feeling that your bladder has not emptied properly
- Difficulty starting to pass urine
- Unusual dribbling of urine
- Needing to rush to the toilet – you may occasionally leak

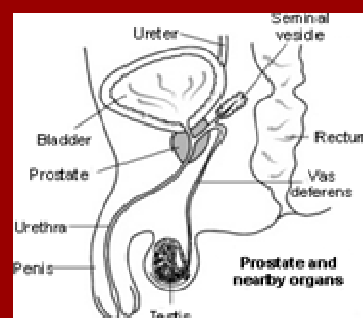
### *In this issue:*

- Prostate cancer
- Testicular cancer
- Bowel cancer
- Tips for healthy eating

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

'Prostate cancer accounts for one quarter of all cancer cases diagnosed in men'

### **Cancer Research UK**



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

To watch our

- urine before you get there
- Less common symptoms include pain when passing urine, when ejaculating or pain in the testicles.

**Some men with prostate cancer may have no symptoms at all.** At Preventicum, all men undergo an ultrasound of the prostate and those over 50 will be offered a PSA blood test. For further information, please call us on 020 7605 6900.

## Testicular cancer

Cancer of the testicles is rare but is affecting more men each year and is the most common cancer in men aged 15-45. A simple, regular self-check could help you detect early signs of the disease. If you notice any of the 'warning signs' listed below, it is important to seek immediate medical attention. There is a good chance that early diagnosis will prevent further problems and over 90% of patients are cured and able to go on to father children and enjoy a normal sex life.

### Warning signs:

- A hard lump on the front of side of a testicle
- swelling or enlargement of a testicle
- an increase in firmness of a testicle
- pain or discomfort in a testicle or in the scrotum
- an unusual difference between one testicle and the other
- a heavy feeling in the scrotum
- a dull ache in the lower stomach, groin or scrotum

At Preventicum, all of our male Check-Ups include a consultation and testicular examination and our doctors will show you how to examine yourself correctly. For more information, please [email us](#) or call us on 020 7605 6900.

## Bowel cancer

If bowel cancer is detected early enough, more than eight out of 10 cases can be successfully cured. If you notice any of the following changes and they last for more than four weeks, you should report them to a doctor. They are unlikely to be caused by cancer, but it's better to seek advice:

- bleeding from the back passage without any obvious reason
- a persistent change in bowel habit to looser or more frequent bowel motions

Preventicum movie, [click here.](#)



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

'Around half of all cases occur in men under 35 and over 90% occur in men under 55 years.'

'Since the 1970's survival rates have risen every year to cure rates of over 95%'

### **Cancer Research UK**



### **An MRI image of the bowel**

For more information about radiation-free MRI imaging and to view some sample images and video, please [click here.](#)

- abdominal pain, especially if severe
- a lump in your abdomen

At Preventicum, we advise all of our clients over 40 to have an MRI colonoscopy as part of their Check-Up. This radiation-free colonoscopy is less invasive and less uncomfortable than a conventional colonoscopy and can detect colonic tumours in their very early stages.

### Staying fit and eating well

Around two-thirds of bowel cancer cases could be prevented by a change to lifestyle. You can reduce the risk of the disease by being physically active, maintaining a healthy body weight, cutting down on alcohol and eating a healthy balance diet which is high in fibre, fruit and vegetables and low in saturated fat and red and processed meat. To book an appointment with Becky Stevenson, Preventicum's resident dietitian, call us on 020 7605 6900 or email us.

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



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