



Preventicum

Annual Review

2024

Exceptional Clinicians and Client Relations Team



World class doctors



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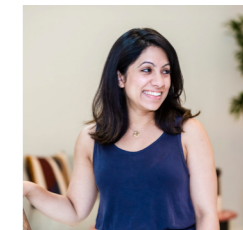
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We are delighted to share our 2024 Annual Review with you as we celebrate a year of clinical breakthroughs and successful client stories.

For 20 years, Preventicum has led the way in the early detection of heart disease, cancers, stroke and many other conditions.

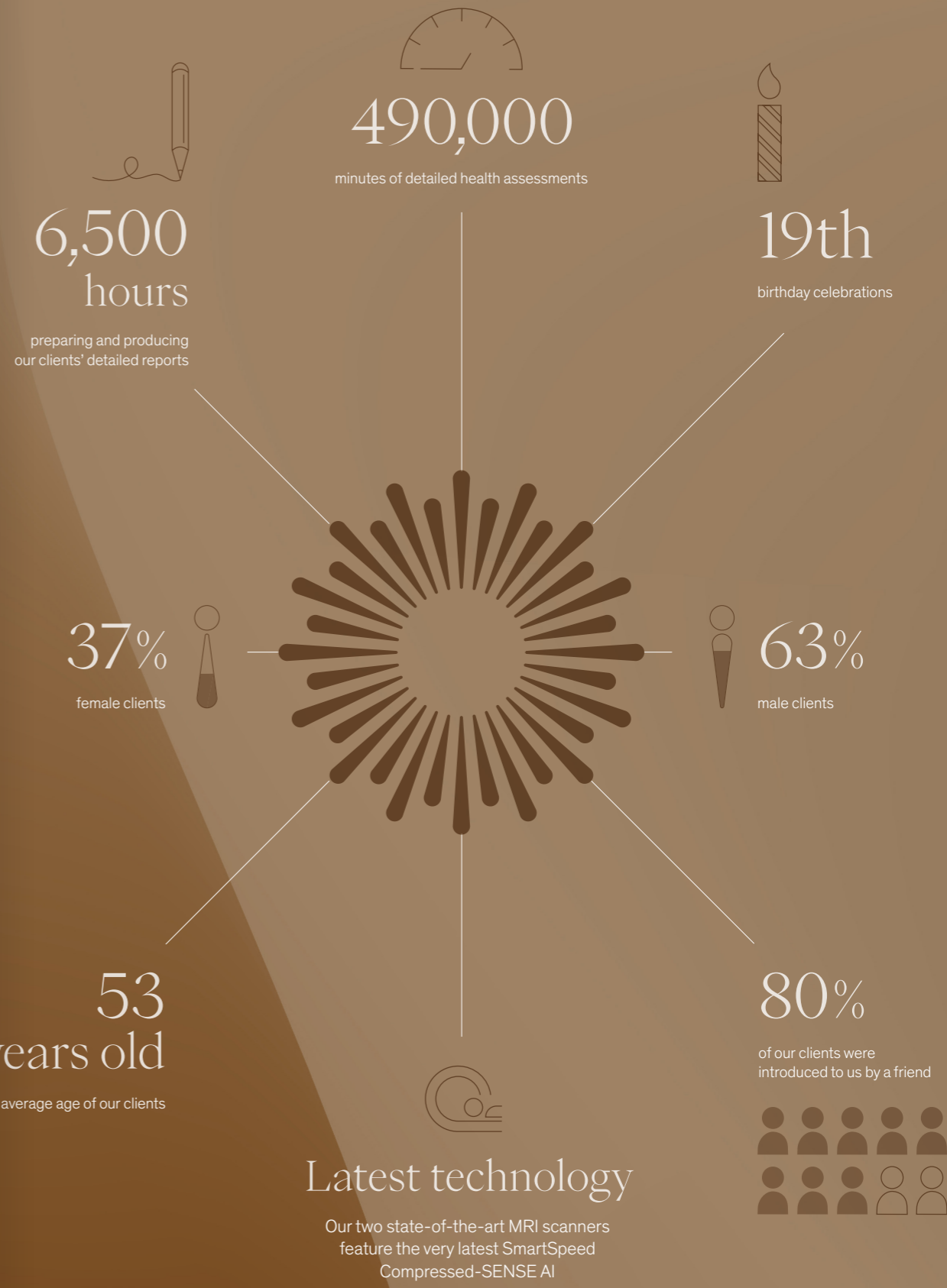
Our team looks forward to welcoming you back as we continue to introduce pioneering developments to remain at the forefront of preventive health, offering you the ultimate peace of mind.

Dr Ying-Young Hui

Medical Director

2024

Our year in numbers



Your day with us



1 Client Relations Team

Our dedicated team will manage your booking and all your requests.



2 Welcome

Your Client Concierge will check you in and show you to your private suite.



3 Consultation

An hour long consultation and physical examination with your Preventicum Doctor.



4 Laboratory testing

Over 50 blood tests and urine analysis.



5 MRI

Advanced MRI scans in our two state-of-the-art scanners.



6 Ultrasound

Detailed, real time ultrasound imaging.



7 Cardiac assessment

An exercise stress echocardiogram on a treadmill or bike.



8 Lunch

Enjoy your nutritious lunch in your suite.



9 Body composition

Extensive analysis of your body composition.



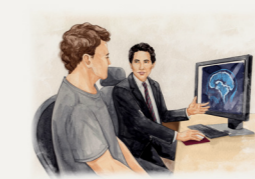
10 Clinical review

A detailed clinical review by our health assessment coordinators.



11 Audiometry

Measurement of your hearing across a range of frequencies.



12 Radiology consultation

View your MRI images with your Consultant Radiologist.



13 Holographic experience

An augmented reality experience with your Consultant Radiologist.



14 Same day results

A consultation with your Preventicum Doctor to discuss your results.



