

Preventing and detecting cancers

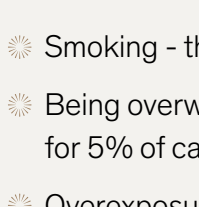
Research suggests that 1 in 2 people in the UK born after 1960 will be diagnosed with some form of cancer during their lifetime. Even more concerning is that cancer rates among under 50s in developed countries have risen sharply in the past 30 years, prompting epidemiologists to describe this as an 'epidemic'.

While 38% of cancers are preventable, including lung, bowel, breast and melanoma skin cancer; others are not. This makes early detection one of the most powerful tools for improving outcomes.

At Preventicum, we are committed to helping our clients reduce risk factors and detect potential cancers as early as possible, when treatment outcomes are most effective.



375,000
new cases a year

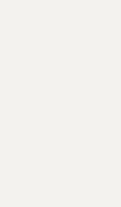


1 in 2
will be diagnosed with cancer in their lifetime

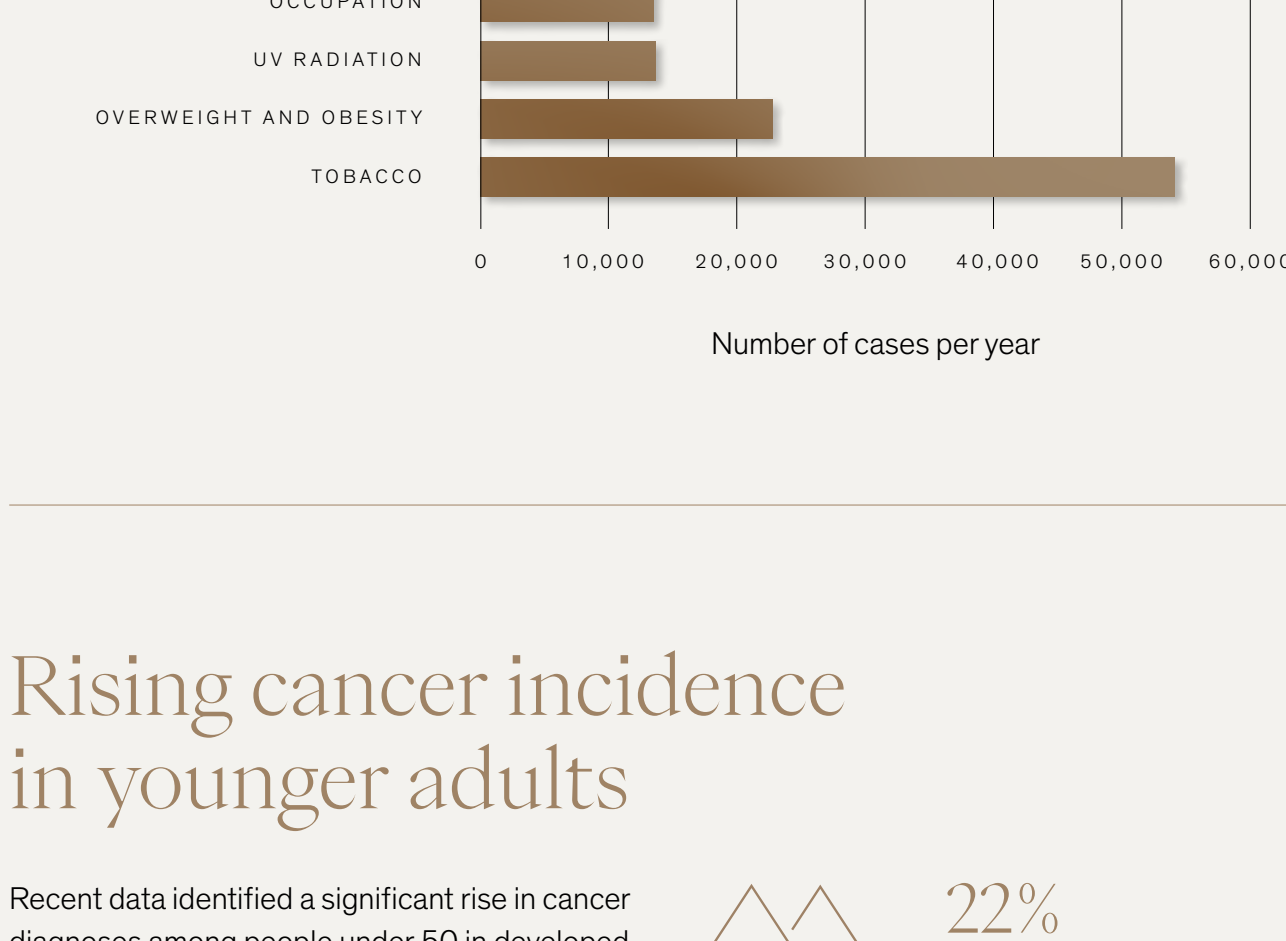
Understanding cancer risk factors

An individual's risk for developing cancer depends on a combination of age, genetics and lifestyle factors including:

- Smoking - the leading cause of cancer
- Being overweight or obese accounts for 5% of cancer cases
- Overexposure to UV radiation, occupational exposure to substances, exposure to specific infections, alcohol and eating too little fibre account for 3-4% of cancer cases
- Exposure to ionising radiation and eating processed meat account for 1-2% of cancer cases
