



Preventicum

London Centre of Preventive Medicine

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Did you Know?

World Asthma Day and Asthma Awareness Week both fall in May.

Asthma is often considered a childhood condition. However, people can be diagnosed with asthma for the first time in later life, known as 'adult onset asthma'.

Adult onset asthma is less likely to be triggered by allergens and more likely by infections or irritants. The only symptoms may be shortness of breath or a cough, particularly at night and the condition often goes undiagnosed.

Other serious conditions, such as emphysema, heart disease and chronic obstructive pulmonary disease (COPD) can cause similar symptoms, so it is important to

"Welcome to the May issue of Preventicum E-news

We hope you were not personally affected by the volcanic eruption and that you are enjoying the long-overdue British spring.

This month, we highlight our work with [organisations](#) who are keen to look after the health and wellbeing of their employees, as well as [recent investigations into x-ray-based health MOTs](#) and [a new bowel cancer screening study](#).



For those of you who may have been alarmed to read in the recent press that check-up scans can be harmful, I would like to reiterate that this does not apply to the scans we use at Preventicum, that we actually agree with the recent Government recommendations to limit x-ray exposure from CT scans and that we believe that these are overdue. This is precisely why we use MRI and ultrasound scanning. You needn't be worried about this as you have chosen sensibly!

If you have any questions about our e-news articles, please [contact us](#), and please remember to [forward E-news](#) to your friends, family and colleagues!"

Dr Garry Savin, Medical Director

consult a doctor if you have these symptoms for a correct diagnosis and treatment.
For further information please [contact us](#).

Did you know?

As hayfever season arrives, many of you may be suffering from the usual symptoms of sneezing, runny nose and itchy eyes.

It is important to remember that allergens such as pollen can also trigger asthma symptoms including a tight chest, shortness of breath, coughing and wheezing.

If you experience any of these symptoms, please consult your GP or [contact us](#) as soon as possible for an accurate diagnosis and appropriate treatment to control your symptoms.

Tip of the month

19th May is World Hepatitis Day.

1 in 12 people worldwide live with either chronic hepatitis B or chronic hepatitis C, many unaware that they are infected.

Globally, this is far higher than the prevalence of HIV or cancer and the two viruses kill around 1 million people per year.

World Hepatitis Day aims to make people aware of

COMARE: news about CT scans for healthy people

You may have read about the Department of Health's plans to regulate the use of x-ray-based scans offered to healthy people as part of health MOTs, due to the high levels of radiation exposure and associated potential risks. This follows a [report](#) carried out by COMARE (the Committee on Medical Aspects of Radiation in the Environment), on CT scanning of healthy patients. At Preventicum, we do not use this type of technology and pride ourselves on combining the very latest in x-ray free imaging (MRI scans) with a highly experienced medical team to provide the most advanced and safest health assessments in Europe.

Dr Garry Savin, our Medical Director, feels passionately that health checks are important to ward off potential ill-health: "At Preventicum, the centre-piece of our most detailed health MOT, the Ultimate Check-Up, is a unique, state-of-the-art MRI scan, which is completely x-ray free, and uses magnetic resonance to generate detailed images of the body. It is clean technology. Multislice CT scans and the older, almost obsolete, EBCT scans all work on the basis of x-ray radiation. A similar assessment to ours using CT scanning would, therefore, expose a person to a relatively large dose of ionising radiation, equal to several hundred chest x-rays all in one hit. The potential long-term effects of this must be considered and I am delighted that COMARE have investigated it fully. If screening is to be most effective, these scans would have to be repeated at regular intervals, and I personally would not undergo a CT or EBCT scan for preventive reasons, whereas I would have an x-ray free MRI scan. It makes perfect sense. Why expose yourself to a large dose of ionising radiation when there is a safer alternative?"

If a healthy person has any type of scan as part of a health assessment, it is important to ensure that the risks do not outweigh the benefits. COMARE has recommended that certain types of CT scans should stop altogether and that others should only be undertaken if clearly beneficial. New guidelines will be prepared for practitioners advising when CT scans are appropriate. COMARE's advice is based upon the fundamental medical principle that the benefit to the patient must always outweigh the risks to radiation exposure involved.



the risks, to inform them how infection occurs and to educate them about the tests that are available.

For further information or to arrange a test, please [contact us](#).

Watch our movie



Client Testimonial

"Preventicum offers a very professional service, from the initial discussions with their Business Development team who put together a detailed proposal based on our requirements, right through to the booking procedure and the timely arrival of the full medical reports direct to the individual consultants.

The administrative and medical teams are very professional and highly experienced, making the whole experience enjoyable and efficient from every angle.

I would not hesitate to recommend Preventicum to other organisations looking to protect their key staff and ultimately their business."

Andy Cuthbertson,
Egon Zehnder International

Please [contact us](#) if you have any questions or concerns about this report.

Healthy staff = healthy business

A company's people are its most valuable asset and looking after key individuals within a workforce is crucial to the smooth running and success of the business as a whole.



Preventicum works with a large number of [organisations](#) of various sizes across many different industries, including Egon Zehnder, Yell plc, National Australia Bank and DB Schenker. We develop tailored health assessment programmes to manage the health of key individuals at each company. Very often, we look after board members, senior management teams and executives with a range of different health checks.

The physical wellbeing of employees is often overlooked by businesses. Taking this more seriously can result in significant benefits to a company, which in turn can lower absenteeism, improve productivity, reduce staff turnover and improve employer-employee relations. If a member of your senior team is not performing to their maximum due to a health reason or has to take time off work, it can have major implications. Addressing health issues before they arise can positively affect the whole organisation.

Introducing a health assessment scheme for your staff can have significant benefit for the employee and the business, but there are tax benefits as well. Since April 2009, medical check-ups offered to employees by their employer are tax exempt. Employers will no longer be penalised for offering their key people a thorough health assessment.

It's the perfect time to talk to us about introducing a Preventicum health assessment programme to your business, however large or small. For more information please contact Michele Joseph on 020 7605 6900 or by [email](#).

Prevention is better than cure...and makes good business sense!

Bowel cancer screening breakthrough

We were pleased to see last week's breaking news about a bowel cancer screening test called a flexible sigmoidoscopy (Flexi-scope) which, in a large medical trial, has been shown to significantly cut the risk of dying from bowel cancer by 43%, as well as reducing the chance of getting bowel cancer by a third, when used once in people aged over 55. This really is proof that bowel screening works. However, the flexible sigmoidoscopy used in this study only looks at the latter part of the bowel, whereas at Preventicum, we scan the whole large bowel with our MRI Colonoscopy. The results of the Flexi-scope test have been heralded as a major breakthrough by Cancer Research UK.

At Preventicum, we would expect to prevent a far greater percentage of bowel cancer deaths by scanning the whole bowel regularly. We cannot prove MRI colonography is superior to Flexi-scope since no organisation would finance such a large trial, but we would hope to prevent at least 90% of bowel cancer deaths, as we know we can easily detect polyps with the greatest malignant potential. We have been doing so for the last 4 years and have detected many polyps, as well as bowel cancer itself, luckily in its early and curable stages. This recent study is so important as it shows that the theory of bowel cancer prevention is sound and that screening for it is highly effective. We offer MRI Colonoscopy to clients over 40 years old, or those with a family history of bowel cancer.

For further information please [contact us](#).



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