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The problems with screening
evidence and politics

what is screening?

- no symptoms of disease: well
- NHS: Guthrie tests, neonatal screening, cervical, breast, bowel, aortic, fetal
- sort-of NHS: PSA screening
- cardiovascular risk screening : cholesterol, blood pressure, smoking, age, Glc
- Screening in chronic disease - e.g. depression screening, microvascular eye disease in diabetes.

non NHS screening

- ultrasound
- CT and MR
- ECG
- full blood count, liver function tests, thyroid function, uric acid
- pulmonary function tests
- physical examination (including pelvic and breast examination)

Would you benefit from a Lifescan health check?

Certain things can put your health at risk – smoking, for example, or if your family has a history of heart disease, stroke or cancer. So, too, can diabetes, high blood pressure or high cholesterol, and a stressful or sedentary lifestyle.

Our questionnaire will help you determine if your health and wellbeing could be at risk.

**Call now on
0845 456 4484**
for a free information pack and price list quoting the reference below, or visit our website at:
www.lifescanuk.org

Lifescan centres are located in:

- Brentwood
- Bristol
- Glasgow
- Guildford
- Leamington Spa
- London
- Manchester
- Tunbridge Wells

Lifescan is regulated and inspected under the IR(ME) Regulations 2000.

Reference DTDS18



If you answer YES to any of the questions you could benefit from the services offered by Lifescan.

Are you:	Over 40?	<input type="checkbox"/>
	Overweight?	<input type="checkbox"/>
Do you:	Smoke or have you ever smoked?	<input type="checkbox"/>
	Currently drink more than the recommended weekly levels of alcohol? (21 units for men, 14 units for women)	<input type="checkbox"/>
	Eat a diet that's high in fat or calories, or low in fibre?	<input type="checkbox"/>
	Suffer from high levels of stress?	<input type="checkbox"/>
	Have high blood pressure?	<input type="checkbox"/>
	Have high cholesterol?	<input type="checkbox"/>
	Have diabetes?	<input type="checkbox"/>
	Have a history of colon cancer or polyps?	<input type="checkbox"/>
Do you have a family history of:	Heart disease?	<input type="checkbox"/>
	Diabetes?	<input type="checkbox"/>
	Lung cancer?	<input type="checkbox"/>
	Colon cancer or polyps?	<input type="checkbox"/>
Have you:	Recently experienced unexplained weight loss?	<input type="checkbox"/>
	Ever been exposed to asbestos or other hazardous chemicals?	<input type="checkbox"/>
	Had a change in your bowel habit, such as diarrhoea or constipation?	<input type="checkbox"/>



We've been checked!



Put your mind at ease with a health check from Lifescan, the UK's leading provider of private CT assessments.



• Brentwood • Bristol • Glasgow • Guildford • Leamington Spa • London • Manchester • Tunbridge Wells

PRINCIPLES AND PRACTICE
OF SCREENING FOR
DISEASE

J. M. G. WILSON

*Principal Medical Officer, Ministry of Health,
London, England*

G. JUNGNER

*Chief, Clinical Chemistry Department, Sahlgren's Hospital,
Gothenburg, Sweden*



WORLD HEALTH ORGANIZATION

GENEVA

1968

screening for a deadly disease

- 1% of the population have a deadly disease
- a test for the disease is 90% accurate
- you test positive
- how likely are you to have the disease?

90% likely?

- Not true.
- 1000 people, 10 (1%) have the disease
- 990 do not.
- The test is 90% accurate for diseased people, ie will pick up 9/10 cases.
- also 10% of 990 healthy people will be positive, when they're not = 99.

deceptive screening stats

- so positive cases = $99+9 = 108$
- but only 9 people had the disease.
- so a positive test means a less than 10% chance of having the disease ($9/108$)
- Screening tests and their results can be counterintuitive
- the maths isn't hard, but believing a 'good' test is pretty poor can be difficult.

I think: at the moment

- screening results in harm because of overdiagnosis and overtreatment
- screening is politically rather than clinically motivated
- we don't explain screening fairly
- our failure to offer screening as a choice is the 'last reserve of unethical practice'

A SPECIAL OFFER FOR THE TIMES READERS FROM LIFE LINE SCREENING

Fast, accurate, preventive health screenings in your area – save up to £101 off list prices on a complete package of tests...

