Cleveland Clinic London

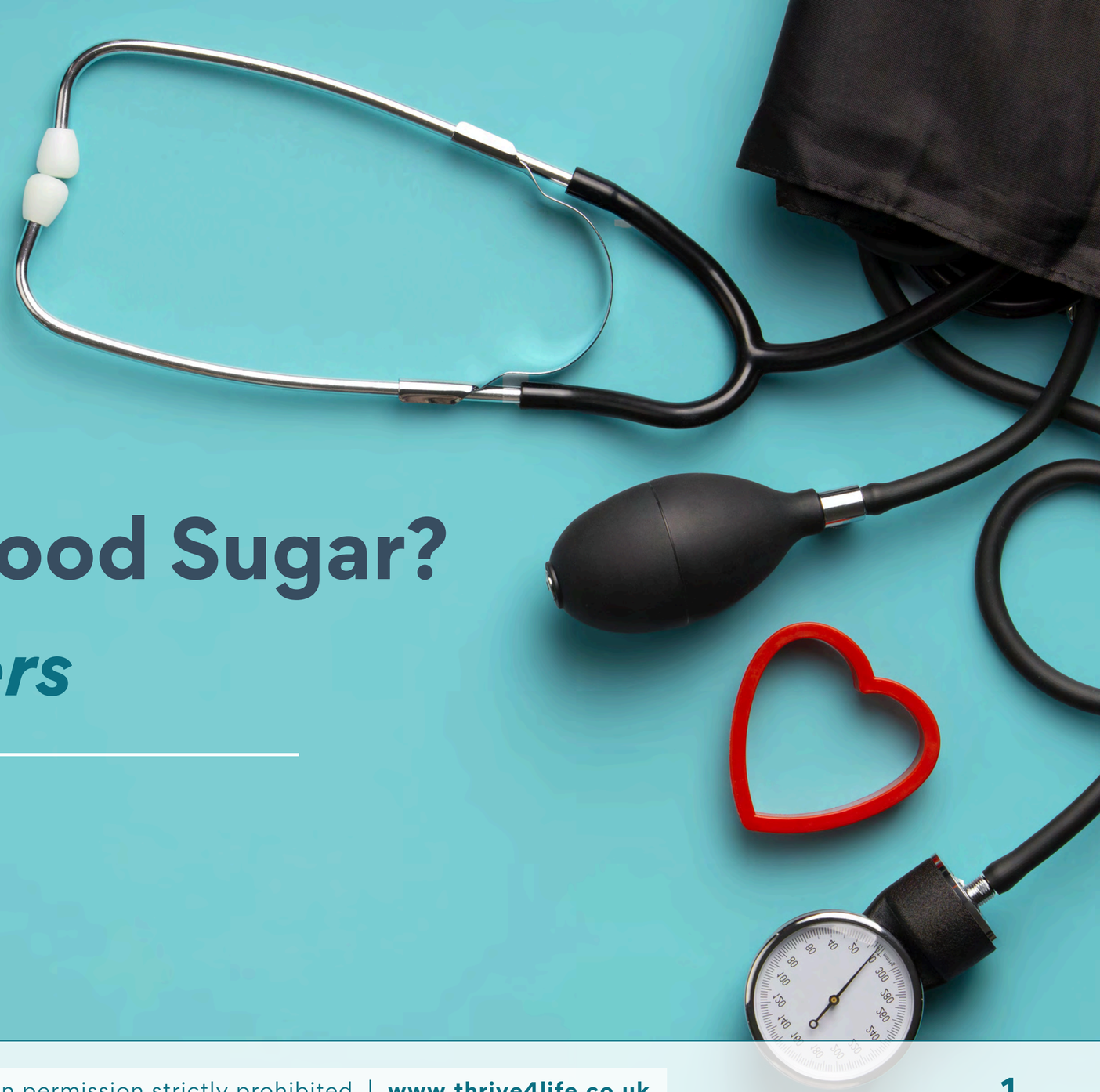
thrive 4life

MEN'S HEALTH MATTERS CAMPAIGN

KEY TAKEAWAYS

BP? Cholesterol? Blood Sugar?

