



Welcome to the January issue of Preventicum E-news Issue 9

"Happy New Year to you all and here's to a healthy 2010! 2009 saw increased stress levels, which undoubtedly placed an enormous strain on both physical and mental health. The New Year is a good time for reflection, as well as a good opportunity to look forward to the future and the importance of good health and a healthy lifestyle."

Dr Garry Savin, Medical Director

In the news: Late cancer diagnosis kills 10,000 a year according to government tsar

The government's director of cancer services, Professor Mike Richards has revealed that up to 10,000 people die needlessly of cancer each year because their condition is diagnosed too late. The study focused on Britain's three biggest cancer killers: lung, colon and breast which account for 40% of the cancer deaths in the UK in 2007. The findings showed that if the UK's diagnosis of these cancers was as good as our best-performing European neighbours, about half of all the deaths could have been avoided. Preventicum Medical Director, Dr Savin says, 'it is a sad fact that 1 in 3 people will develop cancer in their life, however, the key here is that early detection, diagnosis and prevention saves lives. For example, an [MRI colonoscopy](#) can identify polyps in the colon, a well know precursor to colon cancer. We know that there are 4 stages of colon cancer and if it is detected early at Stage 1 there is a 95% chance of cure. If it is detected at Stage 4 there is around a 5% chance of surviving 5 years so early detection is absolutely critical. Detecting polyps at the pre-cancerous stage is what we should be aiming for as it can make a real difference. At Preventicum we realise the importance of early cancer detection so it is very encouraging to see this view now being openly endorsed. Hopefully the UK s record will improve from being historically one of the worst to one of the best at cancer survival rates. It's also important to remember that many of the symptoms that could be cancer turn out to be something less



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DID YOU KNOW?

Bowel cancer is the third most common cancer in the UK

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

To watch our Preventicum movie,

serious, but it's best to get things like changes to moles, unusual lumps, bleeding or changes to bowel motions checked by a GP' For more information on our Check-Ups, please call 020 7605 6900 or email us at info@preventicum.co.uk

We are delighted to introduce...



Kristin Wilson, who joins us as Cardiac Physiologist and will carry out your cardiac tests, including a resting and exercise ECG and spirometry (lung function) test.

Kristin's top New Year fitness tips are:

FIT IN FITNESS: There are 1,440 minutes in an everyday schedule, try to set aside at least 30 of them for physical activity.

ROUTINE: Make physical activity a routine, just like going to work.

GOAL: Set goals that are realistic and achievable and don't be afraid to reward yourself.

Give the Ultimate New Year gift and receive £250 M&S vouchers

We are pleased to extend our Christmas offer into January. If you'd like to give the ultimate gift to a loved one or valued employee, please [contact us](#) for details of our Preventicum gift vouchers which can be used towards part or all of a Check-Up. In return, you will receive up to £250 of M&S vouchers as a gift from us to you.

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



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[click here.](#)



Don't forget

We may have written to you recently to remind you to book a follow-up appointment or your next Check-Up. Don't forget to call us to book, or [contact us](#) to find out when your next Check-Up is due.