Would you spare 10 minutes to prevent a Stroke?

VISITING YOUR AREA SOON

Did you know that strokes are the third most common cause of death in the UK?

And yet, the World Health Organisation, the Stroke Alliance for Europe and the US National Stroke Association all agree that 80% are preventable. Some simple screening tests can help put your mind at rest. And, should anything be detected early, you and your GP can do something about it now before it's too late.

Your risk of a stroke doubles every decade after you are 50. Almost one in four men and one in five women aged 45 can expect to suffer a stroke if they live to 85. Wouldn't it be comforting to know you had reduced the chances of having a stroke or suffering a debilitating condition?

So if you like to face possible health problems rather than ignore them, call 0800 046 7988 now – you could also SAVE £101

Coming to your area:

All the tests are completely painless – you don't even have to get undressed

It's easy to put off these decisions – but like Mrs. Anne E. Solen from Fulham, London you may be glad you acted.

"My screenings identified a serious problem with my carotid arteries of which I was totally unaware and for which I am now receiving treatment. The results have also given me the



Why not call now?

Worryingly, strokes often occur without warning, with no apparent symptoms. As one of our clients said: "My wife and teenage children are happier now – it's peace of mind at a certain age." (M. Bentley, Lancashire). Another said "Had I not had your screening... there was a chance I would have suffered a stroke." (A Siddall, Manchester).

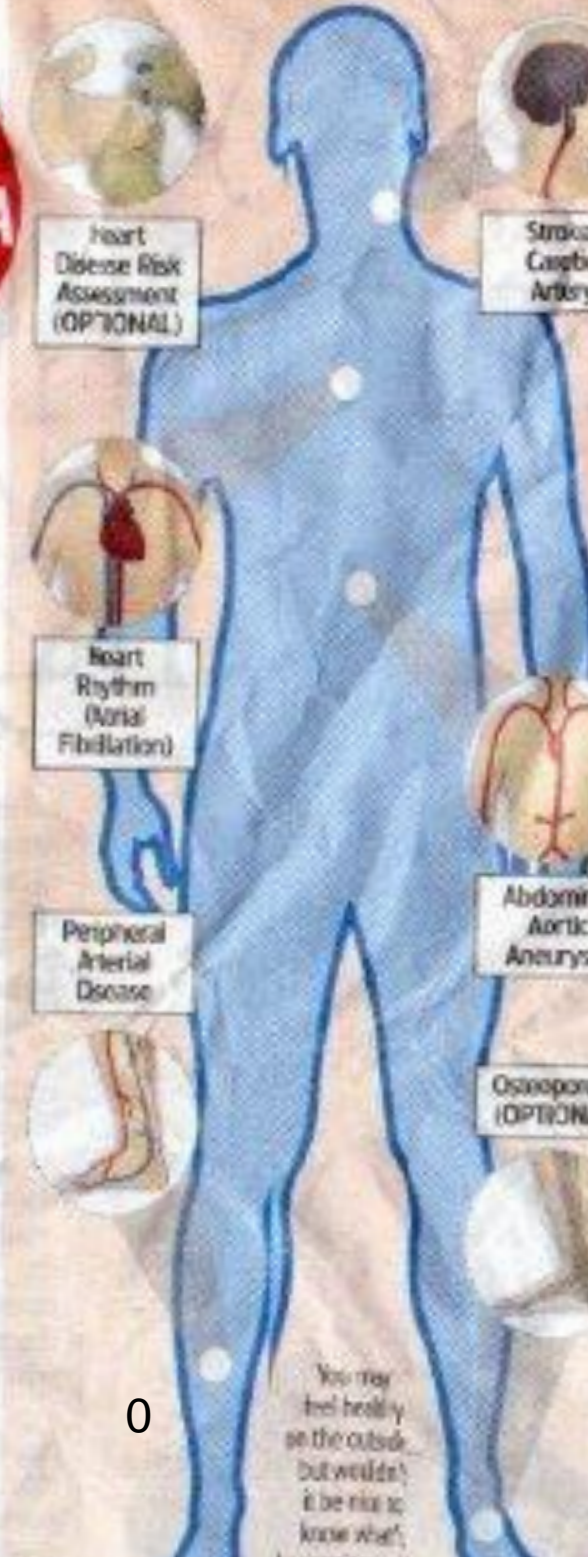
Now reduced in price

You don't usually get these tests free on the NHS unless you already have symptoms. And they can be extremely expensive privately – costing £100's when only two or three tests are done a day. But we come to over 1,900 convenient community locations like church halls, hotels and leisure centres, and by screening many people the cost is far lower.