- Air pollution and a sedentary lifestyle account for 1% or less of cancer cases



Number of preventable cancer cases and associated risk factors:



Rising cancer incidence in younger adults

Recent data identified a significant rise in cancer diagnoses among people under 50 in developed countries, highlighting the importance of health assessments from a younger age.

Analysis of the G20 countries found that cancer rates among 25-29 year olds increased by 22% between 1990 and 2019, with colorectal cancer up by 70% in those aged 15-39. Cancer is now the leading cause of death for young adults in upper-middle income countries.

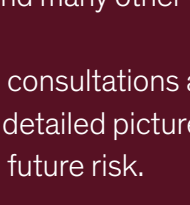
A study published in BMJ Oncology found that global, early-onset cancer cases rose by nearly 80% since 1990 and cancer-related deaths increased by 27%. Although there is no single explanation for this trend, it reinforces the value of early and regular health screening.



22%
increase in cancer rates in the 25-29 year old age range



70%
increase in colorectal cancer

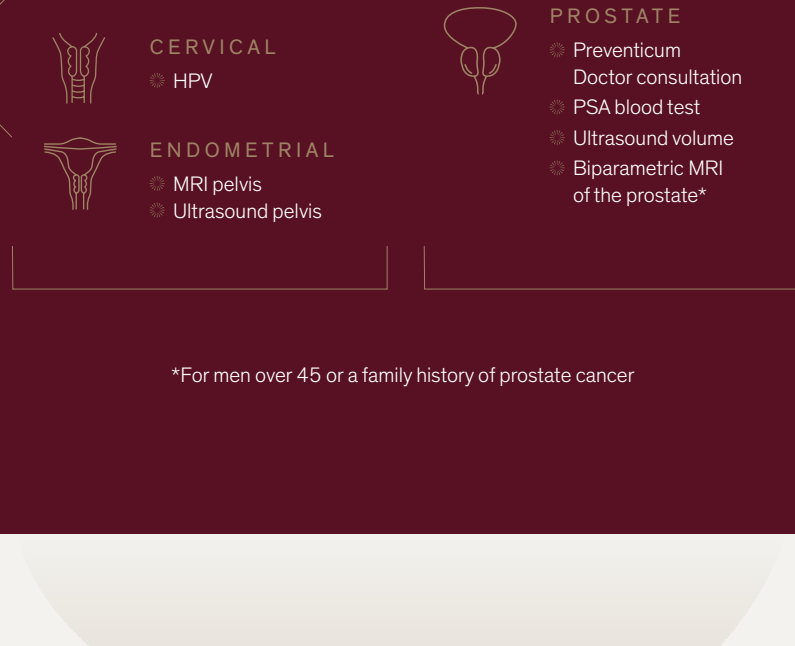


Lifestyle choices
increase chance of developing cancer

How Preventicum looks for cancer

Early detection remains one of our most powerful tools against cancer. At Preventicum, our world class [Optimal and Ultimate Assessments](#) detect the earliest signs of and risk factors for at least 15 cancers, as well as heart disease, stroke and many other conditions.

