



Preventicum

Annual Review
2022



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





Preventicum

As we begin 2023, we are taking this opportunity to review the past twelve months at Preventicum, where we have now completed over 16,000 health assessments in London.

We have had another clinically interesting and successful year here and are delighted to share some of these important stories with you.

The pandemic has continued to affect all of us, globally throughout this year and it is safe to say that some of the changes that we were forced to make due to Covid will seemingly stand the test of time. One of those is hopefully and positively, a keener eye on our health and wellbeing. Ensuring that we prioritise these over everything else and make sure we are all fit and well to enjoy our families, hobbies and careers.

We have seen the demand for our advanced and safe health assessments grow significantly and are delighted to have welcomed so many of you to our clinic in the past twelve months.

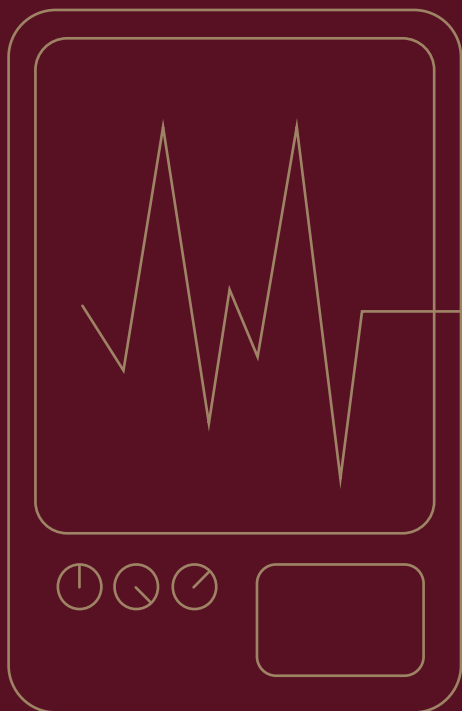
We look forward to seeing you again soon and continuing to offer you, your friends, family and colleagues the most advanced health assessments in Europe to help you be at your very best.



2022

IN NUMBERS





Heart Health

10% of our clients in 2022 had an elevated QRISK®. This algorithm identifies clients who are at high risk of developing cardiovascular disease over the next 10 years. 7% of our clients were referred to a cardiologist for further investigation.

Heart and circulatory diseases cause a quarter of all deaths in the UK, that's more than 160,000 people annually.

11%

of Preventicum clients have a high alcohol intake and smoke.

26%

of Preventicum clients are reported to have a significant cardiac finding.

28%

of our clients are found to have elevated cholesterol and raised LDL.

460

There are 460 heart and circulatory related deaths each day or one every three minutes in the UK. (BHF)



Heart

CASE STUDIES

Female case study

A female client in her mid-fifties booked a Preventicum Ultimate Assessment after experiencing a shortness of breath climbing stairs, alongside some anxiety about her health. During both the exercise stress echocardiogram and cardiac MRI scans, abnormalities were seen and our client was urgently referred to see a cardiologist by her Preventicum doctor, Dr Michaela Schuhwerk.

Further investigation revealed a high-grade AV block and a pacemaker was successfully fitted. The client has reported an upturn in her health and general wellbeing since this procedure and thanks Dr Schuhwerk, Dr Juli and Dr Sharma, as well as the rest of the Preventicum team for their care.