We search for common causes of stroke, death and disability. It's completely painless – you don't even have to get undressed. If anything is revealed we tell you straight away so treatment can be prescribed by your GP.

CALL FREE NOW!

Call now, it's FREE!
If you like to prevent possible health threats now, so you don't suffer from them later
0800 046 7988
and see how you can SAVE £101 by acting

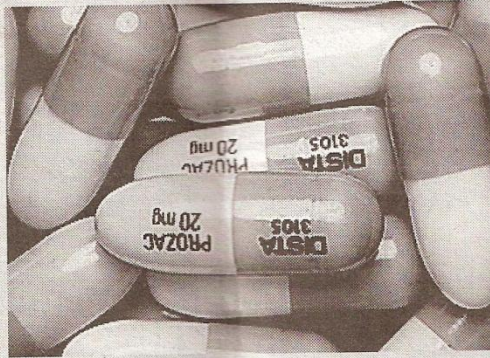


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SEND US YOUR QUERIES

Send your nutritional problems to jane.clarke@thetimes.co.uk or to Jane Clarke, T2, 1 Pennington St, London E98 1TT. Jane's replies cannot apply to individual cases and should be taken in a general context. Consult your GP if you suffer from any health or specific conditions. Jane cannot enter into personal correspondence. Visit her website: www.janeclarke.com



A personal consultation with Dr Thomas Stuttaford

Every Wednesday at noon he answers a different health question. Tomorrow he will deal with queries on the use of antidepressants. www.timesonline.co.uk/talkingpoint

ON SATURDAY IN body&soul: Enjoy your Christmas dinner without piling on the pounds

