



Preventicum

London Centre of Preventive Medicine

[Contact us](#)

This month...

- [Cancer survival in England behind other countries](#)
- [Preventicum at Everest summit!](#)
- [Male cancer awareness](#)
- [Did you know?](#)
- [Tip of the month](#)
- [Watch our movie](#)

Did you know?

Prostate cancer kills one man every hour in the UK.

Testicular cancer primarily affects younger men and is the most common form of cancer in men between 15 and 44. It is, with early treatment, 97% curable.

Institute of Cancer Research

Welcome to the June issue of Preventicum E-news

"Hello and welcome to our June E-news.

*This month sees news of the latest findings from the King's Fund which reports that although cancer survival rates are improving, **the UK has historically, one of the worst records of cancer survival rates in Europe** - hopefully with raised awareness of the symptoms to look out for through regular check-ups and earlier diagnosis, we can turn this around. Everyman's June campaign serves to highlight male cancers so we ask you to please take a few minutes out of your busy day to read this and [forward](#) to your male friends, family and colleagues.*



Also, since adventurer Justin Packer came in for a Check-Up in March just a week before his Everest climb, we have been anxiously following his progress to the summit at an amazing 29,029 ft! We are pleased to say he reached it last month, read more about this epic journey in our second article."

Tip of the month

Guys, when checking for testicular cancer, if you find a lump, see if it is attached to a testicle. If it is separate then it is unlikely to be important. If it is on or within the testicle see your GP without delay.

Watch our Movie



Client Testimonials

"As a top athlete performing at the highest level and placing enormous demands on my body, it is essential that I look after my health and have regular check ups to make sure all is well below the surface. The hospitality at Preventicum was excellent and I felt very comfortable and relaxed."

Merlene Ottey,
Track and field sprint legend

Dr Garry Savin, Medical Director

England's cancer survival rates still fall behind other countries

Recent findings reported by the King's Fund, a charity 'that seeks to understand how the health system in England can be improved' show that



although overall cancer survival rates in England are improving, survival rates from some of the most common cancers (such as colorectal and ovarian cancer) are static or worsening compared with other developed countries including Canada, Australia, Sweden and Norway. At Preventicum we feel strongly that this dreadful statistic has to change.

The report says "there is good evidence to suggest that English patients are diagnosed at a later stage than in other countries" and although "A range of factors contribute to International differences in cancer survival...Overall, the most plausible drivers for improved survival appear to be diagnosis at an early stage including through effective screening programmes".

www.kingsfund.org.uk

At Preventicum, we believe that a detailed assessment of individual risk factors is crucial and that the focus needs to be on the early detection of disease. "In the UK we have tended to tolerate a culture where we are reactive rather than proactive when it comes to our

health. In my view there needs to be more of a cultural shift if we are to improve our rather shameful record of cancer survival to at least equal that of countries setting the benchmark. Many diseases can be treated more effectively with much better outcomes or avoided altogether if we focused more on early detection and Prevention."

Dr Garry Savin

For more information on our range of Check-Ups, please [click here](#) or [email us](#)

Preventicum on top of the world!

We were proud to support Justin Packer's De Roemer Everest climb which culminated in the successful ascent to the summit on the 21st May where this incredible photo was taken!



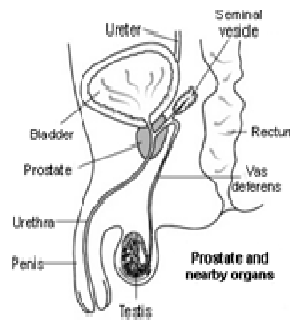
Congratulations to Justin and his team and in his own words,

"It was an exciting summit with a fair bit of drama. Have a read of the blog for a blow by blow description (www.deroemereverest.com). It was one hell of an adventure - I am 10kgs lighter, have a little bit of frost bite in two of my fingers but am completely elated that we managed to stand on the top of that magnificent mass of rock. I cannot thank Preventicum enough for getting behind it all and it definitely was very reassuring to know that you had given me a clean bill of health before embarking on it all as your body takes a hell of a pasting at that altitude."

Justin was raising money for [Walking with the Wounded, The Warrior Programme and Alzheimer's Research](#). Please do help these magnificent causes if you are able.

For more information on our Check-Ups, please [email US](#)

Male Cancer Awareness Month



June is Everyman's Male Cancer Awareness Month which aims to raise funds to support research into prostate and testicular cancer and promote greater awareness of these diseases.

Prostate Cancer

One of the problems related to prostate cancer is that, in its early stages, it often does not cause symptoms. Where symptoms do occur they may include any of the following problems:

- Having to rush to the toilet to pass urine
- Passing urine more often and/or at night
- Difficulty getting the flow of urine started
- Starting and stopping whilst passing urine
- Discomfort (pain or burning) whilst passing urine
- A feeling of not having emptied the bladder fully
- Dribbling of urine
- Blood in urine or semen
- Pain or stiffness in the back, hips or pelvis

The prostate enlarges as men get older, and most men have some symptoms affecting urination. These

symptoms can be caused by other conditions that are less serious than prostate cancer. It is however, vital that you do go a see your doctor as soon as possible if you are suffering from any of these symptoms. At Preventicum we assess potential symptoms. We offer the PSA test in men over 50 and can scan the prostate volume and bladder using ultrasound.

Testicular Cancer

Regular self-examination will help you become more aware or the normal feel and size of your testicles so that any abnormalities can be spotted early on. Early testicular cancer is symptomless and so it is important to self-examine for any lumps on the testicles. We include a testicular examination in all our male [Check-Ups](#).



Preventicum
Shepherds West
Rockley Road
London W14 0DA

T: +44 (0)20 7605 6900
F: +44 (0)20 7605 6901
E: enews@preventicum.co.uk
W: www.preventicum.co.uk

[Send to a friend](#)

[Click here to unsubscribe to this email](#)