15 Specialist referrals

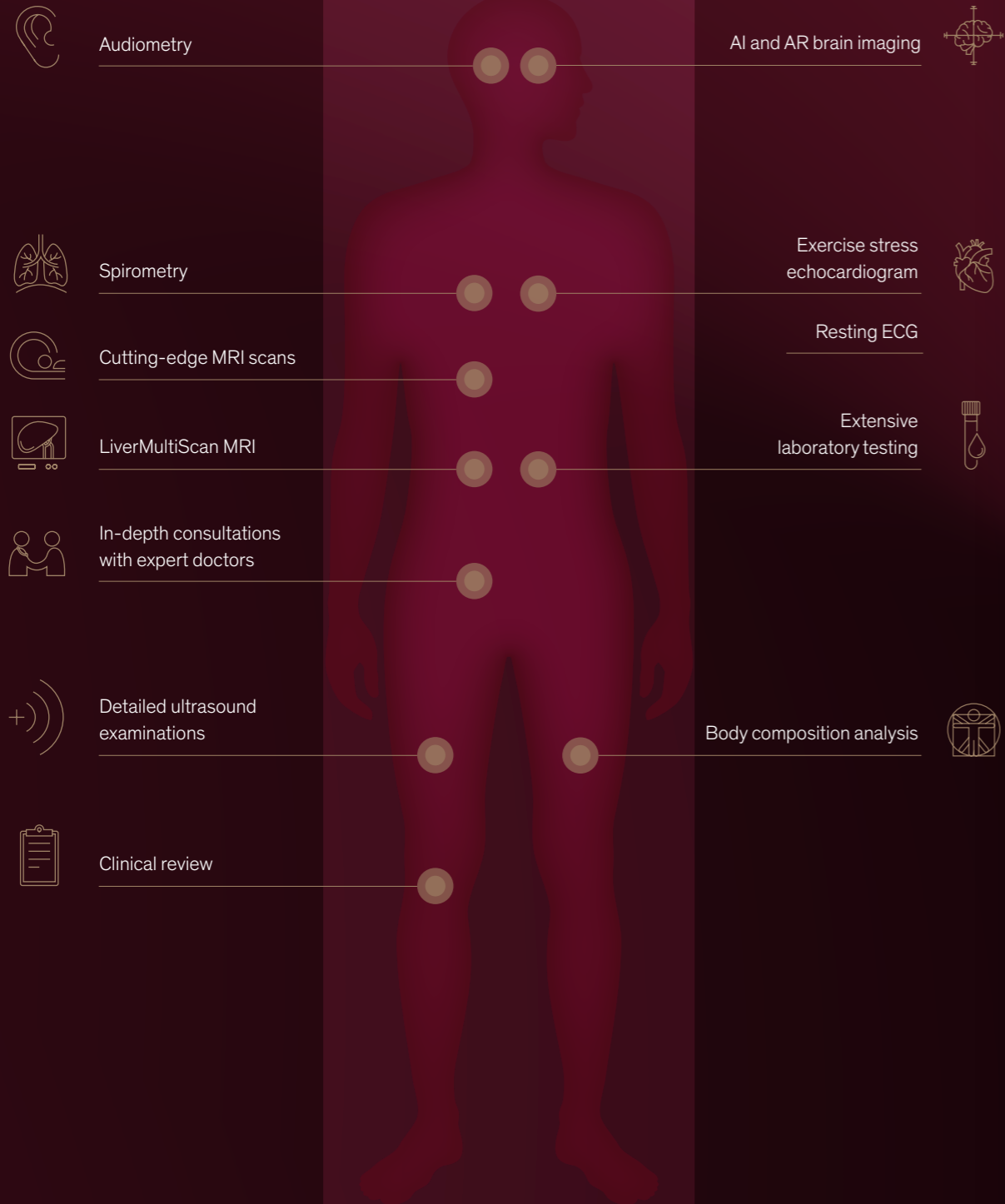
Further management of your clinical findings and referrals to our network of specialists.



