



Preventicum

Annual Report 2021



People at their best, informed about their health, live happier and longer.

Since 2005, we have seen over 15,000 clients for our premium health assessments, many of whom return on a regular basis.

Introduction

Dear clients

As we enter our seventeenth year in London, I am delighted to share our annual report with you, showcasing just some of the important work that we do at Preventicum. We have seen a significant increase in new clients as well as welcoming back our regular clients, and are now seeing more younger clients than ever before.

The years 2020 – 2021 will be remembered in many ways, but perhaps most specifically as the years that individual health and wellbeing became an everyday priority. We have all experienced changes to the way that we live, work and travel and we are still learning to adapt to the challenges of the COVID-19 pandemic.

Preventicum has remained open to serve our clients throughout 2021, as the demand for premium, preventive health assessments has risen. Our recent report from the Care Quality Commission (CQC) praised our 'clear vision to provide a safe, personalised, high quality service' 'supporting clients to live healthier lives.'

We have noted trends in more significant pathology identified, and also the direct impact of the pandemic, from long COVID symptoms to the effects on physical and mental health from COVID-19, lockdowns and a new "normal".

Our focus now, as always, is to maintain our dedication to providing comprehensive assessments for our discerning clients; we continue to innovate and optimise our range of assessments and packages and remain at the forefront in the field to help you be at your best.

We hope you and your loved ones stay safe and well, and enjoy the festive season. The team and I look forward to welcoming you back to Preventicum in 2022 and beyond.

Dr. Reem Hasan
Medical Director

2021 In Numbers

100%

of Preventicum clients
in 2021 said they would
recommend us to their
friends and family.

Our clients

68%

male

32%

female

The average age of our clients is 51 years.

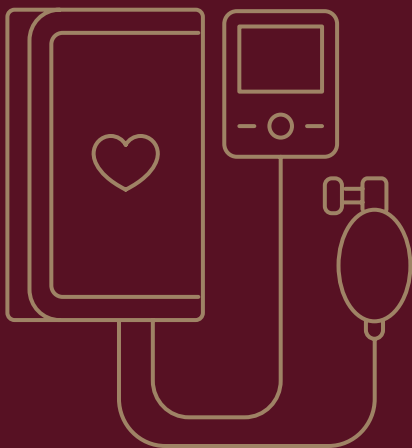
18%

of clients had an elevated QRISK®. This algorithm calculates a person's risk of developing a heart attack or stroke over the next 10 years.



350

people every day have a heart attack or stroke that could have been prevented. Around 50% of heart attacks and strokes are associated with high blood pressure.



12.6%

of clients had elevated blood pressure (hypertension) which is the 2nd biggest risk factor of premature death.

A man in a light blue suit, white shirt, and dark tie, carrying a brown leather backpack, is looking down at his smartphone. He is standing on a balcony or walkway with a dark metal railing. The background is a blurred cityscape.

Case Study

A 35-year-old fit and active, non-smoking client visited Preventicum for a health assessment.

Investigations showed abnormal blood results and MRI imaging was strongly indicative of lymphoma, showing significant lymphadenopathy in the neck, pelvis and inguinal region.

The client had always had enlarged lymph nodes which were also investigated as a child, with no recent changes. Following an urgent haematology referral by our Preventicum doctor, a detailed investigation confirmed follicular lymphoma.

Follicular lymphoma is a type of non-Hodgkin lymphoma (NHL) which is a cancer of the lymphatic system. This is slow-growing and patients with this may

not need treatment straight away. Each year around 2600 people are diagnosed with follicular lymphoma in the United Kingdom. Out of all people with NHL, 19% have follicular lymphoma. It mainly affects adults over the age of 60 years.

Some of the symptoms can include painless swelling in the neck, armpit and groin. One might have other general symptoms including night sweats, fevers, and weight loss. Treatment can include active monitoring, radiotherapy and chemotherapy.

Further information on Follicular Lymphoma can be found [here](#).

14%

of clients had a fatty liver.



A healthy liver should contain little or no fat. Having high levels of fat in your liver can lead to serious liver damage and is associated with an increased risk of diabetes, high blood pressure and kidney disease.

Over 22%

of clients had a high alcohol intake.



“Making lifestyle changes can have huge benefits. From preventing and treating high blood pressure, diabetes, high cholesterol, heart disease, depression and dementia. It can also improve your sleep, increase your energy and help with weight loss.”

Dr Reem Hasan



Case Study

A 54-year-old, non-smoker visited Preventicum for an Ultimate Assessment.

Their abdominal MRI and ultrasound showed a right kidney mass despite normal kidney blood tests.

Following referral to a specialist, further investigation concluded that this was likely to be cancerous, and given the growth rate was unlikely to present issues for at least the next 10 years. The client was presented with the options to have a biopsy or surgical removal, the operation is 3 to 4 hours with a 2-6-week recovery period and a full recovery is entirely expected.

The estimated lifetime risk of being diagnosed with kidney cancer is 1 in 34 males, and 1 in 61 for females born after 1960 in the UK. In many, there are no obvious symptoms at first, however, if there

are, they can include: blood in the urine or a darker urine colour, pain in the lower back or side just below the ribs, a lump or swelling (although kidney cancer is often too small to feel).