Measure What Matters



Dr Simon Hodes, General Practitioner
Health Screening, Corporate Health
Concierge Medicine

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About the Session

As part of the Thrive4Life *Men's Health Matters* campaign, this webinar explored why knowing your numbers is an important part of protecting long-term wellbeing. In busy working lives, these simple measures can easily be overlooked, but they can offer valuable insight into future risk and help support earlier action.

Dr Simon Hodes guided attendees through the key numbers worth knowing, including blood pressure, cholesterol, blood sugar, body metrics, fitness levels and heart rhythm. He also looked at the wider picture, exploring sleep, stress, lifestyle and family history, and explained how tracking personal baselines and building healthier habits can help protect long-term health.



About the Speaker

Dr Simon Hodes is an experienced and compassionate General Practitioner and Family Doctor in London with over 25 years of experience across NHS and private healthcare. He sees patients privately at the Cleveland Clinic London and works within the NHS at the Cavendish Health Centre.

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Cleveland Clinic London

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What is Good Health?

Good health is not just about living longer, but staying well for longer.

It is also more than physical health. Psychological and social factors also play an important role.

ONS data suggests that we may be living longer, but many of us are spending more of those years in poorer health.

The goal of knowing your numbers isn't just about adding years to your life - it's about adding life and health to the years you have.



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The Four Pillars of Wellbeing



Health is supported by several connected pillars, not one single factor.

- Sleep, movement, nutrition and social connection all play an important role in wellbeing.
- These pillars are interconnected; when one is affected, the others can be too.
- Stress, poor sleep, inactivity and isolation can all influence physical health.
- Long-term health is built through consistent, everyday choices.

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Metrics Matter: Know Your Numbers



Blood Pressure



Cholesterol Lp(a) *one off*



Glycaemic Levels



Body Metrics

VO2 Max



Heart Rate & Rhythm

Blood pressure, cholesterol, blood sugar, body metrics, fitness levels and heart rhythm can all help identify future risk earlier.
A single reading is useful, but tracking trends over time gives a clearer picture.
Knowing your own baseline helps you spot meaningful changes.

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The “Four Horsemen”









4

The “four horsemen” refer to some of the most common causes of death in the UK overall.

75%

Around 75% of UK deaths are from non-communicable diseases, many of which build slowly over time.

For adults aged 20–34, intentional self-harm is a leading cause of death.

If you or someone you know needs support, call 111, text SHOUT to 85258, call Samaritans on 116 123, or call 999 in an emergency.

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Genetics and Lifestyle

Genetics load the gun, lifestyle pulls the trigger.

Your genes can influence your risk, but they are not your destiny.

Daily choices around movement, sleep, nutrition, alcohol and stress can shape long-term health outcomes.

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Alcohol: Know Your Numbers

Alcohol can affect blood pressure, sleep, liver health, cholesterol, heart health, cancer risk, kidney health and mental wellbeing.

The UK low-risk guideline is no more than 14 units per week for both men and women.

Aim for 2–3 alcohol-free days each week where possible.

Knowing your intake can help you understand your risk and make more informed choices.

Useful tool: Check your alcohol units and calories:
www.drinkaware.co.uk/tools/unit-and-calorie-calculator#/unit-and-calorie-calculator



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Metric #1: Blood Pressure (The Silent KPI)



High blood pressure is the most common cause of preventable death worldwide, and it often has no symptoms.

It increases the risk of stroke, heart disease and kidney disease.

A general guide is < 130/80 mmHg at home (or under 140/90 mmHg in clinic).

The only way to check it? Local GP, pharmacy, validated upper-arm monitor, or new wearables.

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Metric #2: Cholesterol



Raised cholesterol can cause plaque to build up in the arteries over time



Good, bad and the ugly: LDL is the “bad” cholesterol; HDL is the “good”; Lp(a) is super nasty Lipoprotein(a)



Your cholesterol ratio and 10-year cardiovascular risk eg Qrisk give the fuller picture



Family history matters, CT heart scans are the gold standard (CTCA rather the CT, especially if on a statin)

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Metric #3: Blood Sugar / HbA1c

HbA1c shows your average blood sugar over the past 3 months. (Exceptions apply.)