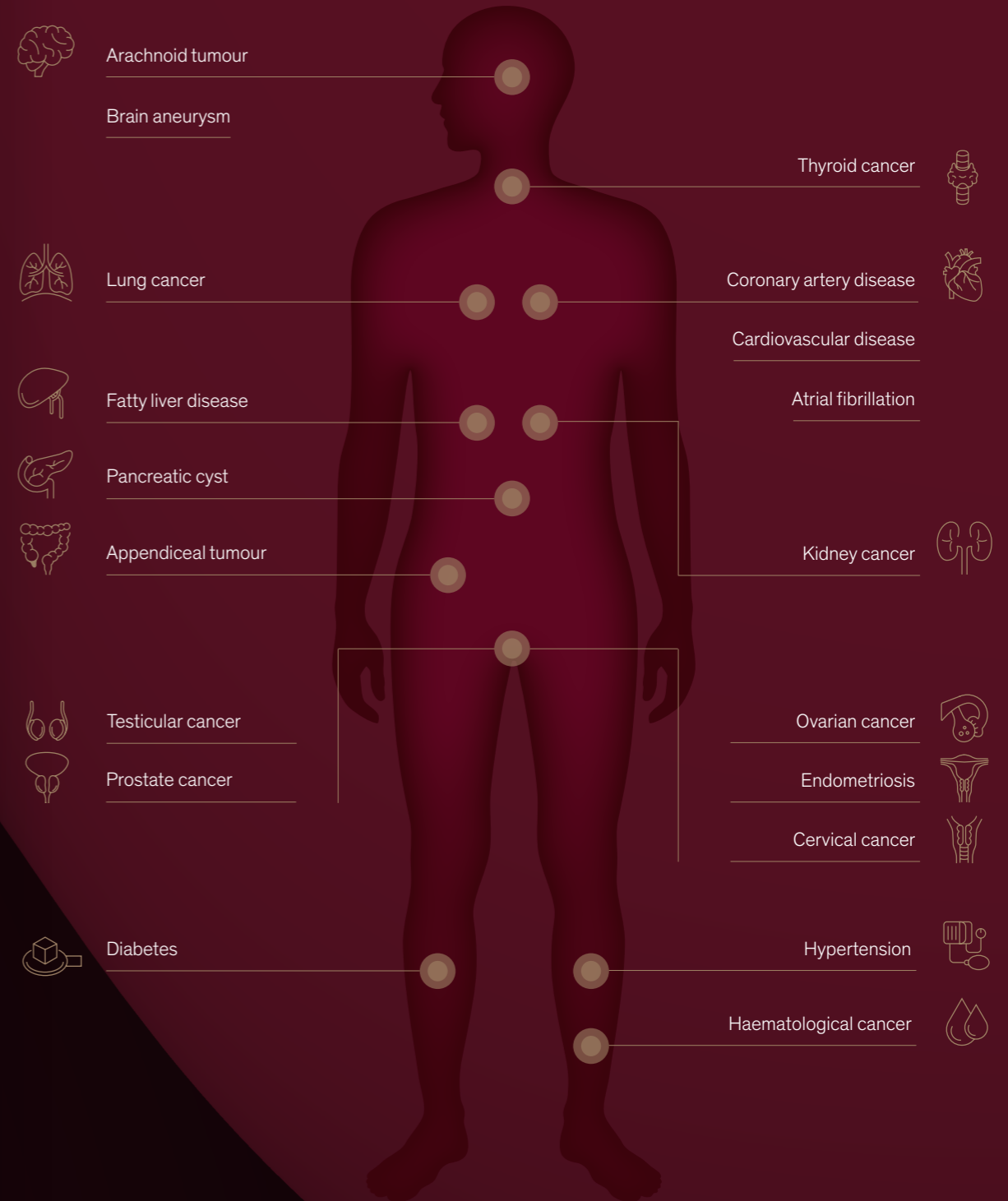
16 Dedicated portal

View your results and images on your dedicated portal.

Your assessment



Our clinical findings



Innovative cardiac health

We combine detailed cardiac MRI scans, exercise stress echocardiography, extensive blood tests, an in-depth consultation and world first Oxygenation-Sensitive Cardiac MR to gain unparalleled insights and detect early abnormalities in your cardiac function and structure.



HOW WE LOOK AT YOUR CARDIAC HEALTH



Blood tests
for a detailed cardiac profile.



Exercise stress echocardiogram
to assess your heart structure and function and diagnose underlying heart disease.



Cardiac MRI
offers advanced, non-contrast scans of your heart.



OS-CMR
(Oxygenation-Sensitive Cardiac MR)
is a world first for assessing your coronary vascular function in our Optimal Assessment.

CLIENT STORY

Early detection and successful intervention for cardiovascular health

BACKGROUND

Our client, a company Director in his early sixties, returned to Preventicum for his second health assessment reporting that he felt in excellent health, despite a family history of coronary artery disease.

CLINICAL FINDINGS

However, his stress echocardiogram revealed abnormal electrical activity.

NEXT STEPS

Our client's Preventicum Doctor promptly referred him to a Cardiologist for further investigations which confirmed a severely blocked coronary artery. Thanks to early detection, he underwent heart bypass surgery, made an excellent recovery and is grateful to the Preventicum team for their care.

UK STATISTICS



7.6M

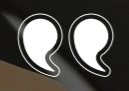
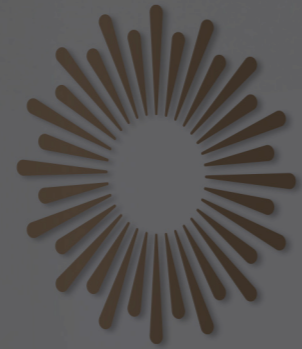
people are living with a heart or circulatory disease.



480

people die each day from a heart or circulatory disease.

British Heart Foundation

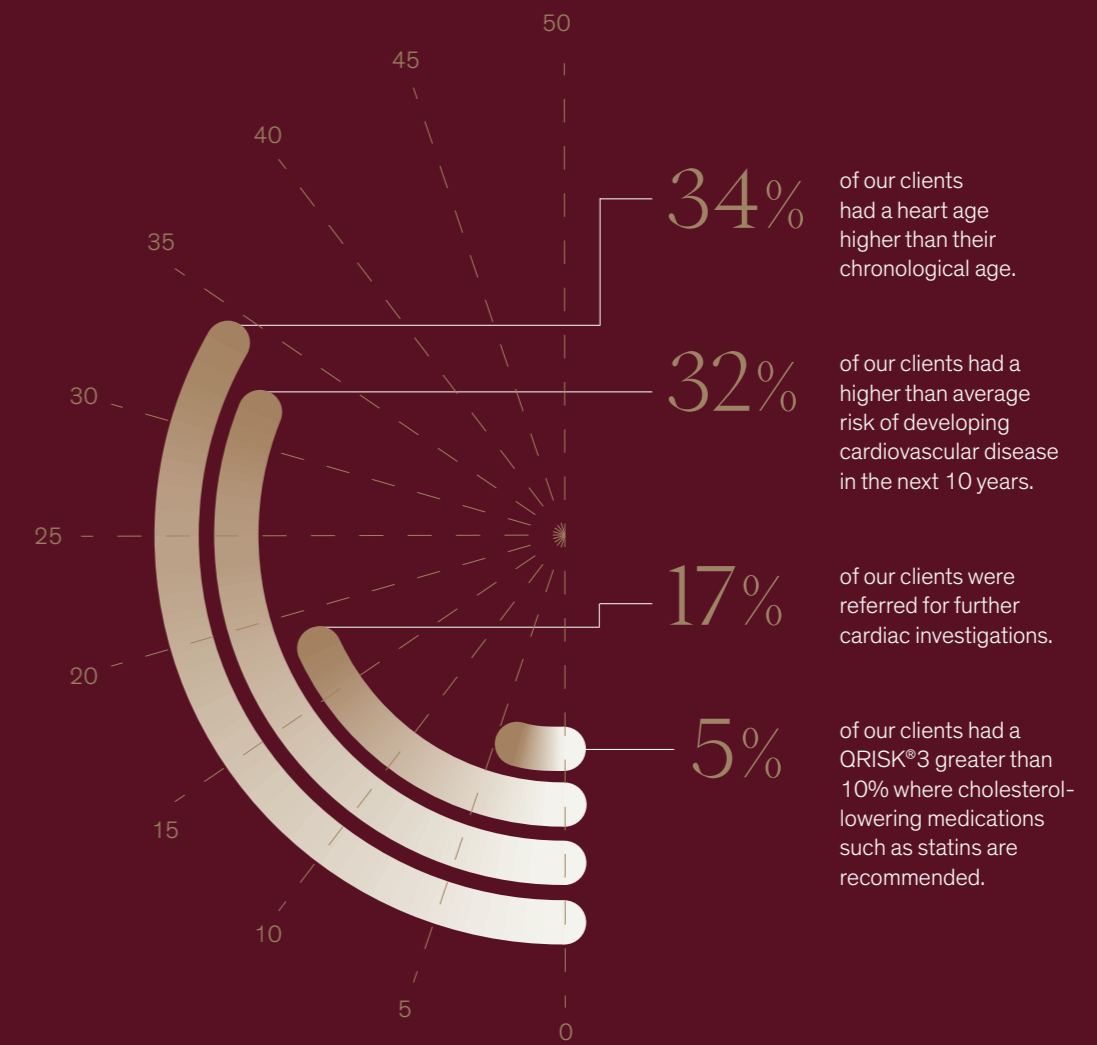


Without your diagnostic expertise, I would not have continued for much longer.