We use advanced imaging, detailed consultations and extensive laboratory testing to provide a detailed picture of your current health and future risk.



*For men over 45 or a family history of prostate cancer

Prostate cancer

Prostate cancer is the most common cancer in men in the UK, accounting for 27% of all new cancer cases. 12,000 men die from prostate cancer in the UK annually, making it the second most common cause of cancer death in men, though mortality rates have fallen by 10% which may be related to advancements in early detection and treatment.

Key risk factors include age, family history and ethnicity. Rates are lower among men of Asian ethnicity and higher in men of Black ethnicity. Family history is also important and prostate cancer risk is more than twice as high in men whose father has had prostate cancer and three times higher in men whose brother has had prostate cancer.

Mutations in the BRCA2 gene increase prostate cancer risk fivefold in the general population and up to sevenfold in men under 65. There is no association between BRCA1 gene and prostate cancer.

At Preventicum, our [Optimal+ and Ultimate+ Assessments](#) are for men over 45 or a family history of prostate cancer.

These assessments include:

- Consultation with your Preventicum Doctor
- PSA blood testing
- Ultrasound volume scan
- Biparametric MRI scan of the prostate, providing detailed, high-definition images to detect abnormalities that could be associated with prostate disease or cancer

In combination with a detailed medical questionnaire, this assessment provides a highly detailed evaluation of prostate health.

Bowel cancer

Bowel cancer is the fourth most common cancer and the second leading cause of cancer death in the UK. While rates have remained stable overall, incidence in younger age groups has increased over the past 30 years. Mortality has fallen by 11% in the last decade, largely due to earlier detection.

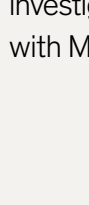
Faecal Immunochemical Test (FIT)

FIT is a sensitive and specific screening tool that detects hidden blood in stool, helping to identify those who may benefit from colonoscopy. At Preventicum, our assessments include a FIT for clients over 40 or when clinically indicated. If a positive result is detected, we can arrange prompt referrals to our trusted network of colorectal specialists.

For clients who may benefit from further investigation, we offer a dedicated screening colonoscopy pathway with Dr Sean Preston, leading Gastroenterologist and Director of Endoscopy at The Princess Grace Hospital.

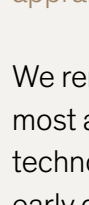
Other cancers

Our detailed MRI and ultrasound imaging of the abdomen and pelvis allow us to assess the health of organs such as the pancreas, ovaries, uterus, liver, kidneys and bladder, detecting early changes before symptoms arise.



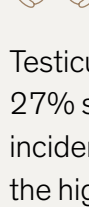
Cervical

Cervical screening can be performed during your Preventicum assessment and detects Human Papilloma Virus (HPV), which is the most significant risk factor for cervical cancer. Ideally, testing should be carried out mid-cycle for the most accurate results. If this timing does not align with your Preventicum assessment, please talk to your GP about cervical screening.



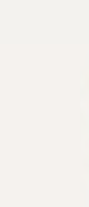
Thyroid

Our assessments include a dedicated thyroid ultrasound to identify any potentially concerning lesions. For clients who may benefit from further investigation, we offer a dedicated thyroid pathway with Mr Paul Stimpson, Consultant ENT Surgeon.



Haematological

Cancers such as leukaemia and lymphoma can be difficult to detect due to the non-specific nature of presenting symptoms. Our Doctors combine a detailed medical history, thorough physical examination, extensive blood tests and advanced imaging to identify lymph node or spleen changes, significantly improving the detection of these cancers.



Testicular

Testicular cancer rates have increased by 27% since the early 1990s, with the highest incidence in men aged 30-34. It has one of the highest survival rates of all cancers and treatment is often simpler and less invasive when the cancer is found early. At Preventicum, all male clients are offered a testicular ultrasound, considered the gold standard for detecting abnormalities, allowing us to view small or hidden lumps that may not be felt during a physical examination.