



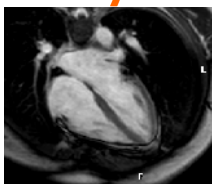
Welcome to the February issue of Preventicum E-news Issue 9

"Hello and welcome to our new-look E-news, which I hope you'll enjoy. Your feedback is extremely valuable and we would greatly appreciate your comments on the new look and the content of this newsletter.

Hopefully, the snow is now behind us and there is a glimpse of light at the end of the tunnel as the evenings start to get lighter. January may be behind us, but for many, the January blues can continue throughout February. Please take a few minutes to take our stress quiz and as the shops fill up with Valentine's Day goods, remember to look after your own heart which is yours for life – not just one day!"

Dr Garry Savin, Medical Director

Love your heart this Valentine's Day



Valentine's Day this year falls in the middle of the British Heart Foundation's ['National Heart Month'](#)

Heart and other circulatory diseases are the nation's biggest killer, accounting for four out of every ten deaths – almost 600 people a day. Every two minutes someone suffers a heart attack; with the right preventative care, the severity of these could be reduced as latent symptoms are detected and managed. Over 150,000 people are living with a congenital heart problem: with countless others

In this issue:

- Love your heart
- De-stress in 2010
- Watch your salt intake

DID YOU KNOW?

Heart and circulatory disease is the UK's biggest killer

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

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



undiagnosed and, therefore, at greater risk.

Preventicum Medical Director, Dr Garry Savin says, "There is no doubt in my mind that early diagnosis is paramount to giving patients a fighting chance at tackling disease. The underlying causes of heart disease can often be easily managed if detected in good time; unfortunately all too often, people take their superficial good health for granted, which can have tragic consequences. Preventicum prides itself on offering the most technologically advanced and safest check-ups on the market which allows visitors to take stock of what is happening on the inside – after all, we are only as old as our arteries!" The nation's heart charity has developed a four point BEAT Code to encourage people to consider their own heart health. Follow the BEAT:

- Be active
- Eat healthily
- Avoid smoking
- Take the lifestyle check



(visit [British Heart Foundation](#) for more details)

De-stress in 2010

We are happy to support The Samaritan's [Stress Down Day](#) and invite you to take this quick stress quiz:

Are you angry and impatient with people close to you?

Do you feel close to tears over small events?

Do you feel isolated from people around you?

Or are you suffering from any of these physical symptoms?

- Sleeplessness
- Loss of appetite or irregular eating
- Panic attacks and difficulty breathing
- Tight, knotty feelings in your stomach
- Low energy and lack of concentration

If you have answered 'yes' to any of the above, you could be

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.

suffering from stress. For more information on how to deal with stress [click here](#) or call us on 020 7605 6900 or [email us](#) to book your Preventicum Check-Up.



Watch your salt intake



Don't forget to watch your salt intake, especially during [National Salt Awareness Week](#).

There is strong evidence that links our current high salt intakes to high blood pressure. High blood pressure is the main cause of strokes and a major cause of heart attacks, two of the most common causes of death and illness in the world. It is also widely recognised that a high salt diet has other adverse effects, such as osteoporosis, cancer of the stomach, obesity and exacerbating the symptoms of asthma.

The severity of these could be reduced as latent symptoms are detected and managed. Over 150,000 people are living with a congenital heart problem: with countless others undiagnosed and, therefore, at greater risk.

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



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