



## Welcome to the December issue of Preventicum E-news Issue 8

*"Hello and welcome to our last issue of E-news for 2009. 'Tis the season to be merry' but remember, everything in moderation! We all have the urge to over-indulge during the festive season and then correct this in the New Year - this year, why don't you make an early resolution to have a healthy, happy time!"*

**Dr Garry Savin, Medical Director**

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- *The ultimate gift*
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### ***DID YOU KNOW?***

*Twice as many  
people now die from  
liver disease as in  
1991*

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## Liver disease



Liver disease is the fifth biggest killer in England and Wales (behind heart, cancer, stroke and respiratory disease). It's often easy to forget about our livers, yet the liver is the only organ that can repair and regenerate itself after damage and has dozens of functions including aiding the digestion of food, keeping blood clean and fighting infections.

Preventicum's Ultrasonographer, [Yogini Morarji](#) says, "It's easy to overindulge during the festive season and this is reflected in ultrasound findings of the liver, most commonly caused by 'toxic insult', simply put this means too much alcohol! Alcohol has a cumulative effect on the stress it puts on the liver. It has become the norm for many people to have a drink or two most evenings and although a fatty liver is a common finding, it is by no means normal. All is not lost though, the liver has an immense capacity to recover and small changes in lifestyle can reverse the damage. This means drinking in moderation, less of the rich foods and some exercise."

## Beating the bulge this Christmas

The days are getting shorter and colder and our natural reaction at this time of year is to turn to comfort food. Follow these tips to make sure that you stay in top shape this winter:



Breakfast: No matter how busy you are, try to find time for a healthy breakfast.

Lunch: Turkey actually contains more protein and less fat than goose or duck, however avoid eating the skin. Potatoes contain energy giving carbohydrates as well as fibre and other important vitamins and minerals. Pile the vegetables high! If you cook carrots whole rather than chopping them up, they retain more vitamins.

Nibbles & canapés: Try to stick to your regular meals, however if you do go for snacks, try nuts and dried fruit or low fat dips and vegetable crudités. For more on our information on dietary advice [click here](#) or make an early resolution to visit our dietitian Becky Stevenson, to book call 020 7605 6900.

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



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