



Preventicum

Annual Review

2023



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



DR YING-YOUNG HUI
Medical Director



A Happy and Healthy 2024 to you all.

2023 was another year of clinical breakthroughs and successful health outcomes and I am delighted to share some of these with you.

For over eighteen years, our commitment to preventive healthcare means that we consistently research and introduce new, relevant clinical developments to remain at the forefront of early detection and prevention.

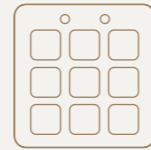
We look forward to welcoming you back to Preventicum in 2024 to experience the pinnacle of preventive healthcare, setting new standards with our pioneering approach and offering you the ultimate peace of mind.



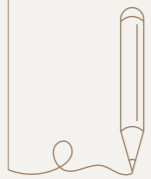
Launched our Optimal, the world's most clinically advanced health assessment

51 years

average client's age



20



8,000 hours

preparing and producing our clients' detailed reports



World-first in coronary vascular imaging



New, state-of-the-art ultrasound machines

Pioneering approach to brain longevity



500,000 minutes

of detailed health assessments



65%

male clients



35%

female clients

23



18th

birthday celebrations

80%

of our clients were introduced to us by a friend



Opened our second cardiac suite with supine bike



Unique immersive holographic experience



During 2023, we gave our clients reassurance and peace of mind and made some important clinical diagnoses with many successful health outcomes.

Clinical



Diabetes



Aneurysms



Endothelial dysfunction



Testicular cancer



Thyroid cancer



Cervical cancer

findings



Fatty liver disease



Hypertension



Lung cancer



Cardiovascular disease



Haematological cancer



Kidney cancer



Prostate cancer



Arachnoid tumour



Endometriosis



Ovarian cancer



Atrial fibrillation

Cardiac health



OS-CMR

In partnership with Area 19, we introduced oxygenation-sensitive cardiac MRI, a world first in preventive health assessments, offering a stress and medication-free way of testing coronary vascular function.



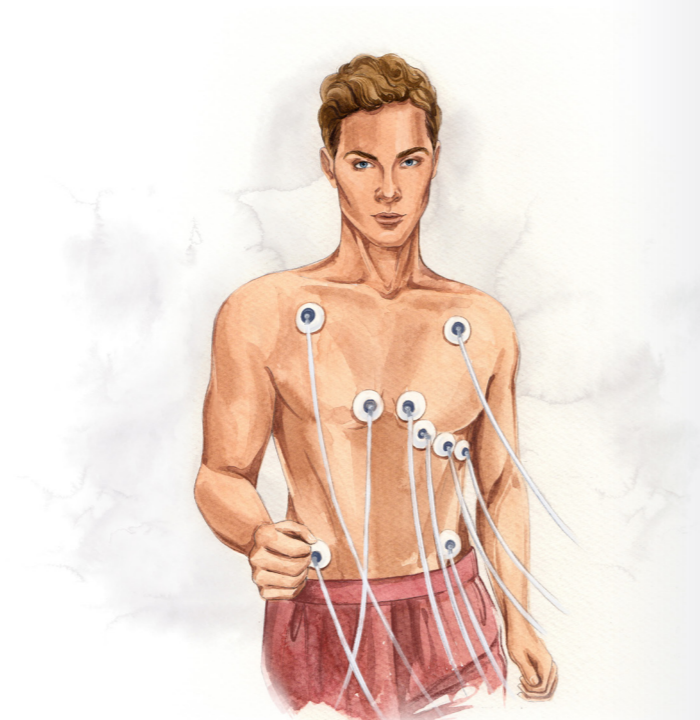
ADVANCED CARDIAC MRI

Our state-of-the-art MRI scanners offer an immersive audio-visual experience. During your radiology consultation, you will explore your MRI scans including a video of your beating heart. Your images are meticulously reported by a specialist Consultant Cardiac Radiologist.



STRESS ECHOCARDIOGRAPHY

Our expert cardiac team will guide you through your stress echocardiogram on either a treadmill or bike. This test can detect a decrease in blood flow to the heart from narrowing of the coronary arteries, assess heart function and structure and diagnose underlying heart disease.



CASE STUDY

Severe heart disease

1

BACKGROUND

A male client in his early seventies visited Preventicum for a third time. All his cardiac investigations were normal and he was generally in good health, but experiencing shortness of breath during bursts of intense activity.



2

CLINICAL FINDINGS

Our client's resting ECG showed severe heart rhythm abnormalities and a further resting echocardiogram showed a dilated left ventricle with poor cardiac efficiency and function. This was confirmed in his cardiac MRI and indicated the possibility of dilated cardiomyopathy.



I am eternally grateful. I would have continued working, acting and eating as normal, before presumably becoming just another statistic of cardiac arrest.



Without your diagnostic expertise, I would not have continued for much longer.

3

NEXT STEPS

We referred our client for review with a Consultant Cardiologist and he had an urgent coronary angiogram. He is now under ongoing specialist care.