PREVENTICUM CLIENT

HEART HEALTH

Our cardiovascular risk insights



UK STATISTICS

British Heart Foundation

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

50% of heart attacks and strokes are associated with high blood pressure.

Our year in MRI



Our two state-of-the-art, Philips Ingenia 1.5T and 3T MRI scanners feature the very latest SmartSpeed Compressed-SENSE AI technology and an integrated audio-visual experience with on-demand media streaming.



5.5 million images

captured on our MRI scanners by our team of experienced Radiographers.



2,750 hours

of reporting time by our Consultant Radiologists.

1,350 films

streamed in our scanners, equipped with in-bore technology, ambient lighting and a choice of music or film for a relaxing audio-visual experience.

5,500

body parts scanned including detailed scans of the:



BRAIN



HEART



LIVER



ABDOMEN



PELVIS



MSK REGIONS



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.



BRAINKEY

A pioneering approach to brain longevity that analyses your MRI scans to measure over 25 regions of your brain and calculate your brain age.



HOLOLENS

Our Consultant Radiologists use ground-breaking technology to showcase your MRI scans in 3D Augmented Reality.



BIPARAMETRIC PROSTATE MRI

In 2025, we are excited to launch our dedicated prostate MRI as part of an in-depth assessment of your prostate health.



I would highly recommend Preventicum, it could save your life.

PREVENTICUM CLIENT

How we look at your brain health



Medical questionnaire

to assess your psychological health and wellbeing.



Consultation

an in-depth discussion with your Preventicum Doctor about any concerns you may have.



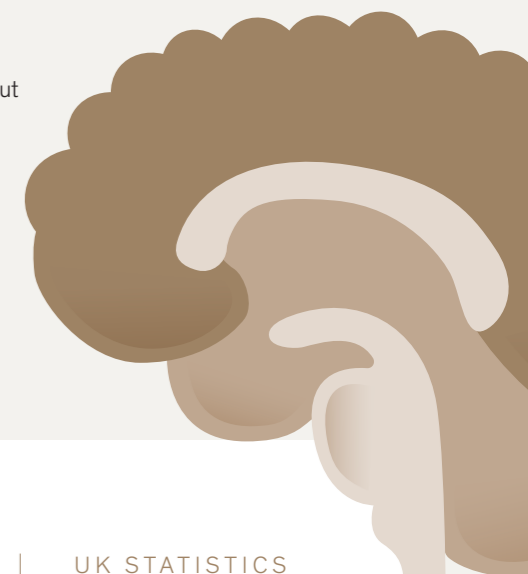
Brain MRI

for a detailed view of your brain's structure and circle of Willis.



BrainKey

analysis of your brain longevity in our Optimal Assessment.



CLIENT STORY

Early detection of a brain aneurysm

BACKGROUND

In 2022, our client attended their first Preventicum assessment as part of their company's corporate health benefit programme.

CLINICAL FINDINGS

During their MRI scans, our team of Radiographers observed a significant brain aneurysm. Our Consultant Radiologist reported that this measured 7mm.

NEXT STEPS

Following a discussion on the same day with our client's Preventicum Doctor, a referral was made to a Neurosurgeon. Our client underwent brain surgery with a coil insertion which was a great success, returning to the golf course the same week. Our client was motivated to make lifestyle changes which we were delighted to see when they returned to Preventicum for their next health assessment.

UK STATISTICS



Every 5 minutes

someone has a stroke.












Stroke is the 4th






single leading cause of death.

Stroke Association

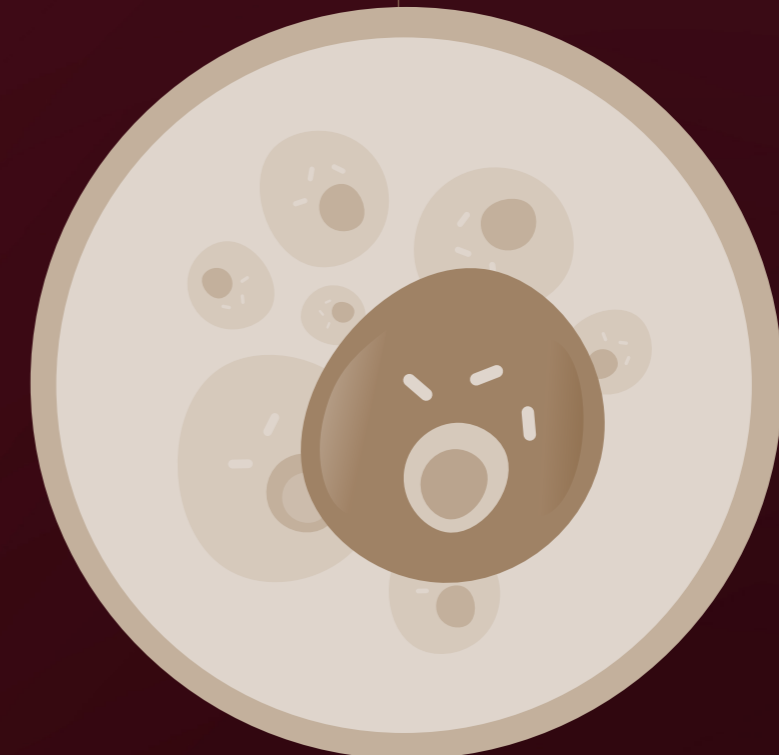
How we look for cancer

Our assessments include a detailed consultation to discuss your current health, medical and family history and any concerns you may have, as well as a full physical examination.

