



LOTUS HEALTHCARE

...a healthier way forward

January 2012

## Another year, another resolution...

**Our dinner table discussions on New Year's Eve inevitably turned to the topic of the coming year's resolutions, and guess what topped the list?**

Yes, you will have guessed correctly – losing weight, exercising more, giving up smoking, cutting down alcohol and generally looking after the body. So what's **new**?

The **NEW** is that we are all a year older, and as we progress through the journey of life, we become more vulnerable to the diseases of our modern lifestyles and ageing.

A healthy diet not only plays an important role in reducing the intake of calories, but a balanced diet also helps to reduce the possibility of certain illnesses.

A recent study reported in the journal Neurology suggested that a diet rich in vitamins and fish may protect the brain from ageing while junk food has the opposite effect. Elderly people with high blood levels of vitamins and omega 3 fatty acids had less brain shrinkage and better mental performance, whereas trans fats found in fast foods were linked to more brain shrinkage typical of Alzheimer's and lower mental performance scores.



Regular exercise has several benefits including helping to burn off those easily gained calories and improving circulation to the vital organs, thus reducing the risks of heart attack and stroke. These benefits apply to all age groups.

A recent Dutch review of paediatric studies found strong evidence of a link between exercise and the academic performance of children. The review looked at 14 studies involving more than 12,000 children and concluded that exercise helped to increase blood and oxygen flow to the brain.

A healthy lifestyle is important in maintaining good health and preventing future illness.

## ABOUT US

Lotus Healthcare is a leading provider of medical services in the independent sector. Established in 1991, we provide services from our clinics in Harley Street, Harrow and Waltham Forest. We look after individuals, families and corporates, providing a personalised and holistic approach.

In addition to our general practice services, our expertise lies in the field of screening (cardiovascular, cancer, genetic and sexually transmitted conditions), chronic disease management and complementary therapies such as acupuncture. We have ready access to some of London's leading diagnostic facilities and work closely with experts in a range of medical specialities.

We also provide medical assessments for insurance, immigration, employment and personal injury claims.

## Any Questions?

We're just a phone call away!

But what about establishing **your current state of health?**

Is there an unrecognised raised blood pressure lurking around, or are you at the pre-diabetic stage? Is there early narrowing of the blood vessels supplying your heart or brain? And what about the early stages of the different cancers?

Approximately 110 new cases of bowel cancer are diagnosed every day in the UK alone. Screening plays an important role in diagnosing this at an early stage. A recent analysis of the national bowel screening programme in England (compiled from the result of the first million people tested) suggests that it is on course to cut deaths by a sixth.

The benefits of screening apply to both cardiovascular disease and other common cancers.

Many of the recommended screening programmes are available on the NHS to those who are deemed to be at a higher risk and at prescribed frequencies. However, many individuals who do not necessarily fall into these categories may still be genuinely concerned about their individual health and the risks of developing these conditions.

At **Lotus Healthcare**, we provide:

- Advice on a healthy and sustainable diet from our in-house nutritionist.
- A tailored health screening programme to help you identify early warning signs of the major causes of ill health and offer solutions for addressing them.

Don't let that New Year's resolution be just a dream, let us help you to transform this to reality.

We are here to offer you a healthier way forwards in 2012 and beyond.

For more information, please visit [www.lotushealthcare.co.uk](http://www.lotushealthcare.co.uk)

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