Raised levels can be silent at first, but may signal prediabetes or diabetes.

Early action can help prevent progression and reduce complications.

A simple blood test can check your level; consider an annual check if over 40 or with family history.



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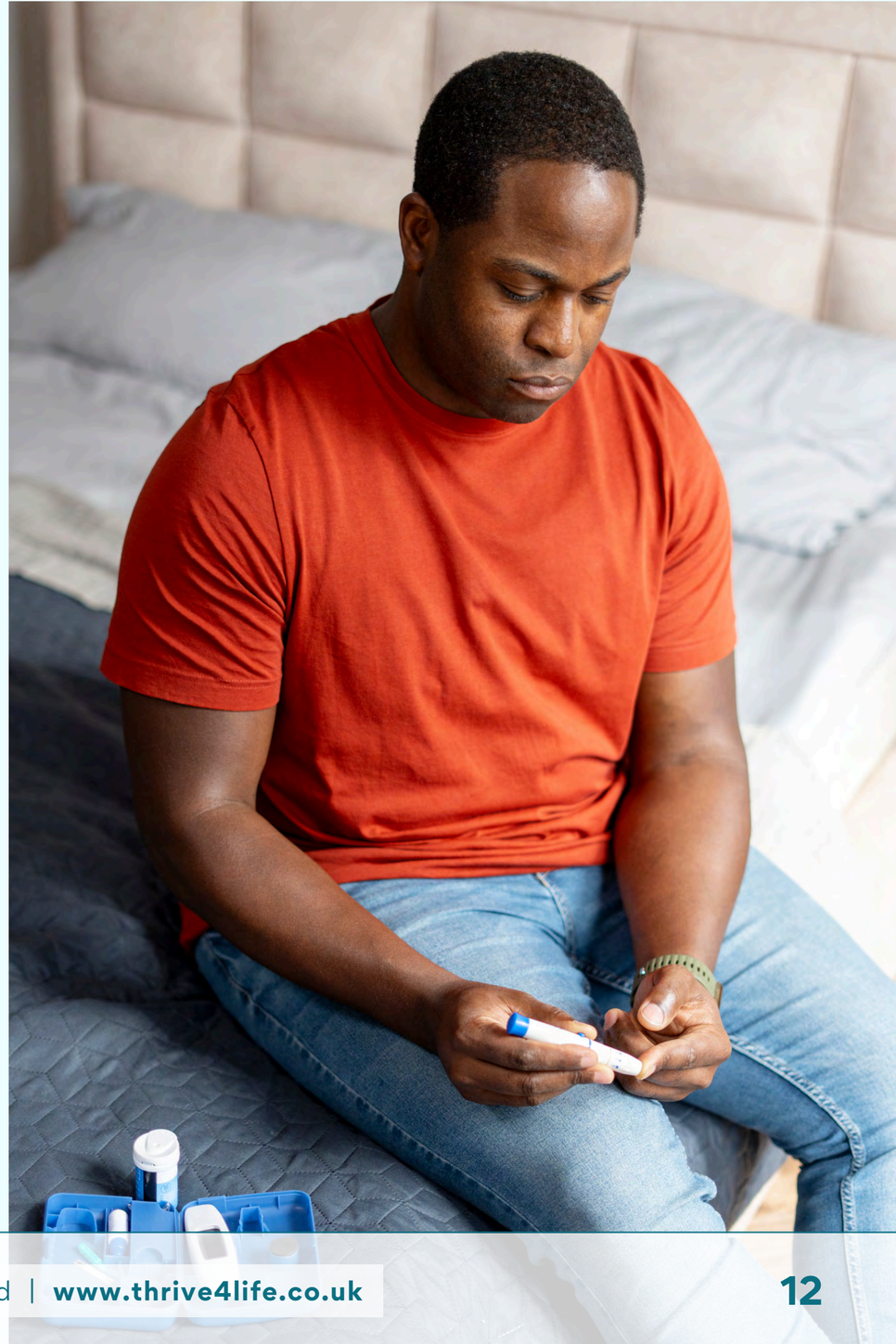
Diabetes: Why Is It So Important?