 <p>BRAIN</p> <ul style="list-style-type: none"> MRI brain 	 <p>THYROID</p> <ul style="list-style-type: none"> Ultrasound thyroid
 <p>LIVER</p> <ul style="list-style-type: none"> MRI abdomen Ultrasound abdomen 	 <p>PANCREATIC</p> <ul style="list-style-type: none"> MRI abdomen Ultrasound abdomen
 <p>KIDNEY</p> <ul style="list-style-type: none"> MRI abdomen Ultrasound abdomen 	 <p>GALLBLADDER</p> <ul style="list-style-type: none"> MRI abdomen Ultrasound abdomen
 <p>COLORECTAL</p> <ul style="list-style-type: none"> Physical examination Faecal immunochemical test (FIT) 	 <p>BLADDER</p> <ul style="list-style-type: none"> MRI pelvis Ultrasound pelvis
 <p>SKIN</p> <ul style="list-style-type: none"> Examination of specific skin lesions of concern 	 <p>HAEMATOLOGICAL</p> <ul style="list-style-type: none"> Physical examination for lymphadenopathy Subtle full blood count changes MRI scans Ultrasound scans

FEMALE	MALE
 <p>OVARIAN</p> <ul style="list-style-type: none"> MRI pelvis Ultrasound pelvis 	 <p>TESTICULAR</p> <ul style="list-style-type: none"> Ultrasound scrotum
 <p>CERVICAL</p> <ul style="list-style-type: none"> Cervical screening test 	 <p>PROSTATE</p> <ul style="list-style-type: none"> Physical examination PSA blood test Biparametric prostate MRI scan with Optimal* and Ultimate*
 <p>ENDOMETRIAL</p> <ul style="list-style-type: none"> MRI pelvis Ultrasound pelvis 	

We can identify the earliest signs and risk factors for over 15 types of cancer



UK STATISTICS

1 in 2
people will be diagnosed with cancer in their lifetime.

Every 2 minutes
someone is diagnosed with cancer.

38%
of cancer cases are preventable.

Cancer Research UK

Prostate health

HOW WE LOOK FOR PROSTATE CANCER



Consultation

with your Preventicum Doctor to discuss your urinary health.



Blood test

to investigate PSA levels in your blood.



Ultrasound

scans of your prostate volume.



MRI Prostate

a biparametric scan with our Optimal* and Ultimate* from 2025.

CLIENT STORY

Detecting early stage prostate cancer

BACKGROUND

Our client, a 57 year old Managing Partner in finance, returned to Preventicum for his sixth annual health assessment.

CLINICAL FINDINGS

Despite reporting that he had been in good health since his last assessment a year earlier, his Preventicum Doctor noted that his PSA level had increased at a higher-than-expected rate and his ultrasound scans showed an increased prostate volume.

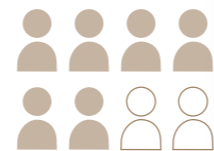
NEXT STEPS

These findings were discussed in our client's results consultation and his Preventicum Doctor referred him to a Consultant Urologist. Following a biopsy, an early diagnosis of prostate cancer was confirmed and treatment to remove the tumour was successful. Our client is grateful to Preventicum for the early diagnosis and undergoes regular monitoring which has been reassuringly clear.

UK STATISTICS

More than 50,000

men are diagnosed with prostate cancer each year.



1 in 8

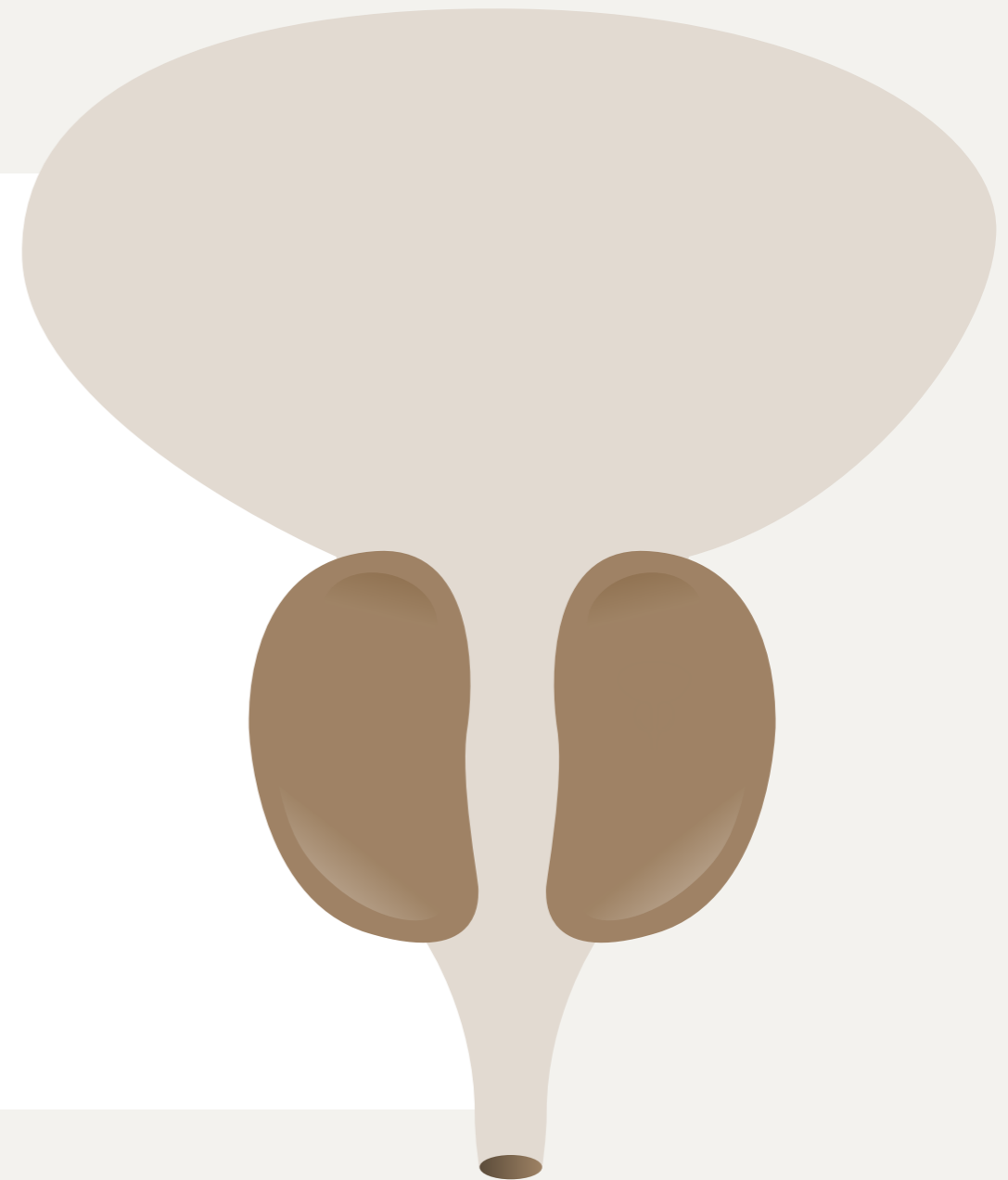
men will be diagnosed with prostate cancer in their lifetime.