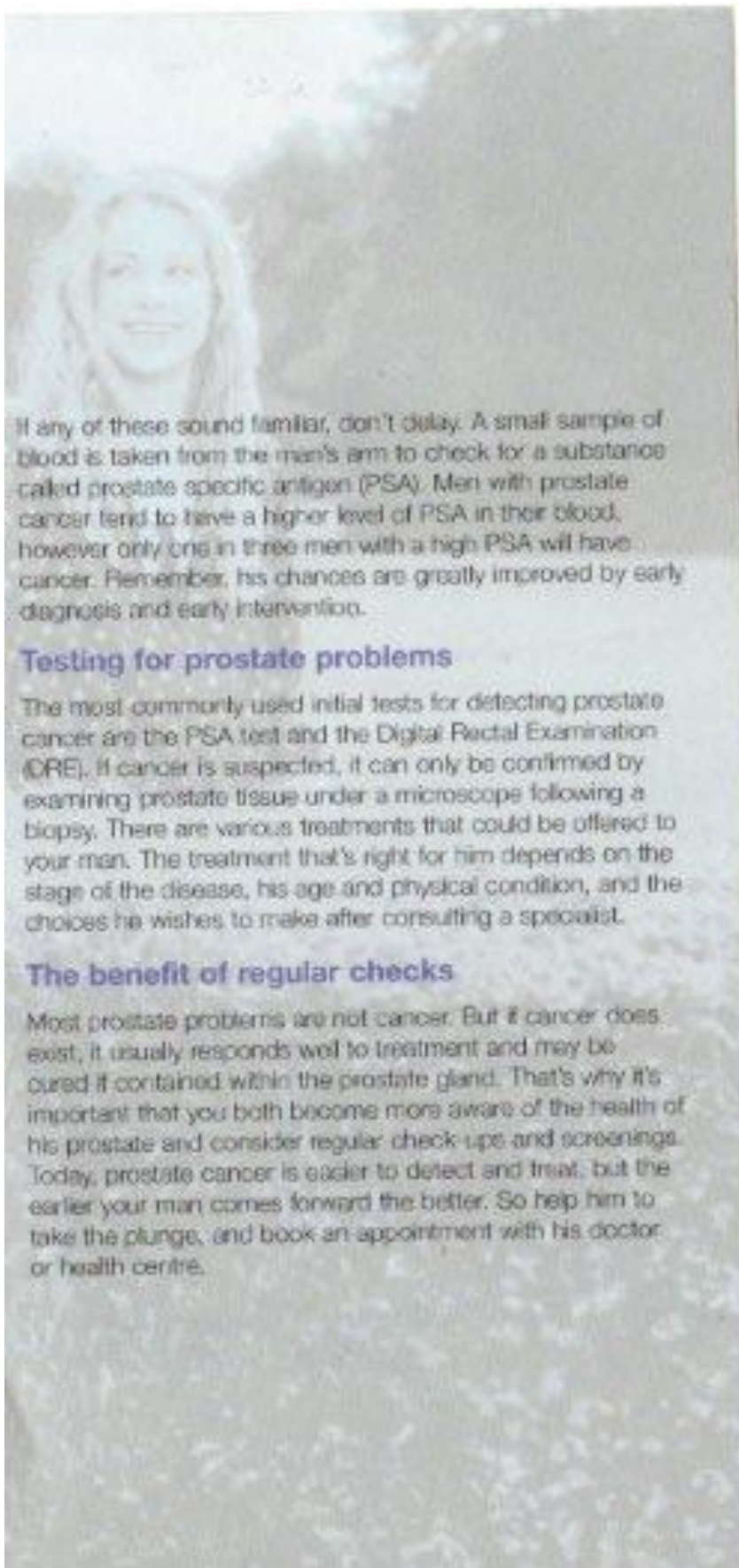
Give your body an MOT

Lifescan offers direct access to the latest CT scanning technology

- We can detect the early signs of heart disease, lung cancer, colon cancer, osteoporosis, aneurysms and other illnesses
- Lifescan is the UK's leading provider of private CT health screening
- All images are reported on by highly experienced Consultant Radiologists
- Our CT scanners are 'open' so you are not enclosed in a small space or 'tunnel'
- Lifescan checks are usually only needed every 5 years making it good value for money compared to other health screens

A visit to Lifescan could help save your life or the life of someone close to you





If any of these sound familiar, don't delay. A small sample of blood is taken from the man's arm to check for a substance called prostate specific antigen (PSA). Men with prostate cancer tend to have a higher level of PSA in their blood, however only one in three men with a high PSA will have cancer. Remember, his chances are greatly improved by early diagnosis and early intervention.

Testing for prostate problems

The most commonly used initial tests for detecting prostate cancer are the PSA test and the Digital Rectal Examination (DRE). If cancer is suspected, it can only be confirmed by examining prostate tissue under a microscope following a biopsy. There are various treatments that could be offered to your man. The treatment that's right for him depends on the stage of the disease, his age and physical condition, and the choices he wishes to make after consulting a specialist.

The benefit of regular checks

Most prostate problems are not cancer. But if cancer does exist, it usually responds well to treatment and may be cured if contained within the prostate gland. That's why it's important that you both become more aware of the health of his prostate and consider regular check-ups and screenings. Today, prostate cancer is easier to detect and treat, but the earlier your man comes forward the better. So help him to take the plunge, and book an appointment with his doctor or health centre.

For further information on all forms of prostate diseases contact:
tel **020 8582 0248**
email **info@prostate-research.org.uk**
or visit **www.prostate-research.org.uk**

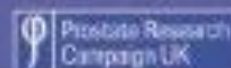


**For the man
in your life...**

**...ignorance
isn't bliss.**

A woman's guide to the prostate

Supported by



Prostate Research Campaign UK

Registered Charity No. 1021002



Life and style- Guardian

When Birmingham City FC managing director Karren Brady went for a routine health check, it changed her life - and almost certainly saved it. Here she talks about the emergency brain surgery that followed

The next day I was at my desk when they called to say the radiologist had discovered a brain aneurysm - a potentially fatal weakening in a brain artery that could rupture at any time...The main risks were rupture during the procedure, bleeding or a stroke during or after surgery, which could leave me disabled or dead. I still have about a 5% risk of stroke which doesn't sound a lot, but when you're faced with it, it's bloody awful.