- Diabetes can carry a cardiovascular risk equivalent to someone with heart disease.
- It can affect blood vessels and nerves throughout the body, including the heart, kidneys, eyes and feet.
- Type 2 diabetes is the most common form and can often be improved through diet, movement and lifestyle changes.
- Early detection and lifestyle changes can help reduce complications and protect long-term health.

Signs and Symptoms of Diabetes

- Feeling thirsty much more often
- Urinating more often, especially at night
- Losing weight without trying
- Frequent or unusual infections
- High blood sugar (hyperglycemia): thirst, hunger, blurred vision, frequent urination, slow-healing wounds
- Consider wearing a continuous blood glucose monitor to check blood sugar. You'll be able to monitor which foods push your sugars up.





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#Metric 4: Body Metrics, WHR, BMI



Direct link between increased waist circumference and poor health



BMI is easy to measure, but does not show muscle, fat or visceral fat



Waist-to-height ratio can be more useful: aim for your waist to be less than half your height



A tape measure at home can tell you a lot about your baseline

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#Metric 5: VO2 Max

Fitness, strength and everyday resilience

VO2 Max is a strong marker of long-term health and fitness.

Grip strength and sit-to-stand tests can give simple clues about physical resilience.

‘Centenarian Decathlon’: how fit will you be as you age? - Can you get off the floor unaided, carry 2x 5kg bags for 500m, lift a 10kg bag over your head?



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#Metric 6: Heart Rate & Rhythm

- Baseline heart rate (and recovery after exercise) is a key indicator of health
- Atrial fibrillation (AF) is usually silent, but it is not uncommon, and significantly increases your risk of stroke
- AF-related strokes can be more severe, but early detection can make a major difference
- Useful checks include pulse checks, ECGs, wearables and handheld heart rhythm devices



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Sleep, Stress and Step Count

Sleep

Sleep supports immunity, cognition, performance and emotional wellbeing, and poor sleep can affect appetite, stress and mental health.

Stress

Stress can drive cortisol and inflammation, and may show up physically through headaches, aches, bowel symptoms, palpitations, skin changes or poor sleep.

Step Count

Movement matters; every step counts. Around 8,000 steps a day can be a useful target, but consistency matters most.



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The Importance of Social Connection



Good health is not only physical; relationships, meaning and support matter too.

The Harvard Study of Adult Development found that meaningful social connections are strongly linked to long-term health and happiness.

Loneliness and isolation can affect stress, sleep and overall wellbeing.

Investing in relationships is also investing in your health.

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Further Reading

Atomic Habits - James Clear
A practical guide to building small, sustainable habits that compound over time.

Ultra-Processed People - Chris van Tulleken
An accessible look at ultra-processed foods and their impact on health.

The Health Fix - Dr Ayan Panja
A lifestyle medicine guide to understanding your own health story and making targeted changes.

Why We Sleep - Matthew Walker
Explores the role of sleep in physical health, mental wellbeing and performance.

Outlive: The Science & Art of Longevity - Dr Peter Attia
A detailed look at longevity, prevention and improving healthspan, not just lifespan.