CASE STUDY

Atrial fibrillation

BACKGROUND

Our client, a 68-year-old Portfolio Chairman, booked a Preventicum assessment after experiencing general tiredness, shortness of breath and reduced exercise tolerance. He had no family history of early onset heart disease.

2

CLINICAL FINDINGS

During his clinical examination, our client was found to have an irregular pulse. His ECG and cardiac MRI revealed an abnormal rhythm called atrial fibrillation (AF).

3

NEXT STEPS

An urgent appointment with a Consultant Cardiologist was arranged and our client was prescribed blood thinners and heart rate-controlling medication. A further detailed investigation of his coronary arteries was carried out and he then had a cardioversion which restored a normal heart rhythm.

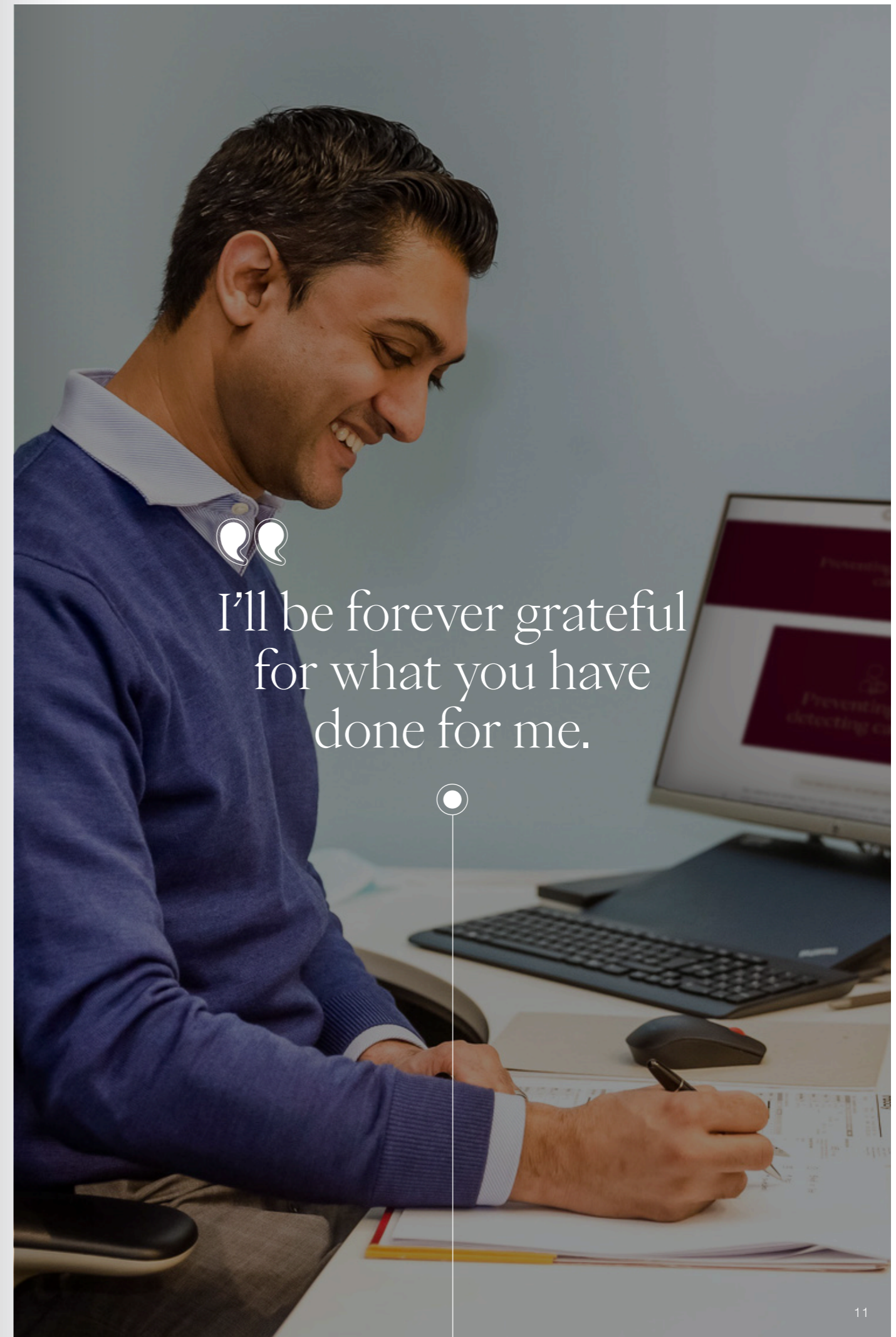
If left undetected and untreated, fast AF can lead to a stroke or heart attack. Our client remains under the care of a Consultant Cardiologist and can now enjoy his life healthily. He is grateful to the Preventicum team for their early diagnosis and positive outcome before any cardiovascular event took place.



AF is the most common heart rhythm disturbance, affecting around 1.4 million people in the UK.



