

This month...

- Food labels; make an informed choice
- Did you know?
- Tip of the month
- Watch our movie

Did you know?

February is National Heart Month, an annual campaign run by the British Heart Foundation to increase awareness of heart and circulatory disease.

This year, they are introducing the BEAT, the first ever national heart health code and lifestyle check:

- **B**e Active
- **E**at Healthily
- **A**void Smoking
- **T**ake the lifestyle check

Here at Preventicum we screen for a range of risk factors including those for heart disease and stroke. For further information please contact us.

"Welcome to the February issue of Preventicum E-news."

*This month not only sees the shops filling up with Valentine's Day cards and gifts but also the launch of **National Heart Month**, a timely reminder to all of us to take care of our hearts!*



*An important part of looking after your heart is eating a healthy diet. Food labels are vital in helping people make quick decisions about what foods they buy and an increasing number of manufacturers are making it easier for us to pick the healthy option with **traffic light labels**. If you want to know more, please read this month's article.*

*Please remember to **forward** E-news to your friends, family and colleagues!"*

Dr Garry Savin, Medical Director

Tip of the month

February sees the launch of Tinnitus Awareness Week by The British Tinnitus Association (BTA). Their aim is to highlight how exposure to loud music and noise can cause damage or inflammation in the delicate inner structure of the ear, which can lead to tinnitus and permanent hearing damage.

Tinnitus is the perception of noise in the absence of any corresponding external sound. The noise may be heard in one ear, both ears, in the middle of the head or it may be difficult to pinpoint its exact location. The sound may be low, medium or high pitched. It may be a single noise or have two or more components. It may be continuous or intermittent.

It is often assumed that tinnitus is caused by disease of the ears but this is often not the case. The precise cause of tinnitus is still not fully understood.

All our Check-Ups at Preventicum include a hearing test. If you require any further information or would like to book a Check-Up, please contact us.

Traffic light labels

An unhealthy diet is a key factor in causing obesity and increases the risk of developing heart disease, type 2 diabetes and some types of cancer. If you want to eat a healthy diet, your main aim should be to cut down on fat, especially saturated fat, salt and added sugars.



It's not always easy to pick the healthy option when you are in a rush or faced with a whole shelf of similar products in a supermarket. However, a growing number of food manufacturers are using traffic light colours on their product labels to help you make an informed choice. The [Food Standards Agency \(FSA\)](#) is continuing to encourage as many supermarkets, manufacturers and service providers as possible to use this approach.

Traffic light labels show you at-a-glance if the product has high, medium or low amounts of fat, saturated fat, sugars and salt. This allows you to compare products and choose the healthier option.

ALL measures per 100g	Green (low content)	Yellow (medium content)	Red (high content)
Sugar	5 g or less	5.1 g - 15 g	More than 15 g
Fat	3 g or less	3.1 g - 20 g	More than 20 g
Saturates	1.5 g or less	1.6 g - 5 g	More than 5 g
Salt	0.3 g or less	0.31 g - 1.5 g	More than 1.5 g

If you see a **red light** on the product label, this indicates the food is high in something you should be trying to cut down on. Eating this food occasionally, or as a treat, is fine but you should try to keep your intake of this kind of food low.

If you see **amber**, you know the food is not high or low in the nutrient. This food would be a good choice most of the time, but you may want to go for green for that nutrient some of the time.

If you see **Green**, this means the food is low in the nutrient you are trying to cut down on. The more green lights, the healthier the choice.

Watch our movie



Client Testimonials

"I would highly recommend Preventicum if you want to take an active interest in your long-term health. They offer a thorough health check that gave me the ultimate peace of mind."

**Matt Dawson MBE,
Ex-England rugby player
and Patron of Beating
Bowel Cancer**

So, as a general rule:

- **Red - (high) means 'enjoy it once in a while'**
- **Amber - (medium) means 'OK most of the time'**
- **Green - (low) means 'go for it'.**

Choosing the healthy option isn't always easy but with traffic light colours you just need to remember to go for as many greens as you can and avoid choosing too many reds. This way you'll know you'll be making a healthier choice.

Traffic light labels on the front of food product packaging are a quick and easy guide but if you are interested in finding out more, you can look at the back of packs for more information. On most food items you will find a nutrition panel, giving a nutritional breakdown of the food, Guideline Daily Amounts information, and an ingredients list.

If you require further information or would like to book a consultation with our resident dietitian, [Becky Stephenson](#), please [contact us](#).



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