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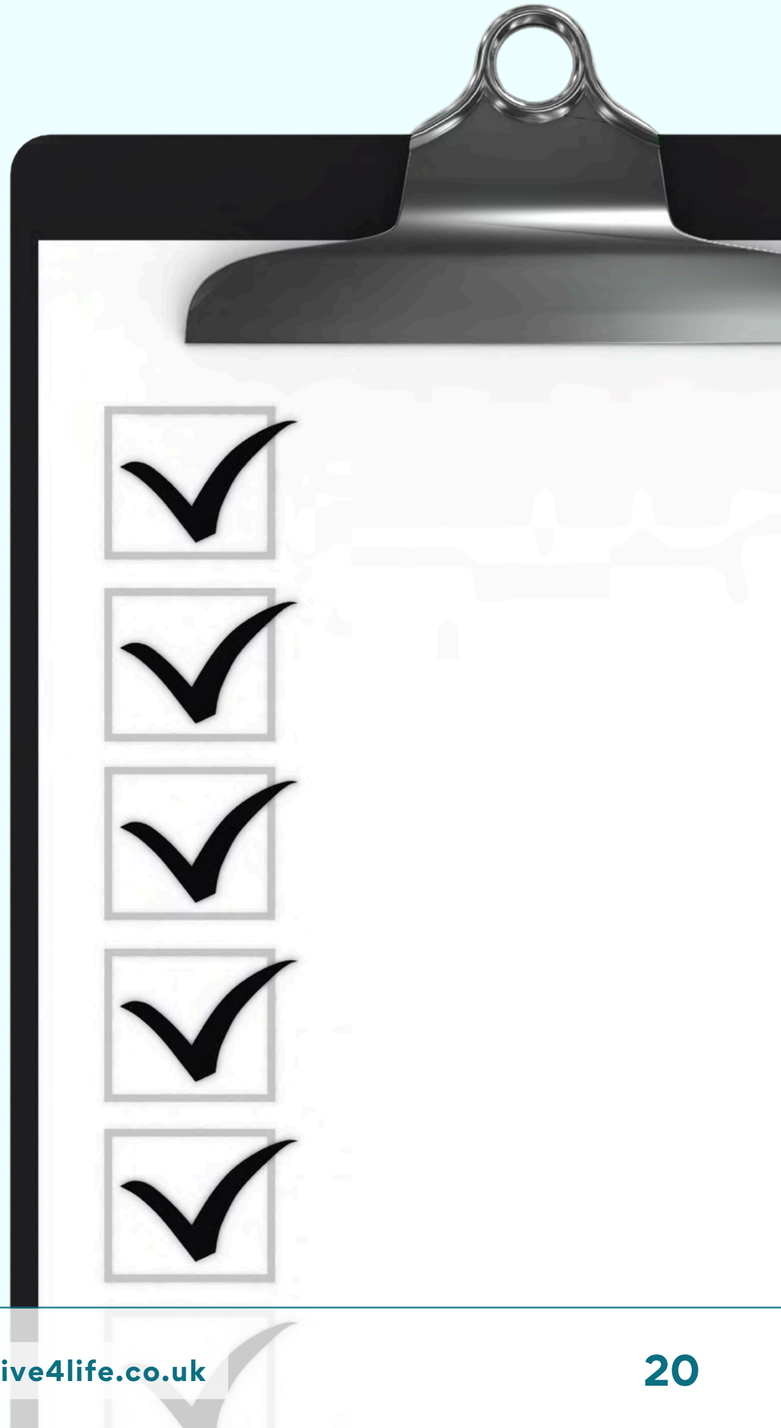
Summary

- Prevention is better than cure
- Tracking your data over time is crucial - at home and in clinic
- **KYN:** Knowing your numbers helps you to manage your health
- Consider an annual health screen (like a dentist, optician or MOT)
- **KIN:** If possible, know your family history
- Small daily choices are powerful & cumulative. **Lifestyle pulls the trigger**
- Metrics Matter - many diseases are ‘silent’. Early diagnosis, better outcomes
- Most of us spend more annually on our cars than on our health! **MOT**

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Action Plan

- **Book it:** Take up your routine NHS screens when offered. Schedule a regular routine check or health screening (NHS or Private)
- **Track it:** Keep a note of your personal baselines.
- **Use it:** Listen to the data and take action
- **Control it:** Small, sustainable changes in movement, sleep, and nutrition have a massive, compounding impact on your health



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MEN'S HEALTH MATTERS CAMPAIGN

TUNE IN TO OUR UPCOMING STREAMED EVENTS

JULY 1 | 1:00 PM

Protecting Your Heart In High-Pressure Lives

With **Dr Sanjeev Bhattacharyya**

Consultant Cardiologist

JULY 8 | 1:00 PM

Prostate & Testicular Cancer

With **Prof Senthil Nathan**

Consultant Urological Surgeon & Chair of Urology

JULY 14 | 1:00 PM

Understanding Mental Health

With **Ross Abbott**

Workplace Mental Health Specialist

ALL RECORDED CONTENT REMAINS AVAILABLE FOR TWO MONTHS BEYOND LIVE DATES

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