



# Preventicum

World-class health assessments

# World-class health assessments



In-depth consultations  
with expert doctors



Dedicated  
clinical team



Leading-edge,  
holistic approach



Advanced  
radiation-free imaging



Innovative  
brain imaging



Extensive  
cardiac assessment



Detailed  
ultrasound scans



Extensive  
laboratory testing



Network of  
specialists



One day  
Under one roof



Luxury client suites



Same-day results  
Dedicated portal

# Unparalleled preventive healthcare

For over eighteen years, Preventicum has combined five-star service with cutting-edge medical technology and clinical expertise to offer unparalleled health assessments. We consistently research and introduce new clinical developments to remain at the forefront of preventive healthcare and to ensure we build long-lasting partnerships with you, our client.

Our expert team focuses on early detection and prevention of many health concerns including heart disease, cancers, stroke and diabetes. Your assessment will include two thorough consultations with your Preventicum Doctor and a third with our Consultant Radiologist. All tests are led by our dedicated clinical team, with results before you leave the clinic, so you feel reassured and armed with the information you need. A detailed, written report and any necessary specialist referrals will be available on your dedicated client portal, along with test results from each of your Preventicum assessments over the years.

Experience the pinnacle of preventive healthcare with our Optimal and Ultimate assessments, setting new standards with our pioneering approach and offering you the ultimate peace of mind.



DR YING-YOUNG HUI  
MEDICAL DIRECTOR





The best medical I have ever had.  
I recommend Preventicum  
without question.



## OUR HEALTH ASSESSMENTS

### Optimal

The world's most clinically advanced health assessment with pioneering heart and brain analysis

£10,500



06

### Ultimate

An extensive, leading-edge health assessment for peace of mind

£7,000



10

The world's most  
clinically advanced  
health assessment  
with pioneering heart  
and brain analysis

£10,500

# Optimal

## ASSESSMENT



In-depth consultations  
with expert doctors



Dedicated  
clinical team



Cutting-edge  
MRI scans



AI and AR  
brain imaging



Pioneering  
cardiac assessment



Detailed  
ultrasound scans



Extensive  
laboratory testing



Network of  
specialists



One day  
Under one roof



7 hours



Luxury client suites



Same-day results  
Dedicated portal



### THE DETAILS

#### Consultation and physical examination with your Preventicum Doctor

You will spend up to one hour discussing your current health, medical and family history and any concerns you have, as well as a full physical examination of the eyes, ears, mouth, throat, heart, lungs, musculoskeletal system, gastrointestinal system and any worrying skin lesions. Male clients will have an examination of the prostate and female clients will have a full gynaecological examination and smear test, if clinically indicated.

#### Vital observations

Our team will measure your height, weight, BMI, resting heart rate and blood pressure.

#### Over 50 laboratory blood tests and urine analysis

We carry out a full blood count, comprehensive cholesterol profile, liver and kidney function tests, bone profile, iron studies, inflammatory markers, thyroid function, HbA 1c (diabetes test), PLAC test (marker of inflammation associated with an increase in plaque in the arteries and an indicator of heart disease and stroke risk), vitamin B9 (folate), vitamin B12, vitamin D and PSA where clinically indicated. Urine is tested for protein, glucose, leucocytes and blood.

#### Magnetic Resonance Imaging (MRI)

Our experienced team of radiographers will take care of you during your time in our state-of-the-art MRI scanners which are equipped with in-bore technology, ambient lighting and a choice of music or film for a relaxing audio-visual experience.

Your Optimal scans will include:

- brain
- BrainKey
- heart
- Oxygenation-Sensitive Cardiac MRI
- LiverMultiScan
- organs and arteries of the abdomen and pelvis
- one musculoskeletal area, e.g. your knee, shoulder or hip

#### Ultrasound examinations

Our dedicated sonographers will scan your thyroid, carotid arteries, abdominal aorta, liver, gallbladder, biliary tree, pancreas, kidneys, spleen, bladder, uterus and ovaries in women and the prostate and testes in men.

#### Resting electrocardiogram (ECG)

A resting ECG is used to diagnose many electrical heart abnormalities and can help to show if there is the possibility of significant coronary artery disease.

#### Exercise stress echocardiogram

Our expert cardiac team will guide you through your stress echocardiography test using specialist ultrasound imaging combined with the exercise stress test on either a treadmill or supine bike to show how well your heart muscle is working to pump blood around your body. It is used to detect a decrease in blood flow to the heart from narrowing of the coronary arteries, to assess heart function and structure and can diagnose underlying heart disease. Preventicum was the first UK clinic to introduce this test as part of a screening health assessment.

#### Spirometry

Our team will perform your spirometry to measure your lung function and help detect lung disease.

#### Body composition analysis

Our advanced InBody970 provides an extensive map of your body composition using 3MHz technology.

#### Audiometry

Our team will measure the sensitivity of your hearing across a range of frequencies.