Prostate Cancer UK

Optimal* and Ultimate* Assessments

In 2025, we will launch our Optimal* and Ultimate* Assessments for men over 45 years old or those with a family history of prostate cancer. These new assessments include a biparametric MRI scan of the prostate, providing detailed, high-definition images, to detect abnormalities that could be associated with prostate disease or prostate cancer.

In combination with a detailed medical questionnaire, a consultation with your Preventicum Doctor, your PSA blood test result and ultrasound scans, your Optimal* or Ultimate* Assessment will provide an even more thorough evaluation of your prostate health.



Liver health

HOW WE LOOK AT YOUR LIVER HEALTH



Consultation

A detailed consultation with your Preventicum Doctor.



Blood tests

Liver function blood tests.



LiverMultiScan

A detailed MRI scan to measure inflammation, fibrosis and fat.



Ultrasound

Detailed scan of your liver.



Body composition analysis

Extensive map of your body composition.

1

CLIENT STORY

Three years, three assessments, one healthier future

2022 FIRST ASSESSMENT

Our client attended his first assessment where results revealed high visceral fat, a fatty liver and severe heart muscle thickening, putting him at risk of cancer, heart attack and stroke. Following his assessment, he made the carefully considered step of gastric sleeve surgery with a commitment to lifestyle changes.

2

2023 SECOND ASSESSMENT

At his next annual assessment, our client showed markedly reduced visceral fat, 10% lower body fat, improved heart muscle and function, no longer needed blood pressure medication and had significant liver improvements.

3

2024 THIRD ASSESSMENT

Our client continues to enjoy his healthier lifestyle and returned to Preventicum in 2024, where further improvements were observed across all areas of his health.

4

2025 FOURTH ASSESSMENT

We look forward to welcoming our client back to Preventicum for his annual health assessment.

90%

of liver disease is preventable.

11%

of our clients had fatty liver disease without evidence of inflammation or fibrosis.

LiverMultiScan findings

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

5%

of our clients had evidence of fatty liver disease and inflammation and or fibrosis (steatohepatitis).

3%

of our clients had evidence of active inflammation and or fibrosis.

Thyroid health

HOW WE LOOK AT YOUR THYROID



Blood tests

Thyroid function blood tests.



Consultation

A detailed consultation with your Preventicum Doctor.



Ultrasound

Ultrasound scans of your thyroid.

CLIENT STORY

Early detection of thyroid cancer

BACKGROUND

Our client was recommended by a friend to visit Preventicum for their first health assessment following their 50th birthday.

NEXT STEPS

A referral was made for further investigations under the care of an Endocrinologist where a biopsy confirmed this was papillary thyroid carcinoma (thyroid cancer). We were delighted to hear that our client underwent successful thyroid surgery and is now looking forward to returning to Preventicum for her next annual health assessment.

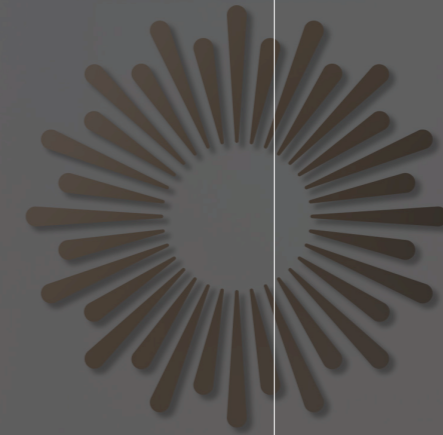
CLINICAL FINDINGS

During her ultrasound scans, our Sonographer observed a thyroid nodule.

4,000

people in the UK are diagnosed with thyroid cancer each year.

Cancer Research UK



Ultrasound

Our dedicated Sonographers will scan your thyroid, carotid arteries, abdominal aorta, liver, gallbladder, biliary tree, pancreas, kidneys, spleen, bladder, uterus and ovaries or prostate and testes.

