



The Insider

Summer/Fall 2011

We're Proud Of Our Image

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. We look forward to hearing from you.

Take More Control of Your Heart Health with Cardiac Calcium Scoring

See Into the Future of Your Bone Health with the FRAX Diagnostic Tool Offered First at Quakerbridge Radiology

Safeguard the Framework of Your Health with Quakerbridge Radiology's Musculoskeletal MRI Services

Quakerbridge Radiology's Self-Pay Discounts Make Taking Care of Your Health an Attainable and Affordable Goal

"My Child's Medical Imaging Record" Makes it Easy to Keep Track of Your Child's Imaging Exams and Helps Ensure Optimal Health Care

Making sure that your child receives the very best health care can involve keeping up with medical documentation from several doctors, and at times it can seem like a lot to handle. Fortunately, at Quakerbridge Radiology we offer a way to help you better manage your child's medical imaging history with "My Child's Medical Imaging Record."

Much like an immunization record, "My Child's Medical Imaging Record," is an important component of you child's complete health records. With medical care often provided by multiple physicians, hospitals, and other medical facilities, it's important to have a comprehensive record of imaging exams in order to avoid needless repetition with radiological exams.

Having thorough documentation of your child's imaging history gives health care providers the essential information they need regarding the number of radiologic studies your child has been exposed to and helps them determine if additional exams are necessary.

The records are offered by the image gentlySM campaign, an initiative of the Alliance for Radiation Safety in Pediatric Imaging. The campaign goal is to change practice by increasing awareness of the opportunities to lower radiation doses in the imaging of children.

Imaging procedures have a low risk of adverse effects and the benefits of imaging routinely outweigh any risks to your child.

As an accredited American College of Radiology facility, you can feel confident that Quakerbridge Radiology consistently uses the lowest doses of radiation possible in treating our patients. Quakerbridge abides by the image gentlySM campaign's guidelines in promoting optimal scanning strategies for children as follows:



- Image where there is a clear medical benefit.
- Use the lowest amount of radiation for adequate imaging based on the size of the child.
- Image only the indicated area.
- Avoid multiple scans.
- Use alternative diagnostic studies (such as ultrasound or MRI) when possible.

"My Child's Medical Imaging Record" is available in two convenient sizes, a 2" x 3.5" wallet size and an 8" x 11" desk size so you'll be able to keep one with you and one at home in your child's medical files.

Help ensure that your child always receives optimal health care by using the "My Child's Medical Imaging Record" printed on page four of our newsletter or by downloading the easy-to-use "My Child's Medical Imaging Record" located on our website www.qbradiology.com. Click the forms section located at the top of the page. ☘

— DR. DAVID S. LEDER, MEDICAL DIRECTOR

Take More Control of Your Heart Health with Cardiac Calcium Scoring

Wouldn't you like to have more control over your heart health? Quakerbridge Radiology has the ability to make it happen through **Cardiac Calcium Scoring**, a screening study that determines coronary artery disease — even if you don't show symptoms.

The coronary arteries supply blood to the heart. And because these arteries don't normally contain calcium, the presence of it is an indicator of coronary artery disease, also known as atherosclerosis. A computed tomography (CT) checks for calcium buildup, or calcification, in plaque on the walls of the heart's arteries. The result of the CT exam is your **Cardiac Calcium Score**, which determines the extent of heart disease caused by calcification, and predicts the likelihood of a heart attack in the next 2-5 years.

Appropriate primarily for patients who may be at a medium risk of coronary artery disease, **Cardiac Calcium Scoring** provides you and your physicians with one more way to determine your actual risk based on other factors such as:

- A family history of heart disease.
- High blood pressure.
- Abnormally high blood cholesterol levels.
- Cigarette smoking.
- Diabetes.
- Being overweight or obese.
- Being physically inactive.

What is Involved with the Cardiac Calcium CT Exam?

The **Cardiac Calcium Scoring** CT is a noninvasive exam that takes little time, does not require an injection of contrast material and causes no pain. The CT scan captures pictures of the heart in thin sections that are recorded in a computer

that can be saved for additional study or printed out as photographs.

No special preparation is necessary, but you should wear comfortable, loose-fitting clothes to the exam, and you may be given a gown to wear during the procedure.

As with all CT scans, metal objects including jewelry, eyeglasses, dentures and hairpins may affect the CT images and should be left at home or removed prior to your exam. Women should inform their physician and the CT technologist if there is any possibility that they are pregnant.



Prescribed medications should be taken as usual, but caffeine and tobacco should be avoided for four hours prior to the exam.

What Does My Score Mean?

A negative **Cardiac Calcium Score** means that either no calcification was found within the coronary arteries or that it is so nominal that it can't be seen with the CT scan. In this instance, the possibility of a heart attack occurring in the next 2-5 years is extremely low.

