



### This month...

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### Did you know?

Bowel cancer is the third most common cancer in the UK with someone being diagnosed every 15 minutes. The good news is that it is highly treatable when

## "Welcome to the May issue of Preventicum E-news.

*Here at Preventicum we are dedicated to prevention rather than cure and this month we discuss the welcome news that the NHS will be piloting a new bowel screening programme in the over 55 age range, putting the spotlight on a subject that most of us shy away from discussing - bowel cancer.*



*As the days become longer, it's also a great time to think about making healthier diet choices and getting outside and exercising more. However, the 'great outdoors' and the onset of Spring also means to many the start of allergy season with cases of allergies soaring during this time and we discuss this in our second article.*

*As always, please remember to [forward](#) E-news to your friends, family and colleagues and let us know if there's anything you'd like to see in future issues"*

**Dr Garry Savin, Medical Director**

**Bowel Cancer Screening Programme**

diagnosed at an early stage with a survival rate of more than 90% over 5 years.

### Tip of the month

There is increasing evidence to show that diets high in a variety of vegetables, fruits and whole grains may help to reduce the risk of bowel cancer possibly due to their active vitamin, mineral and fibre content. Try to eat a minimum of five portions a day.

Click [here](#) for a factsheet with more information from Bowel Cancer UK

### Watch our movie

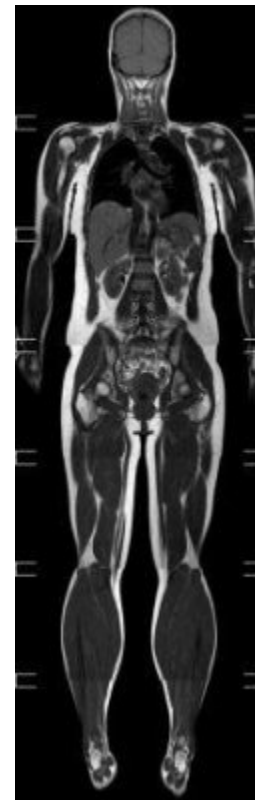


### Client Testimonials

*"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**

A year ago we reported in our Enews, findings from a large medical trial which showed that a screening test called flexible sigmoidoscopy (flexi-sig) 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. We were therefore pleased to see recent news that the NHS is piloting flexible sigmoidoscopy screening for all men and women, to occur once between 55 and 64 as a screening test following a recommendation by the National Screening Committee (UKNSC). This is planned to be rolled out over the next 4 years.



Although the results of the flexible sigmoidoscopy study and the great news that the NHS is trialling this screening is welcomed by all, this test only looks at the latter part of the bowel, whereas at Preventicum, we scan the whole large bowel with our MRI colonoscopy (which is less invasive than a conventional colonoscopy) and would hope to prevent 90% of bowel cancer deaths, as we know we can easily detect pre-cancerous polyps in their very early stages.

Symptoms of bowel cancer to look out for can be:

- A change in your usual bowel habits lasting four weeks or more
- Bleeding from the bottom and/or your stools
- Unexplained extreme tiredness and/or unexplained weight loss
- A pain or lump in your abdomen

You may experience one, some, or all of the above symptoms or none at all and it is important to remember that most symptoms will not be bowel cancer. Our aim is to detect bowel cancer long before the symptomatic stage to maximise the chances of successful treatment. Please also see our tip of the month which shows how making changes to your diet can help reduce your risk of getting bowel cancer.

If you would like further information about this condition or would like to arrange a Preventicum Check-Up or discuss our MRI colonoscopy, please [contact us](#).

### Allergies

The onset of Spring brings longer days and for the past couple of months, fantastic weather in the UK! The bad news is that it also heralds for many, the start of allergy

season. Allergies will affect one in four of the UK population at some point in their life, with numbers increasing each year. The commonest allergy in the UK is against plant pollens and is commonly called Hay Fever.

At Preventicum we can test for specific food allergies or food groups such as nuts and seeds, fish, shellfish and cereal allergies, e.g. wheat. We also test for inhalants, antibiotics and insect allergies.

The most common symptoms of an allergy include:

- sneezing
- shortness of breath
- itchy eyes and ears
- severe wheezing
- coughing
- runny nose
- sinus tenderness

For more information on our allergy testing including frequently asked questions, please visit our [allergy page](#) online or [contact us](#).



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