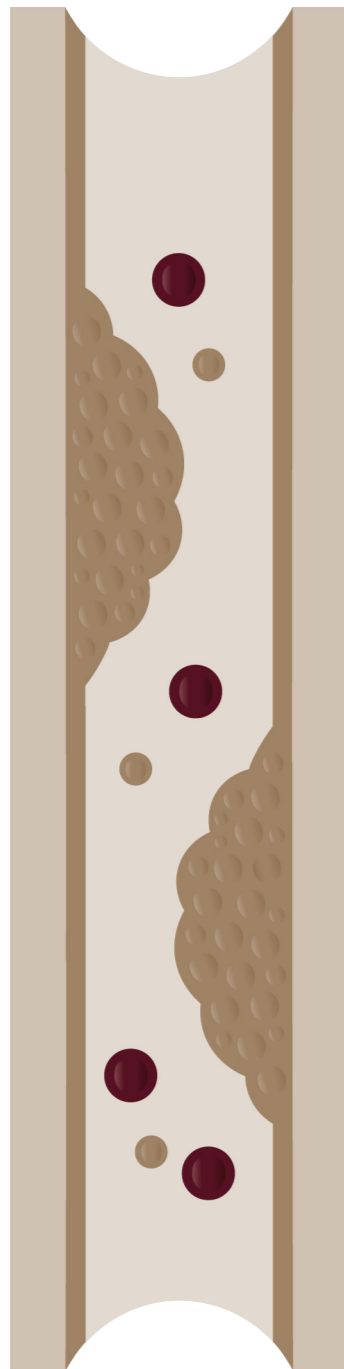
AF is more likely to occur in people with other conditions, such as high blood pressure (hypertension), atherosclerosis or heart valve problem.



I'll be forever grateful for what you have done for me.




Cholesterol



High cholesterol can result in build-up of fatty deposits within your blood vessels, potentially leading to a heart attack or stroke.

21% of our clients had an elevated cholesterol:HDL ratio 

Together, these numbers provide more information about your coronary heart disease risk.

46% of our clients had high levels of LDL cholesterol 

This is an increase of 18% compared with 2022.



Every 5 minutes someone is admitted to hospital due to a stroke.*



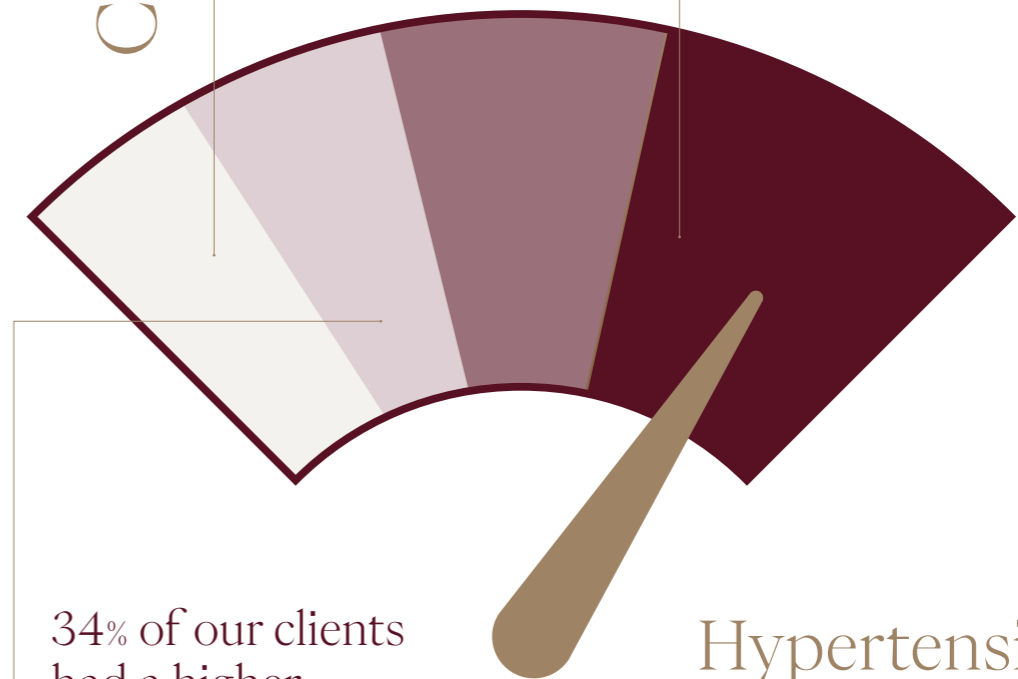
Every 3 minutes someone dies from a heart or circulatory disease.*

Cardiac Risk

9% of our clients had a QRISK^{®3} greater than 10%

where cholesterol-lowering medications such as statins are recommended.

35% of our clients had a heart age higher than their chronological age



34% of our clients had a higher than average risk of developing cardiovascular disease in the next 10 years

Hypertension

Hypertension, or high blood pressure, if unmanaged can lead to serious complications.