#### Tonometry

Our team will measure your intraocular pressures to screen for glaucoma.

#### Radiologist consultation

You will explore hundreds of your MRI scans with our Consultant Radiologist, including a video of your beating heart. After your assessment, you will be able to view your images on your own device.

In partnership with Medical iSight, your brain scans will be converted into a 3D Augmented Reality visual using ground-breaking technology. Wearing a Microsoft HoloLens, you will be able to view and interact with your brain in an unparalleled, immersive experience.

#### Results consultation

Your assessment will conclude with a results consultation with your Preventicum Doctor, during which you will discuss your test results, further management of any clinical findings and referrals to our network of specialists where relevant.

#### Your detailed report

Following your assessment, you will receive a detailed clinical report including a bespoke lifestyle prescription and all of your test results, images and findings.





## INCLUDED IN OUR OPTIMAL ASSESSMENT



### Unique immersive holographic experience

In partnership with Medical iSight, your brain scans will be converted into a 3D Augmented Reality visual using ground-breaking technology. During your consultation with our Consultant Radiologist, wearing a Microsoft HoloLens, you will be able to view and interact with your brain in an unparalleled, immersive experience.



### BrainKey

This pioneering approach to brain longevity analyses your MRI scans to measure over 25 regions of your brain and calculate your brain age. A 3D dashboard built by neuroscientists will give you a clear picture of your brain health and includes personal recommendations for nutrition, exercise and lifestyle changes.



### Oxygenation-Sensitive Cardiac MRI

We are excited to partner with Area19 to introduce Oxygenation-Sensitive Cardiac MRI (OS-CMR). This world first in preventive health assessments offers a stress and medication free way of testing coronary vascular function in just three minutes, using AI-informed analysis.



### LiverMultiScan

Early diagnosis of liver disease often means that, with lifestyle changes and or medication, the liver has the ability to regenerate itself. LiverMultiScan offers advanced imaging that provides detailed measures of inflammation, fibrosis and fat, offering a complete picture of liver health.



My visit to Preventicum gave me a life I would not otherwise have today.





An extensive,  
leading-edge health  
assessment for  
peace of mind

£7,000

# Ultimate

## ASSESSMENT



In-depth consultations  
with expert doctors



Dedicated  
clinical team



Advanced  
MRI scans



Extensive  
cardiac assessment



Detailed  
ultrasound scans



Extensive  
laboratory testing



Network of  
specialists



One day  
Under one roof



6 hours



Luxury client suites



Same-day results  
Dedicated portal

## THE DETAILS

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- brain
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### Your detailed report

Following your assessment, you will receive a detailed clinical report including a bespoke lifestyle prescription and all of your test results, images and findings.







The whole team is knowledgeable, passionate and dedicated to ensuring you feel completely at ease. The technology is astounding and I could not have had a better experience.





OUR ASSESSMENTS

Consultations, physical examinations and reports

				
	Optimal		Ultimate	
	Male	Female	Male	Female
Personal, detailed consultation with your Preventicum Doctor	•	•	•	•
Lifestyle discussion and analysis	•	•	•	•
Medical questionnaire	•	•	•	•
Gynaecological questionnaire		•		•
Cardiovascular risk score	•	•	•	•
Mental health and psychological wellbeing assessment	•	•	•	•
Occupation satisfaction assessment	•	•	•	•
Sleep disorder questionnaire	•	•	•	•
Physical examination with doctor including:	•	•	•	•
- Cardiac examination	•	•	•	•
- Respiratory system examination	•	•	•	•
- Hernia check *	•	•	•	•
- Testicular examination and self-examination instruction*	•		•	
- Prostate examination *	•		•	
- Breast examination and self-examination instruction*		•		•
- Pelvic examination *		•		•
- Examination of specific skin abnormalities**	•	•	•	•
Consultation and virtual tour of your MRI images with your Preventicum Radiologist	•	•	•	•
Unique immersive holographic experience with your Preventicum Radiologist	•	•		
Same-day results	•	•	•	•
Detailed report, recommendations and referrals	•	•	•	•
Preventicum Lifestyle Prescription	•	•	•	•
Personalised trend analysis (if previous attendance)	•	•	•	•
<b>MRI scans</b>				
Brain	•	•	•	•
Blood vessels supplying brain (circle of Willis)	•	•	•	•
BrainKey	•	•		
Heart muscle and valves	•	•	•	•
Heart function	•	•	•	•
Aortic distensibility	•	•	•	•
Oxygenation-Sensitive Cardiac MRI	•	•		
LiverMultiScan	•	•	•	•
Abdomen: liver, spleen, pancreas, kidneys, gallbladder and abdominal aorta	•	•	•	•
Pelvis: bladder, womb, ovaries		•		•
Pelvis: bladder and non-dedicated scan of the prostate	•		•	
Musculoskeletal (MSK) region of your choice	•	•		
<b>Ultrasound scans</b>				
Arteries of the neck (carotids)	•	•	•	•
Abdominal aorta	•	•	•	•
Liver	•	•	•	•
Gallbladder	•	•	•	•
Common bile duct	•	•	•	•
Spleen	•	•	•	•
Pancreas	•	•	•	•
Kidneys and urinary tract	•	•	•	•
Bladder	•	•	•	•
Uterus and ovaries		•		•
Prostate volume	•		•	
Testes	•		•	

