



# The Insider

We're Proud Of Our Image

Winter/Spring 2010

## Inside Quakerbridge Radiology

Welcome to *The Insider*. Quakerbridge Radiology Associates (QRA) created this publication as part of our ongoing effort to ensure the satisfaction of our patients, their referring physicians and the physicians' staff members. We believe that by demonstrating our commitment to providing excellent service in this way, as well as in our day-to-day activities, that we will earn your loyalty and appreciation.

We would love to hear about any of your encounters with Quakerbridge Radiology Associates. Please e-mail all comments to [hdavis@qbradiology.com](mailto:hdavis@qbradiology.com). We look forward to hearing from you.

### Good Health

### Abdominal Pain and Radiology

### Bone Density/ Electronic Health Records

### FAQ

## Quakerbridge Radiology Offers a Lifetime of Good Health Through Our Comprehensive Imaging Services

Quakerbridge Radiology wants to be your life-long resource for maintaining good health. For over 30 years, we have been providing a wide range of superior diagnostic services in a courteous and compassionate manner. Consider us as your one resource for all of your imaging needs including MRI, Ultrasound, X-ray, CT Scan, Fluoroscopy, Bone Density, and Digital Mammography.

### Traditional Exam Methods are the Foundation of our Services

A mainstay of radiology, magnetic resonance imaging (MRI) is a noninvasive medical exam that helps physicians diagnose and treat medical conditions such as breast cancer, blood vessel blockage, liver disease, and certain types of heart problems. Through a powerful magnetic field, radio frequency pulses and a computer, MRIs provide detailed pictures of organs, breasts and soft tissues.

With several available options, our MRI services accommodate the individual needs of our patients. Along with our standard high-field MRI, we also offer a high-field short bore and an open MRI for patients who are fearful of being in an enclosed space. The open MRI is also suitable for patients weighing up to 450 lbs.

Ultrasound is also a noninvasive technique that uses sound waves to study and treat soft tissue and body cavities. The procedure is used for a wide range of examination purposes including assessing the gallbladder, liver, pancreas, spleen, thyroid, breast, scrotum, and pregnancies for fetal growth.

Other traditional exams use X-rays, which involve a small amount of radiation being passed through the body in the area of concern with the results being recorded on a computer. X-ray is most often used to evaluate bony structures in the body.

Computed Tomography (CT or CAT) is a type of X-ray exam. With the help of a computer, CT imaging uses special X-ray equipment to produce multiple cross-sectional images of the inside of the body. The detailed images reveal problems with soft tissue, such as the lining of the sinuses, organs, and bones.

Fluoroscopy also uses X-rays to capture moving images of organs while they are functioning. Another multi-purpose procedure, one frequent use is an upper gastrointestinal (GI) series in which the esophagus, stomach and first part of the small intestine are viewed.

In order for the anatomy to appear on radiographic images, the upper gastrointestinal tract must be coated or filled with a contrast material called barium, an element that appears bright white on the images. The barium is given to the patient to drink prior to the exam.

And as with all of our exams, you can expect quick results. One of our board-certified radiologists will review the images and dictate his report with 24 hours. And within 48 hours, a report will be sent to your ordering physician, as well as any other physician you may have requested. ☘

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# Abdominal Pain and Radiology

Did you know that abdominal pain may be felt anywhere between your stomach and groin? Everyone has experienced pain in the abdomen at some time. Usually it is not caused by a serious medical condition.

Pain in the abdomen can originate from:

- Organs related to digestion – the end of the esophagus, stomach, small and large intestines, liver, gall bladder, and pancreas
- The aorta – a large blood vessel that runs straight down the inside of the abdomen
- The appendix
- The kidneys – two bean-shaped organs that lie deep within the abdominal cavity

Computed Tomography (known as CT or CAT scans) and Ultrasound are extremely valuable imaging tools to assess the causes of abdominal pain and to determine the appropriate treatment when surgery is needed.

A few reasons for severe abdominal pain that may be detected by CT include:

- Appendicitis
- Bowel Obstruction
- Cholecystitis
- Pancreatitis
- Renal Stone Disease
- Diverticulitis
- Crohn's Disease

Always consult with your physician for the best possible test in your case.

**Appendicitis** is an inflammation of the appendix, a small pouch attached to your large intestine, and CT is widely used for its diagnosis. The CT scan can also show that you have an abscess from a ruptured appendix. Typically, the first symptom is pain around your belly button. As the inflammation in the appendix increases, the pain tends to move into your right lower abdomen and focuses directly above the appendix.

Appendicitis is one of the most common causes of emergency abdominal surgery in the United States. If you have appendicitis, your pain increases when the doctor suddenly releases the pressure after gently pressing on your lower right belly area.