30% of our clients had elevated blood pressure 



Half of people with high blood pressure are not diagnosed.*

* British Heart Foundation

Our year in MRI



4 Million

images captured on our two state-of-the-art MRI scanners



5,500

body parts scanned including details scans of the:



Heart



Liver



Brain



Abdomen



Pelvis



MSK regions



BrainKey

a pioneering approach to brain longevity

2,750
Hours

of reporting time by our Consultant Radiologists

165,000
Minutes

of MRI scanning time



OS-CMR

a world-first in coronary vascular imaging



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.

Cancers

We are able to detect the earliest signs of and risk factors for at least 15 cancers.



Detailed Doctor consultation



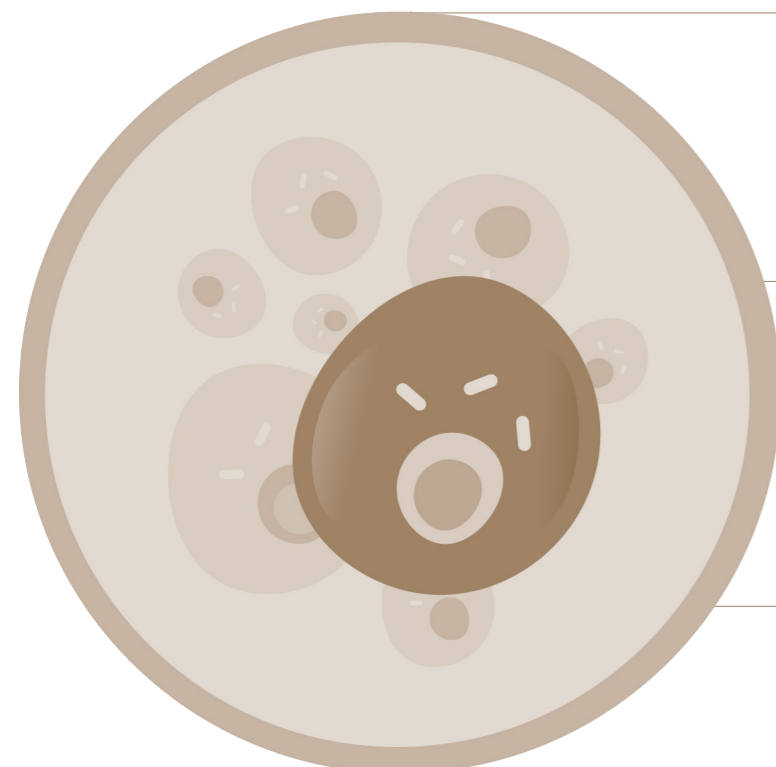
Physical examination



Comprehensive laboratory testing



MRI & ultrasound scans



1 in 2

people will be diagnosed with cancer in their lifetime.*

Every 90 seconds

someone in the UK is diagnosed with cancer.*

38%

of cancer cases are preventable.*

* Cancer Research UK

How we look for cancer



BRAIN

- MRI brain



LIVER

- Ultrasound abdomen
- MRI abdomen



KIDNEY

- Ultrasound abdomen
- MRI abdomen



COLORECTAL

- Preventicum
- Doctor consultation
- Physical examination
- FIT



SKIN

- Examination of specific skin lesions of concern



THYROID

- Ultrasound thyroid



PANCREATIC

- Ultrasound abdomen
- MRI abdomen



GALLBLADDER

- Ultrasound abdomen
- MRI abdomen



BLADDER

- Ultrasound pelvis
- MRI pelvis



HAEMATOLOGICAL

- Preventicum
- Doctor consultation
- Physical examination for lymphadenopathy
- Subtle full blood count changes
- Ultrasound scans
- MRI scans



OVARIAN

- Ultrasound pelvis
- MRI pelvis



CERVICAL

- HPV



ENDOMETRIAL

- Ultrasound pelvis
- MRI pelvis



TESTICULAR

- Ultrasound scrotum



PROSTATE

- Preventicum
- Doctor consultation
- Physical examination
- PSA blood test

CASE STUDY

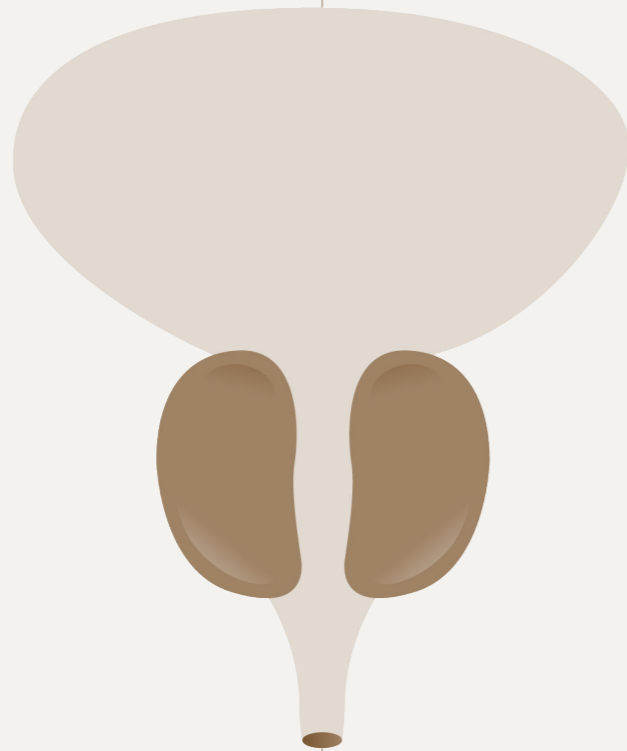
Prostate cancer



1

BACKGROUND

A 66-year-old male client, at his third Preventicum assessment, mentioned he had been experiencing some urinary symptoms including a weakened urinary stream.