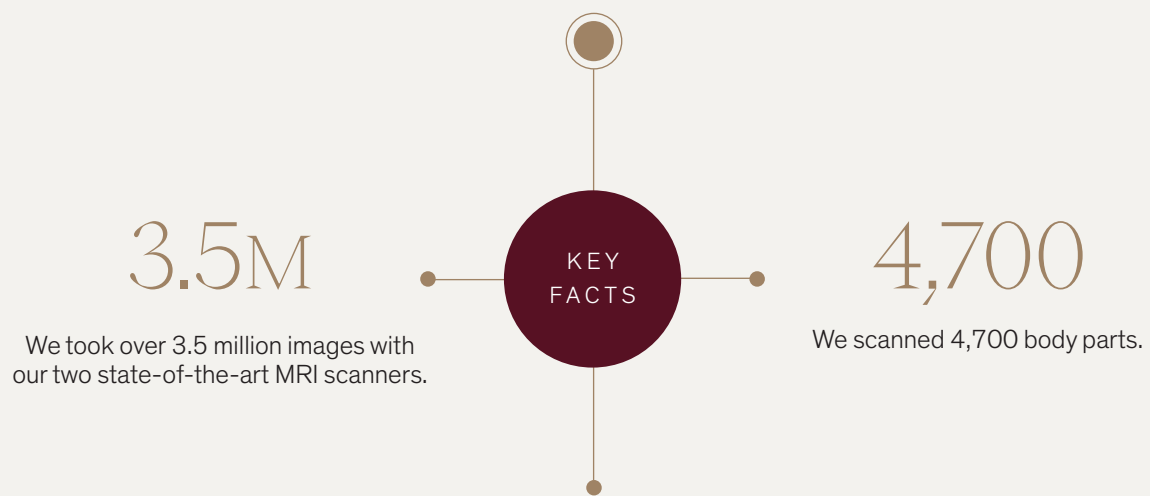
Male case study

A fit and healthy orthopaedic surgeon in his late sixties visited Preventicum for an Ultimate assessment. He was known to have high blood pressure. His results on the day revealed a large abdominal aortic aneurysm, which is a ballooning of the major artery running down the centre of the abdomen.

The 7cm aneurysm was seen during the client's ultrasound scan and had a high risk of rupturing. He was referred immediately to see a vascular surgeon who performed an urgent repair to the aneurysm through the main artery of his leg. Normally, large aortic aneurysms remain undetected with sudden death being the first symptom. Five years on, this client is doing very well, having made a good recovery with follow-up monitoring revealing the aneurysm to be fully repaired.

MRI

IN NUMBERS 2022



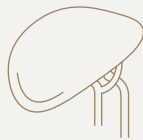
DETAILED MRI SCANS OF THE



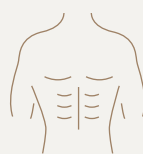
Brain



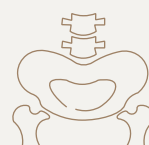
Heart



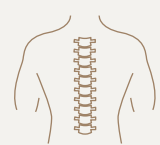
Liver



Abdomen



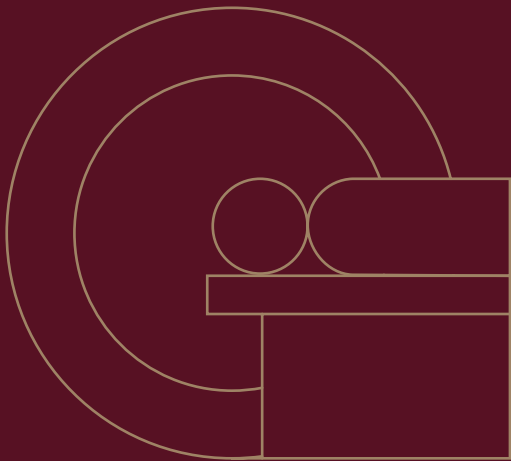
Pelvis



Spine

*As well as other musculoskeletal regions like shoulders and knees.





Liver Multiscan

Liver disease is often called silent, because there are very few symptoms in the early stages. If liver disease is diagnosed before severe damage occurs, the liver has the capacity to regenerate itself.

What is LiverMultiScan?