15,000+

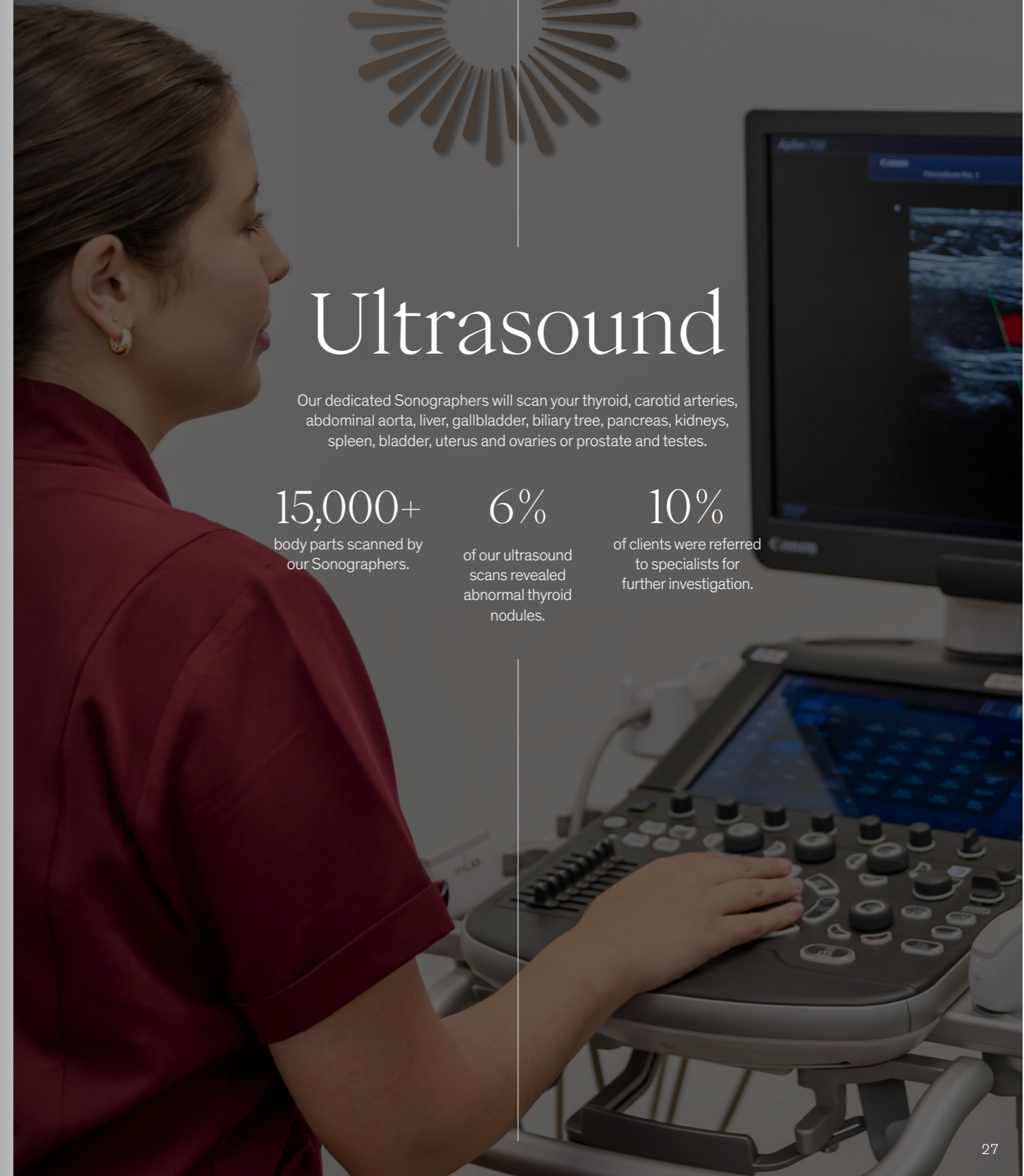
body parts scanned by our Sonographers.

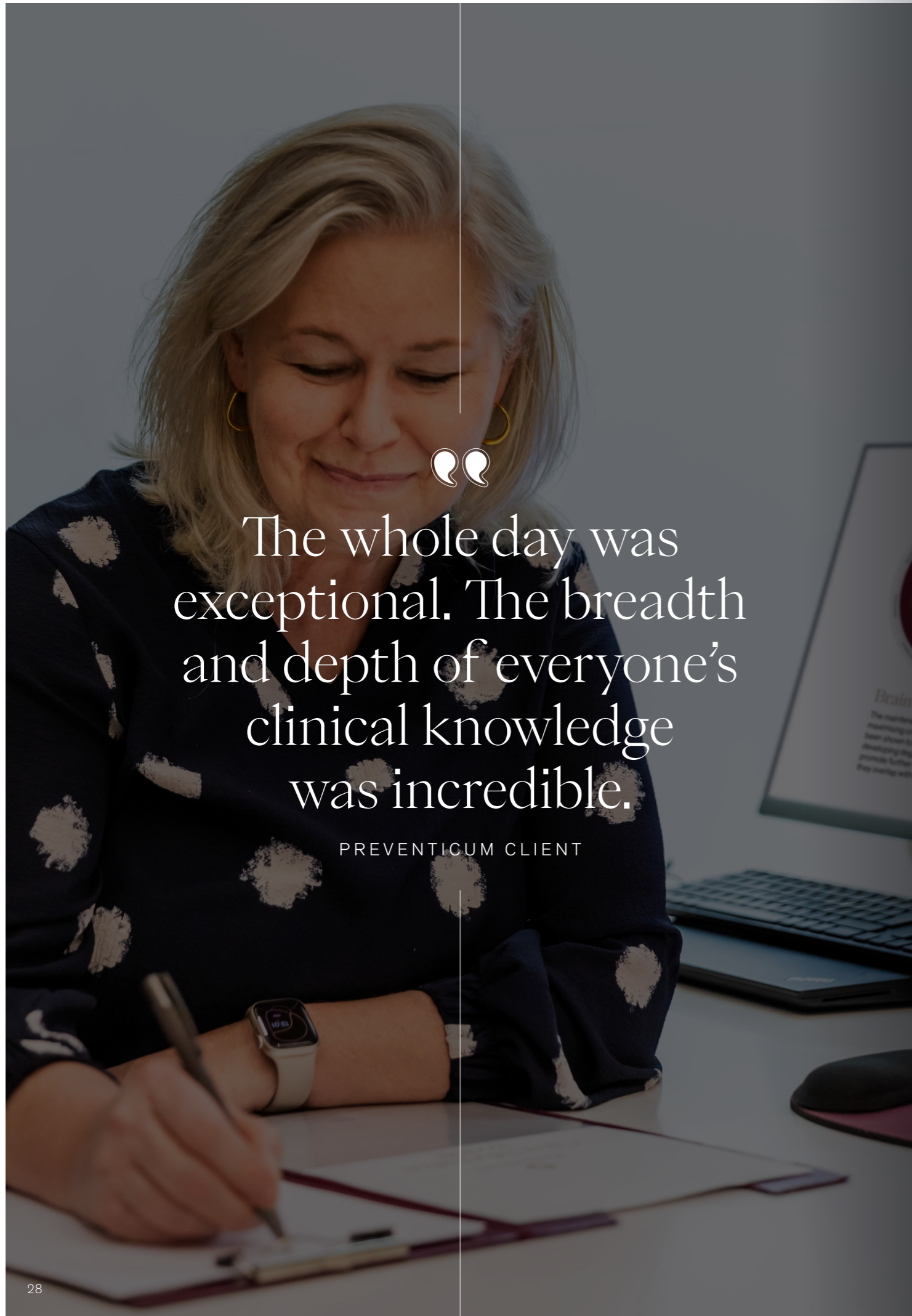
6%

of our ultrasound scans revealed abnormal thyroid nodules.

10%

of clients were referred to specialists for further investigation.