2

CLINICAL FINDINGS

Our client's PSA was slightly elevated compared to at his previous visits. Physical examination of the prostate and his prostate volume on MRI and ultrasound scans were within normal limits.

3

NEXT STEPS

We referred our client to a Consultant Urologist who diagnosed prostate cancer after a biopsy. Our client discussed various treatment options in detail with his specialist and has opted for a surveillance approach, including regular PSA monitoring and prostate MRI. He is grateful to the Preventicum team for early diagnosis.

50,000+

new cases of prostate cancer each year.

11%

of our clients had a raised PSA and were referred for further investigation.

CASE STUDY

Kidney cancer



1

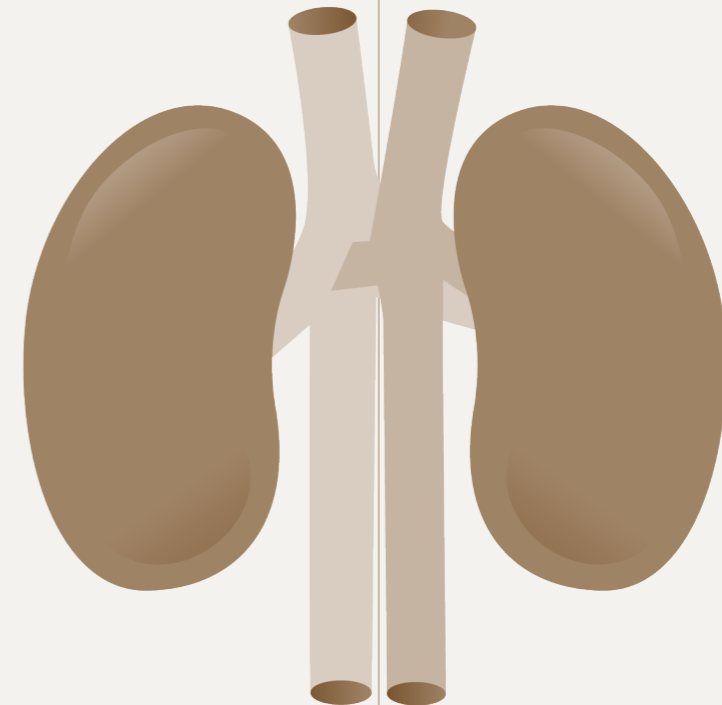
BACKGROUND

A 54-year-old Finance Director booked his first Preventicum assessment, feeling in generally good health with no specific concerns to address.

2

CLINICAL FINDINGS

During his abdominal ultrasound and MRI scans, a suspicious kidney lesion was seen.



3

NEXT STEPS

Following a comprehensive discussion with our team, we referred our client to a Consultant Urologist for further investigation. Under the expert care of this specialist, a malignant kidney tumour was diagnosed. Our client had a successful operation to remove the tumour and thanks to our very early detection, he has not needed any further treatment as the surgery was wholly curative.

Our client is thankful to the Preventicum team for our role in the successful diagnosis and management of his kidney tumour and has scheduled his next annual assessment.

*Cancer Research UK

13,000+

new kidney cancer cases in the UK every year.*

10%

of our clients had a low estimated glomerular filtration rate (eGFR) which measures your level of kidney function.

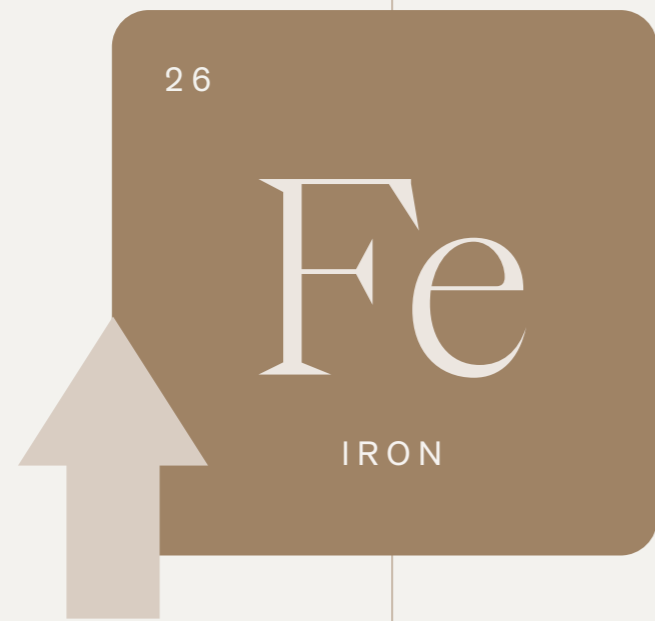
CASE STUDY

Liver health

1

BACKGROUND

A male client in his mid-fifties visited Preventicum for his fifth assessment. He reported that he was in excellent health and had no significant past medical history. At his previous Preventicum assessment, he was diagnosed with iron overload, which can result in cirrhosis and cancer of the liver. Excess iron could also cause damage to the heart and joints.