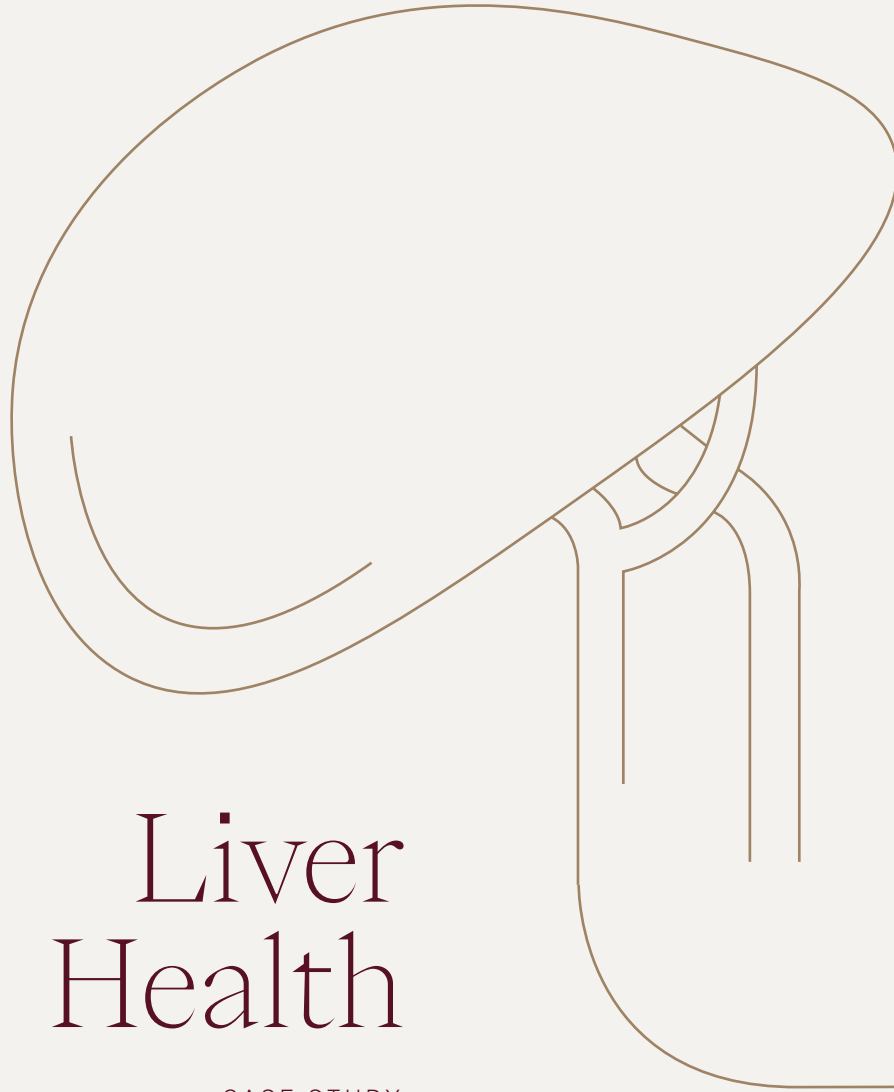
LiverMultiScan is an advanced MRI scan providing detailed measures of inflammation, fibrosis, iron and fat. Alongside our blood tests, ultrasounds and detailed family and medical history consultations, our doctors can evaluate your liver health. Early diagnosis of liver disease often means that, with lifestyle changes and or medication, the liver has the ability to regenerate itself.

1 in 5

20% of the UK population are in the early stages of non-alcoholic fatty liver disease (NAFLD).

21%

of Preventicum clients were diagnosed with a fatty liver.



Liver Health

CASE STUDY

A 48 year old Managing Director attended Preventicum for his first Ultimate health assessment. Apart from a history of Crohn's disease which was not causing many problems, he was generally in good health. Our client's average alcohol intake was elevated at 25 units per week and he was a longstanding smoker with a suboptimal diet and elevated cholesterol and had recently lost 11kg in weight.

Following his abdominal ultrasound and LiverMultiScan, our client was found to have a mild to moderate fatty liver. Liver function blood tests showed an elevated gamma GT, a very high serum iron, high transferrin saturation and elevated ferritin.

A referral was made on the same day for the client to see a hepatologist who later confirmed our Preventicum doctor's suspected diagnosis of haemochromatosis. Haemochromatosis is an inherited condition where iron levels in the body slowly build up over many years. If left untreated, this build-up of iron, known as iron overload, can cause damage to parts of the body such as the liver, joints, pancreas and heart, with symptoms including feeling fatigued, weight loss, weakness and joint pain.

Our client felt that this diagnosis gave him the impetus to make key lifestyle changes with smoking cessation and a reduction of alcohol intake, as well as treatment for his haemochromatosis.



Vitamin D

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.

10 micrograms

Daily required dose of vitamin D.

