

NEWSLETTER

JUNE 23



I was excited this month to attend the Newson Health Menopause Society annual conference. This is an area which I am especially interested in so it's incredibly important to keep up to date with the latest research and guidance to ensure we are offering the most personalised treatment to

every patient. See further down for more information.

There are some very important awareness dates coming up in June including Men's Health week, Diabetes week and Cervical Screening Awareness week. Increasing awareness of these important issues through advertising is fantastic, but it can sometimes make us feel a little anxious if we notice any of the symptoms ourselves.

More often than not, symptoms will be related to less serious health issues but it can still feel worrying, so it's important to get checked to rule out any serious issues.

Even if you think it's nothing, it is worth reaching out to be checked and put your mind at ease so do contact us for advice.

If you have more general health concerns, our screening packages might be of interest, or we can tailor investigations and tests to your individual needs. So, with the sun finally appearing and the days becoming that bit longer, it's never been a better time to focus on your health & wellbeing!

With best wishes, *Dr. Shilpa*

JUNE AWARENESS DATES:

- SANDS Month
- Heart Rhythm Week 6th - 12th
- Carer's Week 6th - 12th
- March for Men Week 11th - 19th
- Men's Health Week 12th - 18th
- Loneliness Week 12th - 18th
- Healthy Eating Week 13th - 17th
- Diabetes Week 13th - 19th
- Cervical Screening Week 20th - 26th
- Love Your Lungs Week 21st - 27th
- World Wellbeing Week 26th - 30th
- World Blood Donor Day 14th

PLANNING AHEAD: TRAVEL VACCINATIONS

With a million and one things to organise before your trip, arranging the necessary vaccinations for you and your family doesn't need to be added to your list of worries.

WHICH
VACCINATIONS
DO I NEED?

We can advise you on exactly what vaccinations you require and then provide you with a convenient appointment to come in and have them done.

Some travel clinics only vaccinate adults, but we can cover the whole family!

WHEN SHOULD I
GET THEM?

Visit our website to find out more information about the different vaccinations on offer, check prices & book.

**SHILPA DAVÉ HEALTH
VACCINE INFORMATION**

Is BMI Still the Best Indicator of Overall Health?

Body Mass Index (BMI) is a widely used measure of body weight in relation to height, but it has limitations when it comes to assessing health. While it can be a useful screening tool for obesity and related health risks, it does not provide information on body composition or distribution of fat and muscle mass.

Body composition is the relative proportions of fat, muscle, bone, and water in the body. This is a more accurate measure of health than BMI, as it gives a better indication of overall health and disease risk. For example, a person with a high BMI may have a healthy body composition if they have a high muscle mass and low body fat percentage.



Measuring body composition can be done through various methods, including bioelectrical impedance analysis (BIA), skinfold callipers, and dual-energy x-ray absorptiometry (DXA). BIA is a non-invasive method that uses a small electrical current to measure resistance to the flow of electricity through body tissues, which provides information about body composition.

Fluid retention can affect BMI measurements, as it can lead to an overestimation of body fat percentage. This is because fluid has a lower density than muscle and bone, but a higher density than fat. As a result, a person with higher levels of fluid retention may have a higher BMI, even if they have a healthy body composition.

Visceral fat, which is the fat that accumulates around the organs in the abdominal area, is an important risk factor for several health conditions, including type 2 diabetes, heart disease, and stroke. Measuring visceral fat can provide more accurate information about disease risk than measuring BMI alone.

Tracking muscle mass, bone mass, and body fat percentage can be a better measure of health than BMI alone. A healthy body composition can help reduce the risk of chronic diseases, such as diabetes, heart disease, and cancer.

InBody



Having a health screen that includes a body composition analysis is important, as it can provide valuable information about disease risk and overall health. The InBody scanner is a great machine for this, as it provides accurate and detailed information about body composition.

At Shilpa Davé Health, we use body composition analysis in all our health screens as part of our lifestyle medicine approach to health. We believe that taking a holistic approach to health, including assessing body composition, can help our clients achieve optimal health and wellness.

In conclusion, while BMI can be a useful screening tool for obesity, it has limitations when it comes to assessing health. Measuring body composition, including muscle mass, bone mass, and body fat percentage, can provide a more accurate measure of health and disease risk. Body composition analysis is an important component of a comprehensive health screen, and we encourage our clients to consider this as part of their wellness journey.

All of our health screens include an InBody scan, but you can also book one of these detailed body composition analysis reports as part of a standard appointment and the doctor will provide you with a report and recommendations based on your results.

CLICK HERE
TO VIEW OUR
RANGE OF
HEALTH
SCREENS

SPOTLIGHT ON MENOPAUSE & WOMEN'S HEALTH

Menopause, although a natural part of ageing, can bring with it an array of symptoms which can be incredibly disruptive to everyday life for some women. At Shilpa Davé Health, our philosophy of care is to look at the whole picture around your individual symptoms and to support you through the whole perimenopause and menopause journey. Unfortunately, HRT (hormone replacement therapy) is not a "one size fits all" solution and it needs to be carefully balanced, alongside lifestyle factors including stress, exercise, nutrition and sleep.

We use a Functional Medicine approach to hormones, and this approach looks at the root causes of disease and places gut health, inflammation and stress response as key areas to investigate and optimise. We use specialised testing (such as the DUTCH test) where indicated to help guide your treatment plan.

Conditions where this approach can be particularly helpful include:

- Menopause
- Perimenopause
- Premenstrual Syndrome (PMS)
- Endometriosis
- Polycystic Ovarian Syndrome (PCOS)
- Adrenal fatigue and burnout

Dr Shilpa is our in-house menopause and women's health specialist whose goal for her patient's is to use lifestyle factors, nutrition and wellbeing as treatments alongside the latest conventional medical guidelines.

When you book a menopause pathway appointment with Dr Shilpa you will be asked to complete a symptom questionnaire before your appointment which is then used as the basis for all of your subsequent treatment and reviews.

At your appointment Dr Shilpa will spend an hour with you to allow enough time to really understand the symptoms you are experiencing and how these are affecting your everyday life, before suggesting a treatment plan which is tailored specifically to you. If blood tests are required, then she will discuss these with you and can arrange for them to be done at the same appointment.

However, this is just the start of your journey to wellness as any treatment plans will be closely monitored with regular review appointments and as much support as you need to ensure your symptoms are well controlled and you are able to live life to the fullest.