2019

2020

2021

2022

2023

CLINICAL FINDINGS

Our client's LiverMultiScan showed worsening iron overload, although his liver function blood tests and ultrasound were normal, as were his cardiac MRI and echocardiogram.

2

3

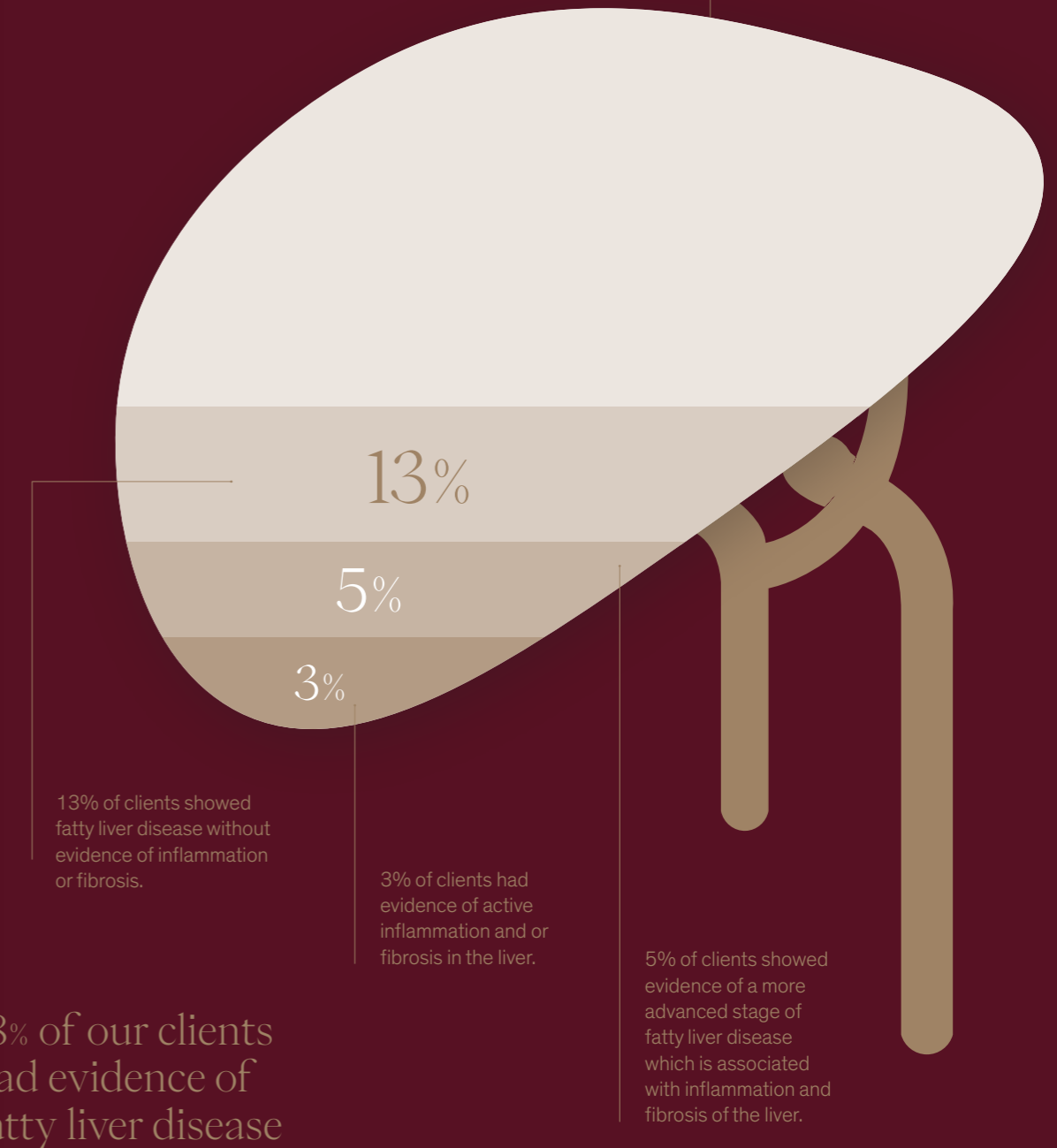
NEXT STEPS

We referred our client to a Consultant Hepatologist who carried out more investigations and made a further referral to a Consultant Haematologist for venesection to reduce his ferritin levels. Our client remains under the care of specialists to exclude any complications.

LiverMultiScan findings

The combination of our dedicated LiverMultiScan and detailed InBody analysis allows us to accurately identify fatty liver disease at the earliest stages, maximising the effectiveness of lifestyle modifications in reversing this process.