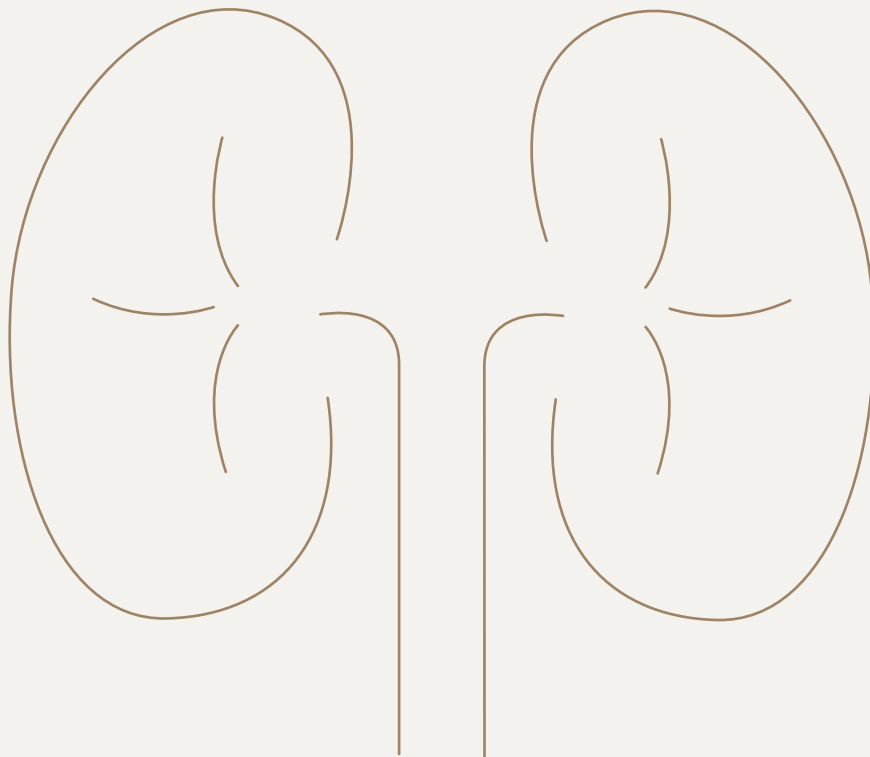
22%

of our clients had low vitamin D levels.



A very big thank you to
everyone at Preventicum
for an excellent,
friendly and thoroughly
professional experience.





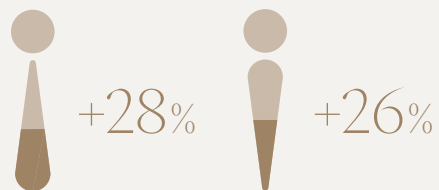
Kidney Health

CASE STUDY

A fit and healthy 55 year old non-smoking male came for his first Ultimate Assessment last year. During his ultrasound and MRI scans, our team identified a right lower renal pole lesion on his kidney and his Preventicum doctor referred him for further investigation. A malignant tumour was diagnosed and following successful surgery, our client was given the all clear and is eternally grateful for early detection which meant that there was no need for either chemotherapy or radiotherapy.

34%

of kidney cancer cases are preventable.



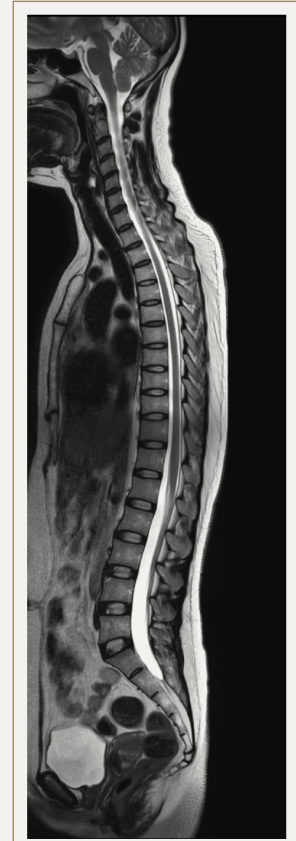
Over the last decade, kidney cancer incidence rates have increased by 29% in the UK. Rates in females have increased by more than 28% and rates in males have increased by 26%.

Elite

ASSESSMENT



This advanced assessment combines MRI scans of your brain, heart, central arteries, abdomen and pelvis as well as a whole spine scan and LiverMultiScan, exercise stress echocardiogram, movement screen, strength and conditioning session and comprehensive blood testing.



In 2020, musculoskeletal problems were the second most common cause of sickness absence which accounted for 20.8 million days lost in work (17.5% of total sickness absence).

At least 30% of clients scanned at Preventicum showed some degenerative changes in their spine, and were offered tailored advice and lifestyle management.

8 hours

Expert doctors & clinical team
Same day results, with your
own private suite

Ultimate

ASSESSMENT



An advanced health assessment for clients looking for peace of mind. Our most popular assessment.



This advanced assessment combines MRI scans of your brain, heart, central arteries, abdomen, pelvis and LiverMultiScan, exercise stress echocardiogram, ultrasound examinations and comprehensive blood testing.

6 hours

Expert doctors & clinical team
Same day results, with your own private suite



Supporting clients to
live healthier lives.