It was just fate that I decided to go for a health screening, and I am incredibly grateful I did. I had had an allergic reaction, probably to nuts, and wanted to get to the bottom of it so I went to a company called Preventicum that offers state-of-the-art screening, including a full-body MRI scan. I

The Prostate Centre

- A tale of two brothers

This is the tale of two brothers, Chris (64) and Jon (61), who happened to be diagnosed with prostate cancer within a few months of each other. Chris takes up the story:



For me, the start was a routine medical check-up in the summer of '07, something I know I had postponed for at least a couple of years...Jon had been resisting family pressure to get his PSA test done for some time – full-time work and a busy life, etc...We're both doing better than expected in the "continence department" ...My medical check cost me hundreds of pounds – a PSA test can however be done on request free of charge at a GP's surgery. Bearing in mind we experienced absolutely no prior symptoms of our prostate cancers, both Jon and I consider ourselves the luckiest lads alive for having caught our conditions in good time – despite our delaying tactics!"

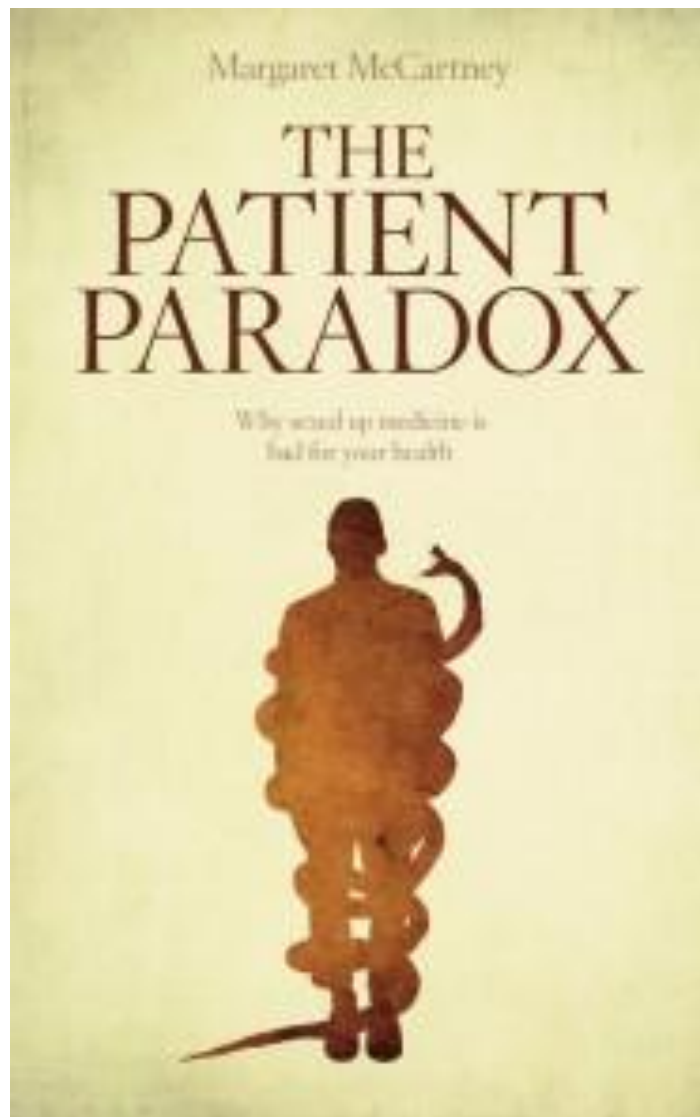
MailOnline

- **A smear test would have saved my life**

After being refused a routine cervical screening because she was ‘too young’, Katie Brickell was diagnosed with terminal cervical cancer at 23. Two years on she is campaigning to save the lives of other young women – and living her own life to the full



The receptionist said I didn't need a smear until I was 20. The next year I went back and she told me that the government had changed the age threshold to 25 so I still didn't need one. I checked with my GP and was reassured. If the government and doctors tell you something, you accept it, don't you?



1 of 38 people found the following review helpful

1.0 out of 5 stars

Rubbishing Homeopathy doesn't bode well for this book

Margaret McCarthy wrote in the Daily Mail on June 19th as a means of promoting this book: "The problem is: homeopathy is bunk"

If this is the opinion of someone in the medical profession, it shows a total unawareness of the subject of energy medicine, a subject known to be in the vanguard of up to date medical knowledge.

What faith can one place in such an author?

Published 3 months ago by G M Tucker