90% of liver disease is preventable*



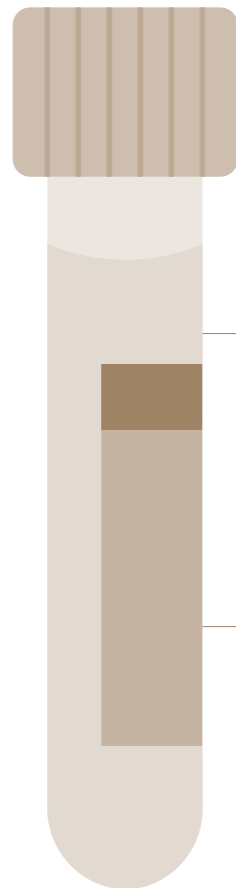
18% of our clients had evidence of fatty liver disease

Fatty liver disease is associated with liver damage, increased cardiovascular disease risk and diabetes.

* British Liver Trust

Bowel cancer

Clients over the age of 40 are offered bowel cancer screening with a quantitative faecal immunochemical test (QFIT).



42,000

new cases of bowel cancer diagnosed annually in the UK.

10%

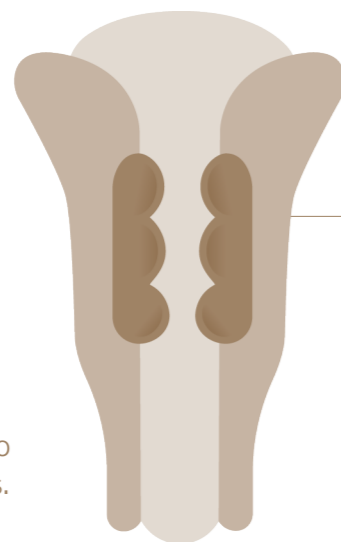
of clients received a positive QFIT result and were referred to a colorectal specialist.

98%

of people will survive for more than one year with early diagnosis.

HPV & cervical cancer

We offer clients cervical smears and HPV testing to detect precancerous cells.



3%

of clients tested received a positive HPV result and were referred to a Consultant Gynaecologist for further investigation.



The experience was top class, efficient and medically excellent. The team was professional and kind.

10% of clients were referred

to specialists for further investigation following their ultrasound examinations.

13,000+ body parts scanned

by our expert Sonographer team.



Ultrasound

CASE STUDY

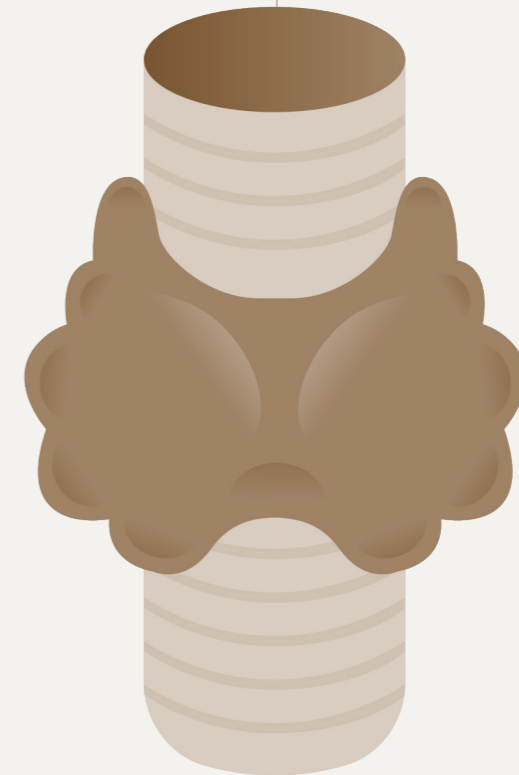
Thyroid cancer



1

BACKGROUND

A 28-year-old male client booked his first Ultimate Assessment as he was concerned about his general wellbeing, was feeling tired and had been experiencing night sweats.



2

CLINICAL FINDINGS

During his assessment, our client's full blood count and inflammatory markers were normal. However, during his ultrasound examination, our sonographer noted an abnormal looking lymph node in his neck.

3

NEXT STEPS

An urgent referral was made to a Head and Neck Consultant and following a lymph node biopsy, our client was diagnosed with a medullary carcinoma (cancer) of the thyroid gland. He had surgery to remove the thyroid gland and 50 additional lymph nodes. Our client has fully recovered from this curative surgery and is grateful to the Preventicum team.



Vitamin D

Vitamin D ensures your muscles, heart, lungs, brain and immune system work efficiently. In recent years, studies have linked vitamin D deficiency to heart disease, multiple sclerosis, Parkinson's disease, stroke, diabetes, osteoporosis, prostate disease, some autoimmune conditions and depression.