CQC INSPECTION



Lung Cancer

CASE STUDY

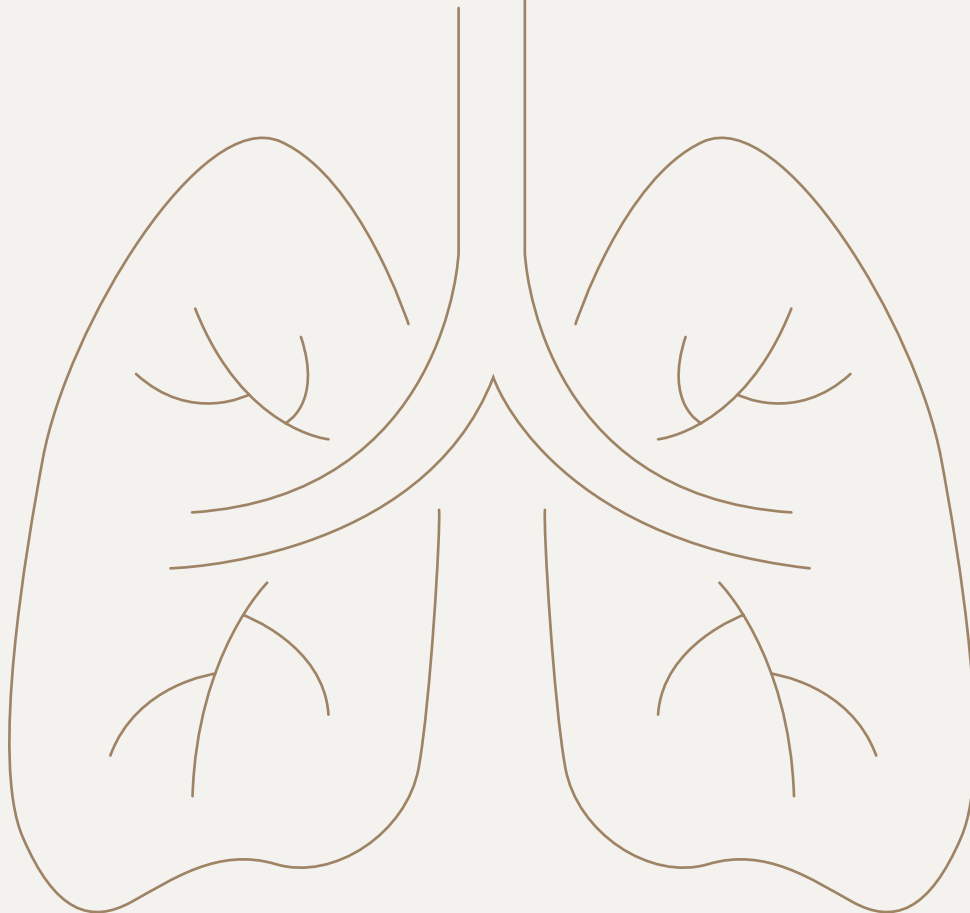
In May 2021, a 61 year old client who had who had been to Preventicum twice before, returned for his third Ultimate Assessment following a year's break due to the COVID pandemic.

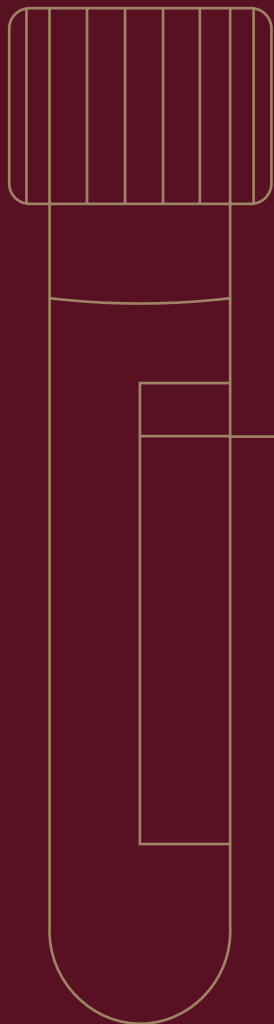
Our client was fit and well, living an active and busy life as Company Director for his family owned business.

During his Ultimate Assessment, a 6mm lung nodule was seen by our cardiac radiologist, in the background of our client's heart scans and a referral was made on the same day for a follow-up CT scan.

Our client attended an appointment with a specialist who made the decision to watch this for a further three months. During this time, the nodule grew from 6mm to 12mm in just 2.5 months and a specialist biopsy operation at St. Bartholomew's Hospital was arranged, where lung cancer was confirmed. An operation at The Royal Brompton followed where 55% of our client's lung was removed. Our client was active straight after this operation and within three months, was back to riding a bike, playing golf and running at 80% of his previous fitness.

This client is extremely grateful to the Preventicum team, Dr John Roegner, his Preventicum doctor and Dr Christoph Juli, our Consultant Cardiac Radiologist, and is looking forward to returning for his next assessment in 2023.