The whole day was exceptional. The breadth and depth of everyone's clinical knowledge was incredible.

PREVENTICUM CLIENT

Kidney health

HOW WE LOOK AT YOUR KIDNEYS



Consultation
with your Preventicum Doctor.



Laboratory tests
including kidney function blood tests and urine analysis.



MRI
scans of your abdomen.



Ultrasound
scans of your kidneys.

CLIENT STORY

Early detection of kidney cancer

BACKGROUND

A 50 year old client attended their sixth Preventicum health assessment, feeling in good health with no specific concerns.

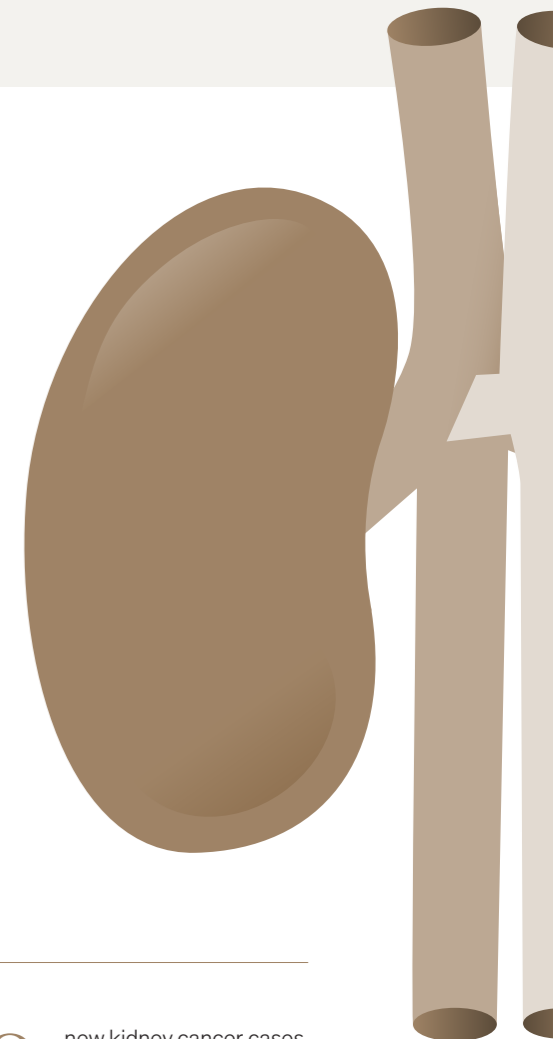
CLINICAL FINDINGS

During their abdominal MRI scans, a kidney mass was seen by our team of Radiographers.

NEXT STEPS

Our client's Preventicum Doctor referred them for

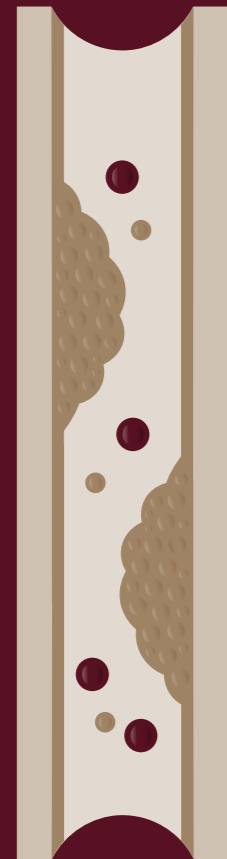
further investigations with a Urologist, where a biopsy confirmed a diagnosis of clear cell renal cell carcinoma (kidney cancer). Surgery successfully removed the tumour and our client continues to receive follow-up care under their specialist. They are grateful to the Preventicum team for their early diagnosis and have scheduled their annual assessment for 2025.



2% of our clients had a low estimated glomerular filtration rate (eGFR) which measures your level of kidney function, decreasingly significantly from 2023.

38 new kidney cancer cases in the UK every day.
Cancer Research UK

Our pathology findings



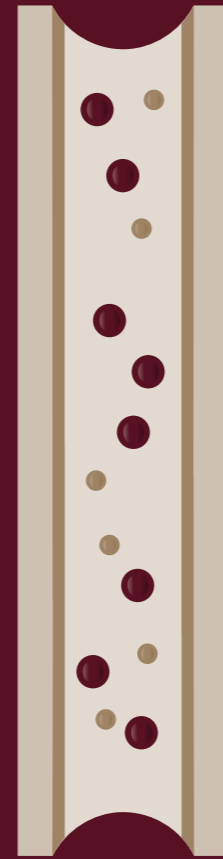
Artery with cholesterol build up

Cholesterol

is used by our liver to create bile and supports the production of hormones and vitamin D. High levels of cholesterol increase your risk of heart attack and stroke.

18%

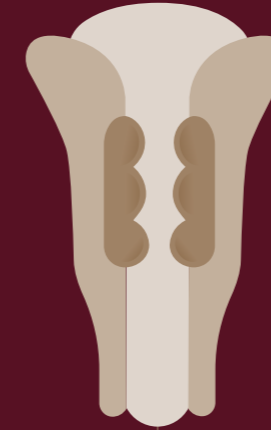
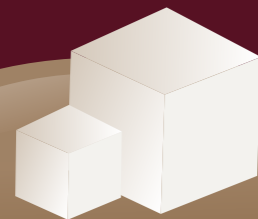
of our clients had an elevated cholesterol:HDL ratio. Together these numbers provide more information about your risk of coronary heart disease.



Normal artery

Diabetes

6% of our clients had an elevated HbA1C level, putting them at an increased risk of developing diabetes.



Cervical screening test

to detect precancerous cells.

3%

of our clients received an abnormal cervical screening result and were referred to a Consultant Gynaecologist for further investigation.



Quantitative faecal immunochemical test

(QFIT) to look for traces of blood which could be a sign of cancer.

7%

of our clients received an abnormal QFIT result and were referred to a colorectal specialist.

Vitamin D



Vitamin D aids calcium absorption which is necessary for strong bones, assists in maintaining muscle strength and function and supports the immune system.



Studies have linked vitamin D deficiency to heart disease, multiple sclerosis, Parkinson's disease, stroke, diabetes, osteoporosis, prostate disease, some autoimmune conditions and depression.

15%

of our clients had low vitamin D levels.

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

PREVENTICUM CLIENT





Preventicum

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