 16% of our clients had low vitamin D levels



Diabetes

Every week, diabetes leads to 184 amputations, more than 700 strokes, 590 heart attacks and 2,300 cases of heart failure.*



90% of people with diabetes have type 2 diabetes

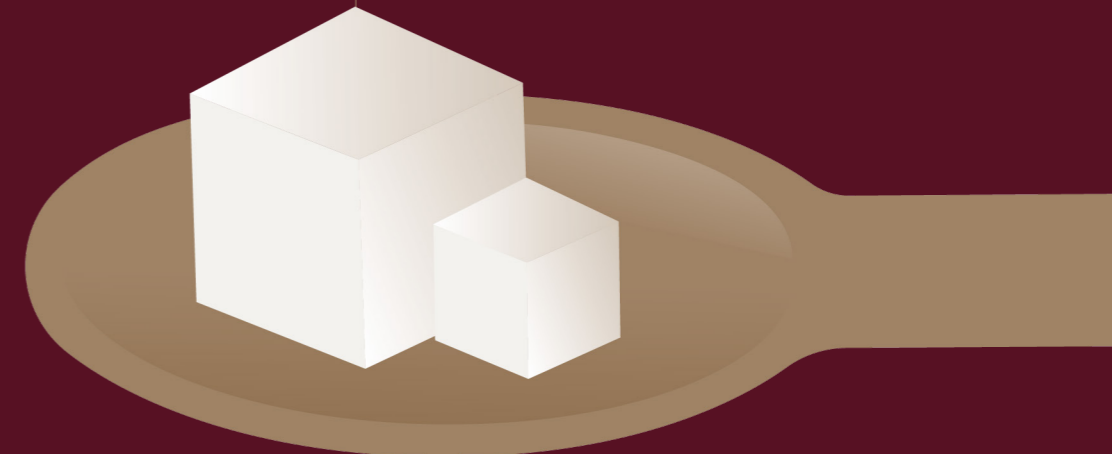


850,000 people could have undiagnosed diabetes



5% of our clients had an elevated HbA1c level

meaning they are at an increased risk of developing diabetes.



* diabetes.org.uk

Optimal

ASSESSMENT



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



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 groundbreaking 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.



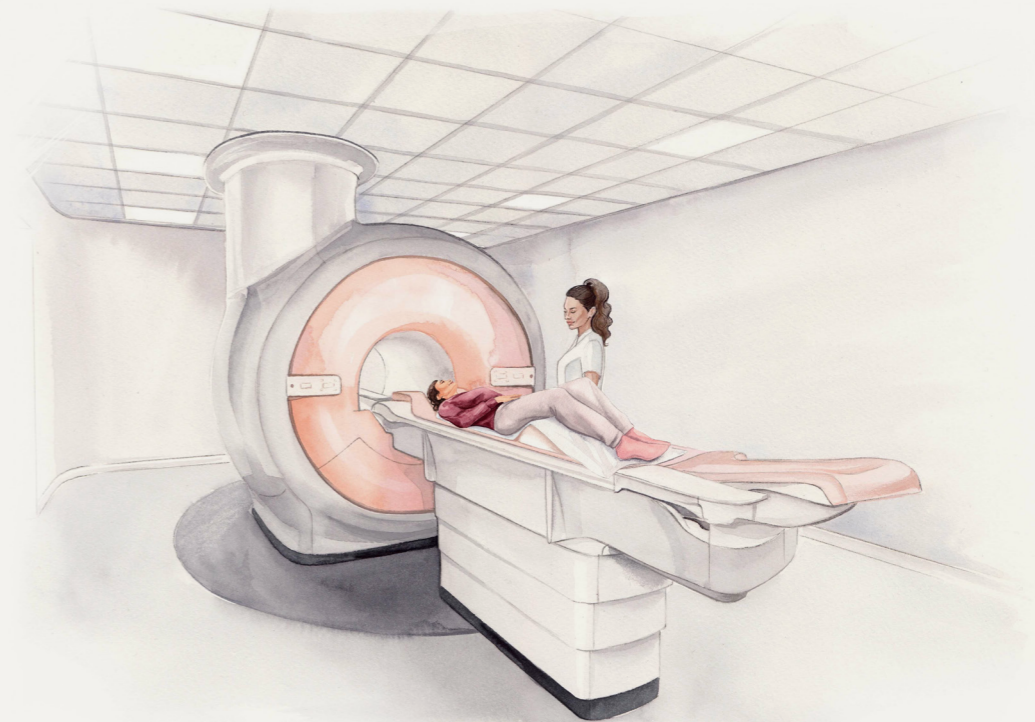
Oxygenation-Sensitive Cardiac MRI
We are excited to partner with Area 19 to introduce Oxygenation-Sensitive Cardiac MRI (OS-CMR). This world first in preventive health assessments offers a stress and medication-free way of testing coronary vascular function in just three minutes, using AI-informed analysis.



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.

Ultimate

ASSESSMENT



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





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



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



We look forward to
welcoming you back
to Preventicum





Preventicum

Cursitor Street, Off Chancery Lane, London WC2A 1EN
+44 (0)20 7605 6900 | info@preventicum.co.uk

WWW.PREVENTICUM.CO.UK

We are delighted to support Alzheimer's Society via Work for Good