Bowel Cancer Screening

At Preventicum all clients over the age of 40 years are offered bowel cancer screening with a faecal immunochemical test (FIT) . 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.

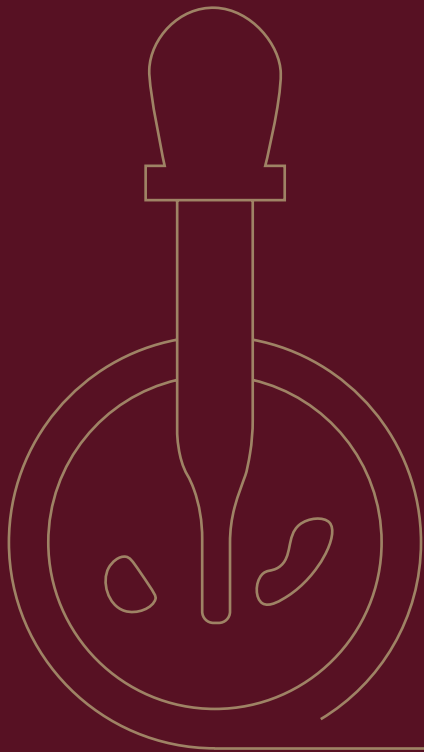
7%

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

*42,000+

new cases of bowel cancer diagnosed annually in the UK. When diagnosed early, 98% of people will survive for one year or more, compared with 44% if diagnosed later.

* Cancer Research UK



Prostate Cancer Screening

Prostate cancer generally affects men over the age of 50 and is the most common type of cancer in men. Over 47,000 men in the UK are diagnosed with prostate cancer each year. Around 50% of men over 50 may have cancer cells in the prostate. The majority of these cancers grow slowly. Men with prostate cancer are unlikely to have any symptoms.

Our Preventicum prostate cancer assessment includes taking a comprehensive history, clinical examination, ultrasound and the PSA blood test.

9%

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

47,000+

Prostate cancer cases diagnosed every year.

78%

of men survive prostate cancer for at least ten years.



Excellent service with
very knowledgeable team.
Highly recommend
Preventicum.



DID YOU KNOW?

7%

of clients
tested had
a positive
HPV test.

HPV & Cervical Cancer

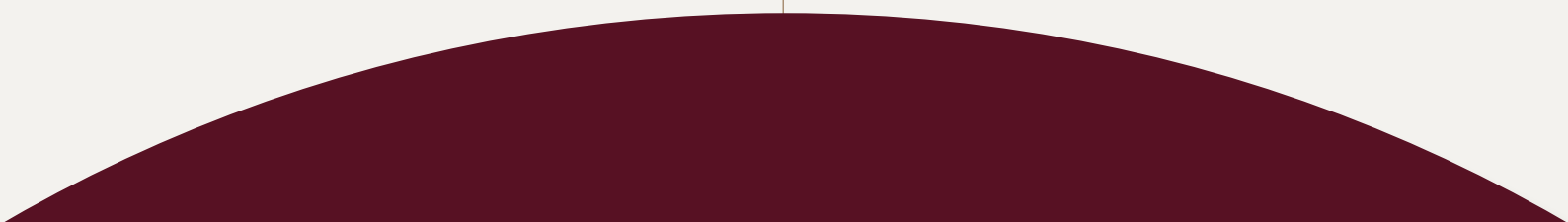
Over 3,000 women are diagnosed with cervical cancer in the UK and there is a 51% ten year survival rate.

Cervical cancer usually occurs in women over the age of 20 years and the national screening programme invites women to attend for HPV screening between the ages of 25 and 64 years.

Cancer of the cervix can take many years to develop. We can pick up precancerous cells thanks to our HPV testing, enabling far better outcomes for the client.



Meet Our Team



OUR DOCTORS



Dr Michaela Schuhwerk

Preventicum Doctor
MRCP, DTMH, DipGUM,
DFFP, MSc ID



Dr Kartik Modha

Preventicum Doctor
MRCGP MBBS (Hons)
BSc (Hons)