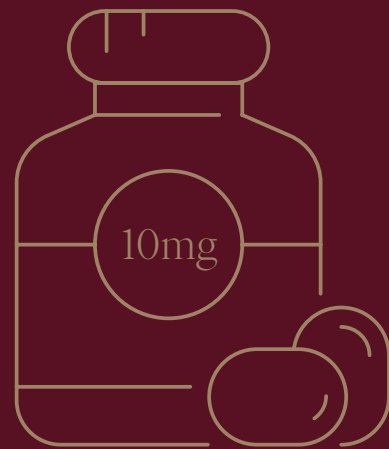
Factors that can increase the risk of kidney cancer include: obesity, smoking, high blood pressure and family history.

The main treatments include surgery, cryotherapy or radio frequency ablation, biological therapies, embolisation and radiotherapy.

Further information on kidney cancer can be found [here](#).

27%

of our clients had low vitamin D levels.



Vitamin D is made in the skin with the help of sunlight. It has several important functions, including helping to regulate calcium and phosphate in the body to keep bones and teeth healthy.

It is also important for good overall health and is an important factor in making sure your muscles, heart, lungs, brain and immune system work well.

In recent years, studies have linked vitamin D deficiency to a growing number of health concerns including heart disease, multiple sclerosis, Parkinson's disease, stroke, diabetes, osteoporosis, prostate disease, some autoimmune conditions and depression.

If you choose to take vitamin D supplements, 10 micrograms a day will be enough for most people.

Our Doctors



Dr Reem Hasan
Dr Michaela Schuhwerk
Dr Kartik Modha
Dr Bronya Gorney
Dr Willem Theron
Dr John Roegner
Dr Uzma Ali
Dr Feizal Motala
Dr Ying-Young Hui
Dr Mehma Rai
Dr Syed Babar
Dr Hammad Siddiqi
Dr Christoph Juli



A silver lining to the pandemic

“One of the silver linings from the pandemic has been clients reporting increased happiness from spending less time travelling for work and reinvesting this time into exercise and time with their family.

This combined with fewer business dinners - where portions of food and alcohol can be more liberal - has seen some excellent reductions in body fat, increased muscle mass and overall fitness metrics which seem to correlate with better psychological health.

I truly hope that these positive behaviours can be maintained as we emerge into new ways of working and living, and look forward to assessing the trends.”

Dr. Kartik Modha, Preventicum

Health advice



Working from home?

Why not introduce your own 'commute' and go for a walk at the start and end of the day to improve your fitness and mental health.

Health advice



Aim to have at least 5 portions (400 g) of a variety of fruit and vegetables a day.

These are a good source of prebiotic fibre, vitamins, minerals and antioxidants, and research shows a diet high in these helps lower risk for heart disease, type 2 diabetes and obesity.

Spinal disc disease

Back pain is the single largest cause of disability in the UK, with lower back pain alone accounting for 11% of the total disability of the UK population. Referrals for spinal surgery are increasing, and around 4 in 5 adults will experience low back pain at some point in their lifetimes. Back pain is a leading contributor to missed workdays.

At least 30% of client scanned at Preventicum showed some degenerative changes in their spine, and are offered tailored advice and lifestyle management. We also partner with Pure Sports Medicine to offer on-site expert musculoskeletal therapy and advice.

Bowel cancer screening

8% of clients tested were found to have a positive FIT test and were referred for further investigation.

At Preventicum all clients over the age of 40 years are offered bowel cancer screening with a FIT test. A positive FIT test indicates that you have bleeding occurring somewhere in your gastrointestinal tract. This blood loss could be due to ulcers, bulges, polyps, inflammatory bowel disease, haemorrhoids (piles), swallowed blood from bleeding gums or nosebleeds, or it could be due to early bowel cancer.

There are over 42,000 new cases of bowel cancer in the UK, with a 53% survival rate. Earlier pickup maximises the likelihood of curing this.

Prostate cancer screening

Prostate cancer generally affects men over the age of 50 years and is the most common type of cancer in men. Around 37,000 men in the UK are diagnosed with prostate cancer each year.

Around 50% of men over 50 may have cancer cells in the prostate, and 8/10 men over 80 have a small area of prostate cancer. The majority of these cancers grow slowly. Men with prostate cancer are unlikely to have any symptoms. At Preventicum patients are screened by taking a comprehensive history, clinical examination of the prostate, imaging with ultrasound and MRI and the PSA blood test.

10% of clients tested were found to have a raised PSA level and were referred for further management.

HPV and cervical cancer

Every year over 3000 women are diagnosed with cervical cancer in the UK, and there is a 51% 10-year survival rate.

It usually occurs in women over the age of 20 years and the national screening invites women to attend for human papilloma virus (HPV) screening between the ages of 25 and 64 years. Cancer of the cervix can take many years to develop, before it does we can pick up precancerous cells enabling better outcomes.

3% of Preventicum clients tested had a positive HPV test, and were referred for further care immediately.



Five star feedback

Care Quality Commission

“There was a clear vision to provide a safe, personalised, high quality service’ and ‘a focus on continuous learning and improvement.

Staff worked together, and worked well with other organisations, to deliver effective care and treatment.”

Clients

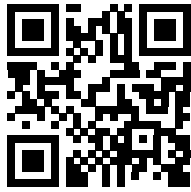
“Thanks to your team for guiding me through what is quite an intimidating process.”

“Excellent professional service. Fab meet and greet. Very thoughtful, considerate and wise doctor.”

“Approaching 65 and retirement looming was re-assuring to have the test results and an action plan to follow up, thank you.”



We look forward to welcoming you
back to Preventicum.



Scan for our latest brochure



Preventicum

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