**Small bowel obstruction (SBO)** is a common occurrence, and it is important that the site, level, severity, and cause of the obstruction be accurately determined in order for SBO to be properly treated. CT is increasingly being utilized as the first imaging test when SBO is suspected. Often surgery can be avoided in patients with incomplete bowel obstruction, and CT can greatly help select those for whom surgery is necessary, as well as to provide critical information in planning for surgery. Besides confirming or excluding the diagnosis, and demonstrating the site, level, and severity of obstruction if present, CT can often allow determination of the cause and detection of complications of obstruction.

**Cholecystitis** is the inflammation of the gallbladder, usually resulting from gallstones blocking the cystic duct. Typically, the pain is initially 'colicky' (intermittent), and becomes constant and severe. Ultrasound is used to visualize the gallbladder and ducts, and it can also detect fluid around the gallbladder or a thickening of its wall, which are typical of acute cholecystitis. Often, when the ultrasound probe is moved across the upper abdomen above the gallbladder, patients report tenderness.

**Pancreatitis** simply means inflammation of the pancreas. Located in the upper part of the abdomen, behind the stomach, the pancreas plays an important role in digestion. The pancreas is a gland, producing two main types of substances: digestive juices and digestive hormones. Chronic pancreatitis causes inflammation and scarring of tissue in the pancreas. This makes the pancreas unable to produce the right amount of chemicals (enzymes) needed to digest fat. It also interferes with insulin production, which may lead to diabetes. Inflammation or calcium deposits of the pancreas may be seen on an abdominal ultrasound or CT scan. CT has also been used to evaluate and to identify patients at risk for serious complications.

**Renal Stone Disease** – The cause of kidney stones is the extra chemicals that are not flushed out of your system through urine and collect in the kidney. These collected chemicals form crystals and harden into stones. Unlike ultrasound

scans, CT scans can image the entire urethra and differentiate among the various causes of urethral obstruction. A CT scan creates a three dimensional image of structures within the body. A particular type of CT can visualize almost all kidney stones (including those that are not seen with other imaging tests), and can determine if there is an obstruction to urine flow within the urinary tract. This test is the best one for determining if a kidney stone is present, although it may not be necessary if a stone has been detected with another test. Ultrasound can be used for those wishing to avoid radiation, such as pregnant women.

**Diverticulitis** is the swelling (inflammation) of an abnormal pouch in the intestinal wall. Diverticulitis becomes more prevalent as people age. Low fiber diets may play a role in this disease. It's important to add fiber to your diet, which helps add bulk to the stool. Without adding fiber to the diet the colon has to work harder than normal and this pressure may cause pouches to form weak spots. CT offers a rapid and accurate diagnosis of diverticulitis.

**Crohn's Disease** is a disorder that causes inflammation of the digestive tract and it can affect any area in the gastrointestinal (GI) tract. Crohn's is very similar to other intestinal disorders, such as irritable bowel syndrome and ulcerative colitis. It can be difficult to diagnose, but through radiology tests such as CT using contrast dye it is easy to obtain images of the abdomen. CT can help detect abscesses that might not be seen in other testing methods.

With any abdominal pain it is important to speak with your physician to determine the best course for diagnosis and treatment. Quakerbridge Radiology has the finest caliber of physicians and we embrace the changes necessary to promote advances in radiology in order to maintain our position as frontrunners in the profession. Inform your physician that you would like to go to Quakerbridge Radiology and call (609) 890-0033 to schedule an appointment. 🌿

# Continuous Integration of Innovative Techniques Ensures Patients are Receiving the Best Service Possible

Committed to remaining the leader in imaging technology, Quakerbridge Radiology has a bone densitometry system from Hologic® that includes a Vertebral Fracture Assessment (VFA). By providing superb image quality, the technology is the best diagnostic tool available today to support early detection and treatment of osteoporosis. During a bone density exam, low energy X-rays measure the strength, calcium, and density of the bones. The VFA can actually show fractures in the spine. This is a valuable tool for someone who might have osteoporosis, osteopenia, hyperparathyroidism, symptomatic menopause, loss of height of one inch or greater, or a history of any fracture in a patient over the age of 50.

Digital mammography is the latest development of the most effective tool for detecting breast cancer. It offers physicians the ability to instantly view pictures of breast tissue on a computer screen. Doctors can highlight or enlarge the image to help read it

and can also send digital images electronically to other doctors involved in your health care. Digital mammography also seems to be better than traditional mammography at detecting breast cancers in women who are younger than 50, have dense breasts, and those who are pre- or peri-menopausal. At Quakerbridge Radiology, we are set-up to interpret your screening mammogram while you wait, and to do any additional imaging during the same visit if it is necessary.

Help ensure that the quality of health care you receive today and in the future is the absolute premium by entrusting Quakerbridge Radiology with your imaging requirements. Our long-standing reputation has been built on addressing the physical, emotional, and educational needs of our clients.