Dr Bronya Gorney

Preventicum Doctor
MA MBBS MRCGP MRCP
DTMH DFSRH



Dr Willem Theron

Preventicum Doctor
MSC Honns Microbiology/
MBCHB/ MSC Sport Science



Dr Syed Babar

Consultant Radiologist
DMRD FRCR



Dr Med. Christoph Juli

Consultant Cardiac
Radiologist, FRCR



Dr Hammad Siddiqi

Consultant Radiologist
FRCR



Dr Rakesh Sharma

Cardiologist



Dr John Roegner

Preventicum Doctor
MD



Dr Uzma Ali

Preventicum Doctor
MBBS, MRCP, MRCGP



Dr Feizal Motala

Preventicum Doctor
MBChB, DA



Dr Ying-Young Hui

Preventicum Doctor
MBBS BSc MRCGP
DOccMed



Dr Mehma Rai

Preventicum Doctor
MBBS BSc (Nutrition)
MRCGP DRCOG



Dr Moushumi Baruah

Preventicum Doctor
MBBS BSc (Hons) DRCOG
DFS RH MRCGP PGCE FRSPH

OUR CLINICAL TEAM



Matt Hall
Imaging Services Manager



Sara Alves
Lead Radiographer



Rician Ann Unciano
Senior Radiographer



Kabelan Kokulakumar
Senior Radiographer



Yolandi Van Heerden
Lead Sonographer



Lauren Ryan
Sonographer



Cian Moen
Lead Cardiac Physiologist



Kristen Campbell
Cardiac Echo Lead



Lilia Zozikova
Nurse



Abbie Arkley
Healthcare Assistant



Eiden Whelan
Healthcare Assistant

OUR CLIENT RELATIONS TEAM



Gemma Frenchman
Managing Director



Claire Scott
Marketing Manager



Ollie Bradford
Service Development
Manager



Hannah Whitcombe
Clinic Manager



Tosh Chaudry
Senior Medical Secretary



Ana Martins
Client Relations



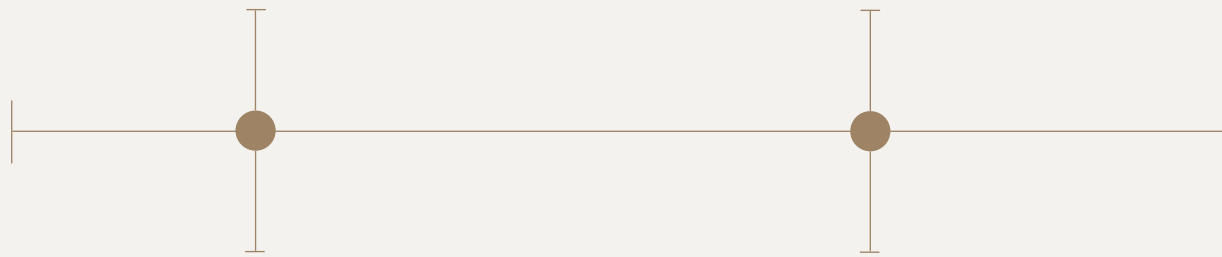
Negin Ashti
Medical Secretary

Additional Tests



MUSCULOSKELETAL MOVEMENT SCREEN & CONDITIONING COACHING

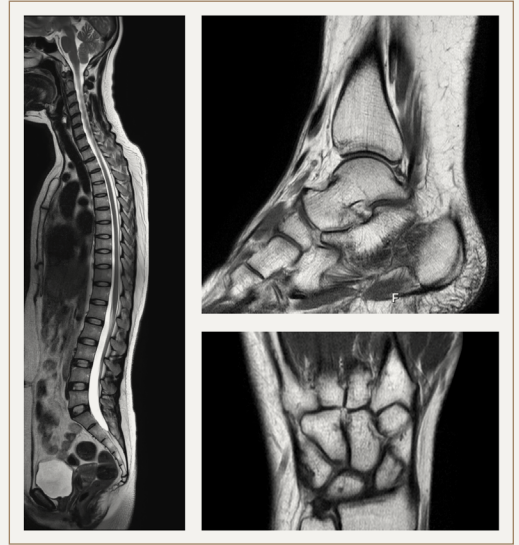
(Included in Elite Health Assessment)



Preventicum has partnered with world-class sport and exercise medicine specialists to offer a musculoskeletal movement screen together with strength and conditioning coaching. The team will work with you to prevent, diagnose, treat and manage injuries, bringing a multi-disciplinary, team-based approach to your physical health management.

You should consider adding this assessment if:

- ☼ You have an existing injury.
- ☼ You want to improve or start a new exercise regime.
- ☼ You are trying to improve your lifestyle.



ADDITIONAL MRI SCANS

Our state-of-the-art MRI scanners are equipped with in-bore technology, ambient lighting and a choice of music or film for an immersive audio-visual experience.