Cardiac testing

Exercise stress echocardiogram	•	•	•	•
Resting electrocardiogram (ECG)	•	•	•	•
Spirometry	•	•	•	•

Basic observations

Resting blood pressure	•	•	•	•
Height, weight and body mass index (BMI)	•	•	•	•

InBody970

Body composition analysis	•	•	•	•
Visceral fat analysis	•	•	•	•
Body fat percentage	•	•	•	•

Eyes & Ears

Audiometry	•	•	•	•
Tonometry	•	•	•	•

Pathology

Full Biochemistry Profile:	•	•	•	•
Kidney tests, uric acid, calcium, total protein albumin, globulin				
Full Haematology Profile (full blood count):				
Haemoglobin, HCT, red cell count, MCV, MCH, MCHC, RDW, white blood cells, neutrophils, lymphocytes, monocytes, basophils, eosinophils, platelets, blood film	•	•	•	•
Erythrocyte Sedimentation Rate (ESR)	•	•	•	•
Iron and Total Iron Binding Capacity (TIBC)	•	•	•	•
Ferritin	•	•	•	•
HbA1c (diabetes test)	•	•	•	•
Total cholesterol	•	•	•	•
HDL & LDL cholesterol	•	•	•	•
Cholesterol HDL ratio	•	•	•	•
Lp-PLA2 PLAC	•	•		
Triglycerides	•	•	•	•
Prostate-Specific Antigen (PSA) *	•		•	
HsCRP level	•	•	•	•
Thyroid function test	•	•	•	•
Vitamin B9 (folate)	•	•	•	•
Vitamin B12	•	•	•	•
Vitamin D	•	•	•	•
Urine analysis	•	•	•	•
HPV (cervical smear) *		•		•
Urine microscopy and culture *	•	•	•	•
Faecal Immunochemical Test (FIT) *	•	•	•	•

Luxury client experience

Private client suite	•	•	•	•
Dedicated client concierge	•	•	•	•
Preventicum client wear and amenities	•	•	•	•
Pre-ordered nutritious lunch and snacks	•	•	•	•
Hotel and car service on request (additional charge applies)	•	•	•	•

\* Where clinically indicated

\*\* As indicated by you



# World-class MRI technology

- ☼ Leading Consultant Radiologists
- ☼ Expert team of Senior Radiographers
- ☼ Radiation-free imaging
- ☼ Your choice of immersive audio-visual experience
- ☼ Continuous voice contact with the team
- ☼ Extra-wide scanner for your comfort
- ☼ Dedicated scans of your brain, heart, liver, abdomen and pelvis



  
Preventicum







The overall experience was excellent and I was highly impressed. Preventicum took things to a completely new level for me. Your team is first class.



## Our world-class doctors

Our dedicated team of leading GPs and expert Consultant Radiologists



**Dr Ying-Young Hui**  
Medical Director  
MBBS BSc MRCGP DOccMed



**Dr Uzma Ali**  
Preventicum Doctor  
MBBS MRCP MRCGP



**Dr Moushumi Baruah**  
Preventicum Doctor  
MBBS BSc (Hons) DRCOG  
DFSRH MRCGP PGCE FRSPH



**Dr Bronya Gorney**  
Preventicum Doctor  
MA MBBS MRCGP  
MRCP DTMH DFSRH



**Dr Asha Katwa**  
Preventicum Doctor  
MBBS BSc MRCGP MRCS  
(Eng) DOHNS PG DIP ENT PG  
Cert Pallcare



**Dr Kartik Modha**  
Preventicum Doctor  
MRCGP MBBS (Hons)  
BSc (Hons)



**Dr Feizal Motala**  
Preventicum Doctor  
MBChB DA



**Dr Mehma Rai**  
Preventicum Doctor  
MBBS BSc (Nutrition)  
MRCGP DRCOG



**Dr John Roegner**  
Preventicum Doctor  
MD



**Dr Michaela Schuhwerk**  
Preventicum Doctor  
MRCP DTMH DipGUM  
DFFP MSc ID and  
Tropical Medicine CCST



**Dr Willem Theron**  
Preventicum Doctor  
Microbiology MSc (Hons) MBChB  
Sports Medicine MSc DOccMED



**Dr Syed Babar**  
Consultant Radiologist  
DMRD FRCR



**Dr Med. Christoph Juli**  
Consultant Cardiac Radiologist  
FRCR



**Dr Hammad Siddiqi**  
Consultant Radiologist  
FRCR

DOCTORS

RADIOLOGISTS



Preventicum

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