For a complete listing of our services, including in-depth information about each procedure, visit the Quakerbridge Radiology web site at [www.qbradiology.com](http://www.qbradiology.com). ☎



I decided to change where I had my mammography done because I heard your ad on the radio and you mentioned that I could get my results the same day as my study. WOW! What a relief.

And scheduling my appointment was easy. I arranged to have my Digital Mammography done at 7:30 a.m. and my DEXA Scan right after. I was seen immediately, and after my mammogram my DEXA was completed. And the best part is, when I was done with the DEXA, they informed me that my results were normal for my mammography. In 15 minutes I had my results and I had peace of mind.

Thank you Quakerbridge Radiology.

C. Davis

## PACS Provides Radiology Patients and Referring Doctors with State-of-the-Art Convenience Along with More Cohesive Health Care

Staying current with the latest in technology is no longer a luxury; it's a necessity, especially where your healthcare is concerned. Quakerbridge Radiology records all of its patients' images digitally, whether it's an MRI or a regular x-ray, and stores them in their Picture Archiving and Communication System (PACS). When the radiologist reviews your images, his report is typed and stored in our Radiology Information System (RIS) and faxed immediately to your doctor. Both of these systems are available to your doctor if he or she chooses to use them for reference when you return for your next appointment.

A system of Electronic Health Records (EHR) is being mandated by the federal government for installation over the coming years, but Quakerbridge Radiology is already completely electronic! Use our web site to make your appointment, sign in at our electronic kiosk and then have your images and reports

processed digitally from start to finish.

We encourage all of our referring physicians to help us provide a more cohesive, integrated health care system in our patient community by installing PACS, and we will help with the installation. The system provides improved patient privacy safeguards and enables practitioners at multiple locations to access the same information simultaneously. With the decreasing price of digital storage, PACS provides a cost and space advantage over film archives. Most office computers will be able to run this software, and installation will take approximately 10 minutes per computer. Training is approximately 30 minutes.

Quakerbridge Radiology is ready to lend a hand to better unite our patients' health care professionals.

For more information, call Quakerbridge Radiology at (609) 890-0033 ext.6237. ☎

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# Frequently Asked Questions

## What is the fluid I have to drink before I have a CT scan of my abdomen?

Because many of the organs and structures within the abdominal and pelvic cavities are of low density and are often wrapped around each other, it can be difficult to separate and identify them. By having you drink a special compound that shows up on x-rays, we can separate the bowel from other soft tissue structures, as this substance will highlight it. It is necessary to drink portions of it several hours before your scan in order to give it time to reach the full length of the bowel.

## Why does it appear that the Technologist only x-rays one side of an injured area?

This is probably the most common question a Technologist is asked by patients. X-rays actually go all the way through bone and tissue, so when the x-ray is taken, both sides of an injured area are captured. Several pictures are taken in order to capture the injured area at different angles, but each view includes all aspects of the injury.

## Why can't I have anything to eat before an ultrasound of my abdomen?

The reason for doing a scan of the upper abdomen is often related to the investigation of the gall bladder and associated structures. The gallbladder is like a little sack that fills with a fluid called bile. As soon as you eat anything, this bile is released to aid in the digestive process. Once the gall bladder is empty we cannot see it adequately on the scan, therefore it needs to be full prior to the exam to ensure adequate visualization. Consuming anything containing fat, no matter how little, and including milky drinks, will cause the gall bladder to contract and may require the scan to be repeated at a later date.

If you or your patients have questions you would like answered, simply e-mail them to [info@qbradiology.com](mailto:info@qbradiology.com). 📧



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## Herb Hummus

A True Food Kitchen restaurant exclusive! This hummus has a spicy zing provided by the additions of cilantro, cumin, and jalapeño, and a subtle sweetness from the agave. Serve with vegetable crudité, or with pita chips (you can make your own by cutting pita into triangles, brushing them with olive oil and sprinkling with salt, and baking them in an oven at 325 degrees F for 20-30 minutes, until edges are lightly browned).

### Food as Medicine

Garbanzo beans are an excellent source of the trace mineral manganese, which is an essential nutrient for both energy production and antioxidant defenses.

### Ingredients

- 4 cups garbanzo beans, drained
- 1/4 cup tahini paste
- 1/4 cup lemon juice
- 1 teaspoon ground cumin
- 1/3 cup extra-virgin olive oil
- 1 teaspoon chopped jalapeño chile
- 1/2 bunch cilantro, stemmed
- 1 teaspoon chopped garlic
- 1 tablespoon agave nectar
- 1 tablespoon sea salt

### Instructions

Combine all ingredients in food processor and blend until smooth. Adjust seasonings to taste.

Recipe compliments of Dr. Weil. For more great recipes, visit [www.drweil.com](http://www.drweil.com). 📧