Our 3T MRI scanner is equipped with dedicated MSK coils, enabling us to obtain unparalleled imaging of your joints and long bones. We can scan the entire spine from top to bottom (cervical, thoracic and lumbar) in less than 30 minutes. MRI is the gold standard imaging technique to detect abnormalities including meniscal, ligament and tendon tears and subtle, bony injuries. All studies are reported by our specialist MSK radiologist with digital access to your images.

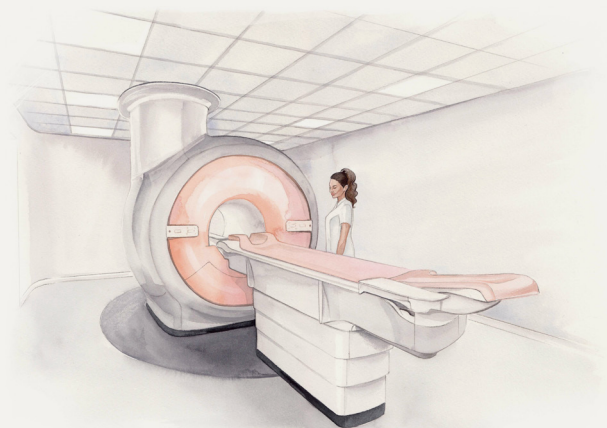


CANCER 30 GENE PANEL



All of us have a 1 in 2 lifetime risk of cancer, but some common cancers, including breast, melanoma, pancreatic, prostate and ovarian, are known to occur more frequently in families, passing from one generation to the next. This is because certain genetic mutations can be inherited.

Perhaps the most commonly talked about are the BRCA 1 and BRCA 2 genes, where mutations can indicate increased risk of developing breast, melanoma, pancreatic, prostate and ovarian cancers.



PLUS PACKAGE



This additional service combines a one region musculoskeletal (shoulder, knee, elbow, hip) MRI scan with our Musculoskeletal Movement Screen and Strength & Conditioning Coaching. Our 3T MRI scanner is equipped with dedicated MSK coils, enabling us to obtain unparalleled imaging of the joints and long bones.

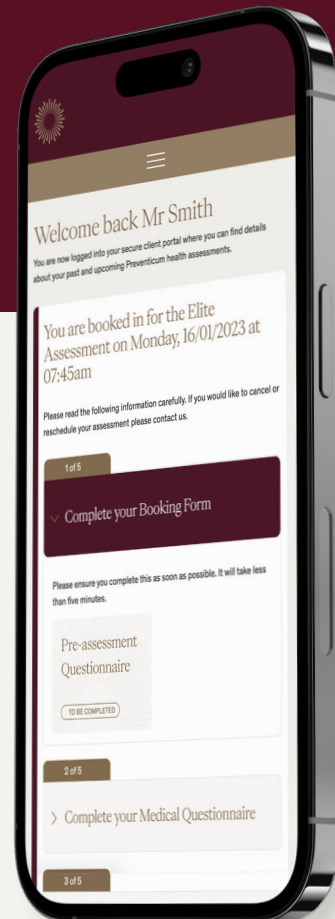
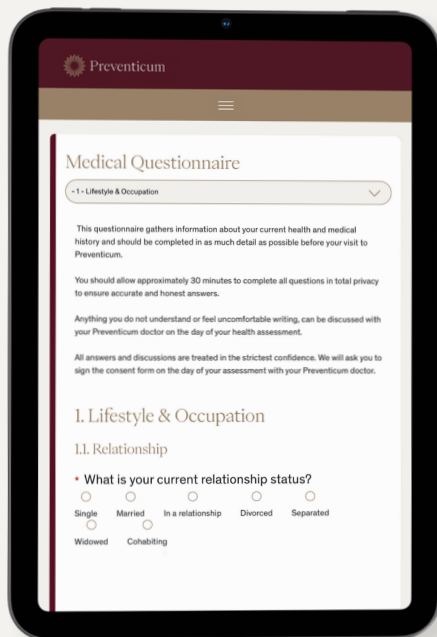
MRI is the gold standard imaging technique to detect abnormalities including meniscal, ligament and tendon tears and subtle, bony injuries. All studies are reported by our specialist MSK radiologist with digital access to your images.

INTRODUCING

Our faster, more intuitive client portal

View

View your upcoming and previous assessment dates.



Complete

Complete your booking form and medical questionnaire before your assessment.

Access

View and download your medical report after your assessment.





We look forward to
welcoming you back to
Preventicum





PLEASE SCAN FOR OUR
LATEST BROCHURE



Preventicum

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