A positive test means that coronary artery disease is present, and the amount of calcification, expressed as the calcium score, helps to predict the likelihood of a heart attack in the next 2-5 years more precisely. The exact **Cardiac Calcium Score** helps your doctor decide if you may need to take preventive medicine or begin other measures, such as diet and exercise, to lower the risk of a heart attack.

The extent of calcification in coronary artery disease is graded according to the following calcium score provided by *radiologyinfo.org:

0	No evidence of coronary artery disease
1-10	Minimal evidence of coronary artery disease
11-100	Mild evidence of coronary artery disease
101-400	Moderate evidence of coronary artery disease
Over 400	Extensive evidence of coronary artery disease

Knowledge is the best tool available for creating a better quality of life. Let Quakerbridge Radiology and our **Cardiac Calcium Scoring** CT exam give you the customized information you need to experience a healthy tomorrow.

Although health insurance usually does not cover the cost of this exam, Quakerbridge Radiology offers the study to you for only \$99, a small investment in your future. To get started, just ask your physician for a prescription for this study. Once you have it, give us a call at (609) 890-0033 and press 1 at the main menu to schedule an appointment. ☎

* Radiologyinfo.org is the primary source of information for this article.

The exact **Cardiac Calcium Score** helps your doctor decide if you may need to take preventive medicine or begin other measures, such as diet and exercise, to lower the risk of a heart attack.

See Into the Future of Your Bone Health with the FRAX Diagnostic Tool Offered First at Quakerbridge Radiology

Understanding the risk factors for developing chronic diseases is key for a long and healthy life. Low bone mass and osteoporosis are two common conditions that can affect the body as it ages. Fortunately, Quakerbridge Radiology now has the ability to see into the future of our patients' bone health with FRAX. Quakerbridge is proud to be the first imaging center in the community to offer FRAX as a part of a comprehensive diagnostic assessment plan.

FRAX was developed by the World Health Organization and is a revolutionary early intervention diagnostic tool in the prevention of bone fractures. By using the 11 highest risk factors for incurring a bone fracture, such as age, sex, ethnicity, BMI, prior fracture, smoking and alcohol consumption, FRAX

helps doctors estimate the probability of a patient sustaining this type of injury within a 10-year period.

Used in combination with standard bone mineral density exams, FRAX is effective in identifying patients who have not yet reached the diagnostic threshold for osteoporosis and also those who would not be candidates for preventative therapy using the traditional T-score.

By providing clearer guidelines, FRAX allows patients and doctors to make better treatment decisions. And better decisions mean better health.

Let Quakerbridge Radiology help you chart your course to better bone health. Contact us by phone at (609) 890-0033. ☎



Safeguard the Framework of Your Health with Quakerbridge Radiology's Musculoskeletal MRI Services

The musculoskeletal system is a complex union of muscles, bones, joints, ligaments, and tendons that collectively give the human body its form and provide the means of movement. As the framework for the body, properly maintaining each of the parts is vital in maintaining overall good health and mobility.

Through our highly skilled professionals and the precise diagnostic capabilities of our MRI services, Quakerbridge Radiology can help keep the intricate members of your musculoskeletal system working in tandem.

MRIs Present the Big Picture

A noninvasive diagnostic exam, magnetic resonance imaging, or MRI, uses a magnetic field and pulses of radio wave energy to capture clear, detailed pictures of structures inside the body. The magnets and radio waves are safe, and there is no exposure to radiation during the process.

The images are examined on a computer monitor and can be transmitted electronically, printed or copied to a CD.

MRIs are especially effective at examining conditions affecting the musculoskeletal system including ligament and tendon tears,

tumors of the bones and joints, spinal injuries and diseases, sports-related injuries, joint inflammation and degenerative joint disorders such as arthritis.

The Streamlined Process Means You'll be on Your Way in One Hour or Less

At Quakerbridge Radiology, we understand the value of your time, and we work diligently to offer exceptional health care in the most efficient manner possible. The MRI exam process is streamlined to get you on your way to the other things in your day in an hour or less. Here's what's involved:

1. You'll be asked to complete an MRI questionnaire form before the procedure.
2. Inform your doctor if you are claustrophobic so that you can be given a sedative or the option of having an open MRI.
3. Let the radiologist know if you are or may be pregnant, have a pacemaker, cochlear implants, or any form of metal or electronic devices in your body.
4. Wear comfortable, loose-fitting clothes without metal snaps and zippers. Also, do not wear jewelry, make-up or hairspray.

Testimonials

Dear Dr. Balgowan,

I just wanted to thank you for being so diligent and careful with your work. You read my mammogram back in October and I appreciated the time you took to explain your findings. We were hoping the spots were just calcifications. Unfortunately, it was cancer, but since you caught it so early it was only stage 0. I had a lumpectomy and radiation, and now they tell me I am 100 percent cured. I can't thank you enough for being so thorough. It may have saved my life!

Christine

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