



**Preventicum**

London Centre of Preventive Medicine

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## This month...

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### Did you know?

In 2008, almost a quarter of adults (24% of men and 25% of women aged 16 and over) in England were classified as obese (BMI 30kg/m<sup>2</sup> or over).

If obesity prevalence continues at the same rate, it is predicted that by 2012 32.1% of men and 31.0% of women will be in the obese category, rising to 47% of men and 36% of women by 2025.

Here at Preventicum we calculate BMI, body fat percentage and waist circumference for all clients undertaking [Check-Ups](#). We can offer advice and suggest ways to lose any excess weight and also have a resident dietitian, [Becky Stephenson](#).

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

*This month we are focusing on [metabolic syndrome](#), a weight driven combination of medical disorders that can significantly increase the risk of developing heart disease, stroke, type 2 diabetes and other conditions related to problems with the blood vessels. It is very common and becoming even more so. Recent surveys in the United States suggest that as many as 1 in 4 adults has metabolic syndrome and UK research estimates a similar number of people are affected here. This is because of the worrying rise in obesity we are witnessing in the Western world.*



*Please remember to [forward E-news](#) to your friends, family and colleagues!"*

**Dr Garry Savin, Medical Director**

### Metabolic syndrome

Many people who have diabetes, high blood pressure or obesity may also have one or more of the other conditions as well, although they may remain undiagnosed. People with this combination of medical disorders are said to have metabolic syndrome. It may also be referred to as insulin resistance syndrome or syndrome X.



If you would like further information or would like to arrange a Check-Up please [contact us](#).

### Tip of the month

October is [Breast Cancer Awareness Month](#) launched by Breast Cancer Care.

Almost 46,000 people are diagnosed with breast cancer each year in the UK. Of these, around 300 are men.

Just over 12,000 people die from breast cancer in the UK every year making breast cancer the second biggest cause of death from cancer for women in the UK, after lung cancer.

Early diagnosis is key and Breast Cancer Care promote a [5 point code](#) to breast awareness.

In our [Preventicum Check-Ups](#) we carry out breast checks and if clinically indicated we are also able to arrange mammograms or breast ultrasound, on the same day if necessary. For further information or to book a Check-Up, please [contact us](#).

Each of the medical conditions on its own can cause damage to the blood vessels but in combination they are far more likely to cause harm. People with metabolic syndrome have 3 times the risk of suffering a heart attack or stroke and twice the risk of dying from such an event than people without the syndrome.

The combination of conditions found in metabolic syndrome include:

1. Central adiposity, which is where fat is laid down around the abdomen rather than spread evenly around the body. (In European men a waist circumference of > 94cm, in Asian men > 90cm, in European women > 80cm and Asian women > 80cm).
2. Abnormal fat levels in the blood, specifically high levels of triglycerides and low levels of HDL (or 'good') cholesterol, which can lead to arteriosclerosis (fatty plaques) on the walls of blood vessels developing prematurely.
3. High blood pressure.
4. Insulin resistance or glucose intolerance; an inability to use insulin properly or control blood sugar levels very well, which is a very important factor in metabolic syndrome.
5. A prothrombotic state; an increased tendency to make tiny clots in the blood.
6. A proinflammatory state; an increased tendency to inflammation.

Metabolic syndrome is precipitated by excessive abdominal body fat and is becoming a major health problem. It is very common and on the increase. The prevalence varies with country and race, but is more common in certain ethnic groups (such as Asian and Afro-Caribbean) and among women with polycystic ovary syndrome (PCOS).

The exact cause of metabolic syndrome is currently not known but there appear to be 3 contributory factors: an inherited genetic tendency to develop insulin resistance, being overweight and physical inactivity. If people who are born with the genetic tendency put on a lot of weight and do not do enough exercise, they become insulin resistant and develop the metabolic syndrome.

To prevent or reduce your risk of developing metabolic syndrome, it is important to keep your weight under control, as it is a weight driven problem. Losing weight and increasing physical activity reduce insulin insensitivity and other cardiovascular risk factors, such as high

## Watch our movie



## Client Testimonials

*"The team at Preventicum are the most professional and experienced group of health care providers I've come across in five and half years in the UK. Thank you!"*

**Jennifer Ploszaj**

*"Thank you for looking after me last week. It's a superbly professional operation that you run and I'm always delighted to come."*

**Anton Bilton**

*"A genuinely premium service of value."*

**Simon Bentley**

triglycerides and blood pressure. In some circumstances your doctor may advise drugs to control blood fat and cholesterol levels and blood glucose levels.

There is no specific drug treatment for metabolic syndrome itself. It is normally treated by managing the underlying medical conditions with lifestyle changes and drugs where appropriate.

In our [Preventicum Check-Ups](#) we measure a number of risk factors including those for metabolic syndrome. For clients diagnosed at risk or with the syndrome, we can arrange specialist referral for advice or treatment. For further information or to arrange a Check-Up, please [contact us](#).



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](mailto:enews@preventicum.co.uk)  
**W:** [www.preventicum.co.uk](http://www.preventicum.co.uk)

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