

Fall 2008

access

Does medical radiation increase your cancer risk?

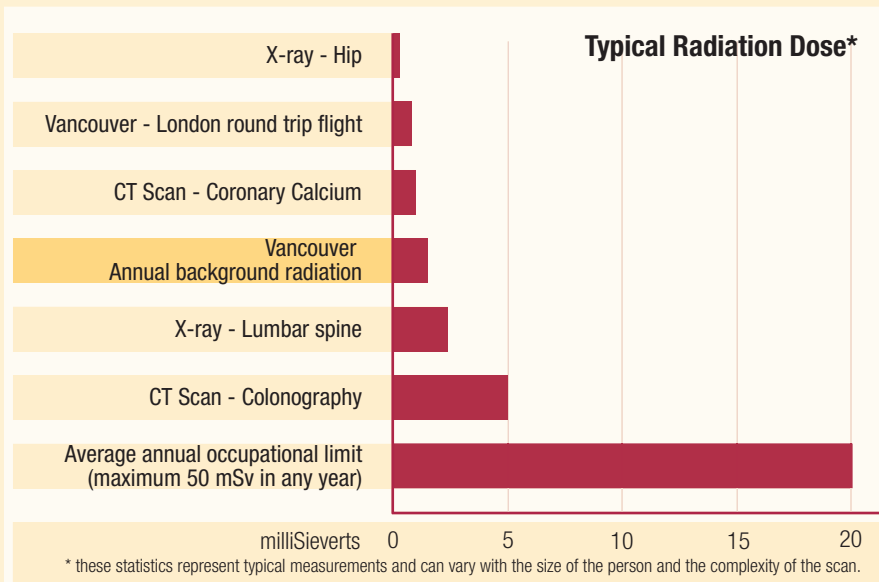
A person's overall risk of getting cancer is affected by many things including age, lifestyle habits such as smoking and diet, and genetics. Based on current incidence rates, approximately 4 out of 10 Canadians will develop some type of cancer during their lifetime.

The relationship between low-dose radiation and cancer is highly controversial. All authorities agree that this very low association of cancer-causing radiation decreases even more with age.

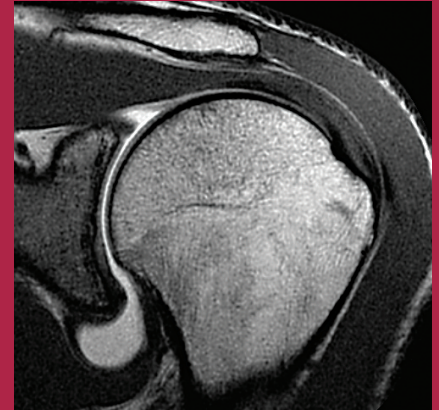
What should be considered before you have a test that involves radiation?

It is important to reduce unnecessary use of radiation as a way to minimize exposure. For that reason, patients and their doctors must make the decision to use radiation-based tests on a case-by-case basis and ensure that the benefits of the test justify its use. Some of the factors your doctor will consider before ordering a radiological test are:

- 1. Is there an alternative type of test that could be ordered instead?** If the same or better information can be gained using an MRI or ultrasound our radiologists will recommend that the alternative be used.
- 2. Age:** The older you are the less of an impact medical radiation has on the cells in your body, which is one of the reasons Canada Diagnostic Centres has minimum age requirements for some of our CT scans.
- 3. Frequency & Dose:** Although your body tissues have a great capacity to recover from any damage caused by small amounts of radiation exposure, medical professionals will try to ensure that a patient doesn't have to have repeat scans or x-rays or numerous radiological exams at close intervals. And since different types of exams require different "doses" of radiation, the amount of exposure is considered along with frequency.



For more info on radiation dose please visit <http://www.radiologyinfo.org/en/safety>



Canada Diagnostic Centres is proud to provide medical imaging as part of Canadian Sports Centre Pacific's support of Canadian Athletes in BC.

CSC Pacific is a key partner in the strong support system for Canadian high performance athletes in British Columbia, working hard to provide elite athletes and coaches in the Metro Vancouver region access to programs and services.

CSC Pacific ensures that Canadian athletes are at the leading edge of their performance through applied sport science and medicine, sport technology, research, innovation and expertise.

For more information about CSC Pacific please visit www.pacificsport.com

Canadian Sport Centres  Centres canadiens multisport

Tendinitis?

Canada Diagnostic Centres is happy to announce a new addition to our clinic. Sonorex is now sharing office space in our City Square Clinic.

For those people with tendinitis where rest and physiotherapy are not enough, Sonorex offers an alternative treatment to anti-inflammatories, cortisone injections and in some cases surgery.

Ideal for:

- Tennis & Golfers Elbow
- Rotator cuff tendinitis, Calcification, Bursitis
- Patellar tendinitis
- Planter Fasciitis
- Heel spurs, Calcification
- Achilles tendinitis

Sonorex provides Extracorporeal Shock Wave Therapy, or ESWT, an innovative non-surgical method developed in Germany in the early 1990's.

During treatment, low energy shock waves stimulate nerve and increases blood supply to the affected area resulting in reduced inflammation and pain as well as improved mobility and function. Treatments are 10 to 25 minutes long and 3 to 5 treatments, one week apart, are usually recommended.

For more information, please call 604-872-8909 or visit www.sonorex.ca



What to Look for in an Imaging Centre

We understand that you have choices when it comes to deciding where to go for your scan. What should you consider when you are looking for an imaging centre?

Experience

Canada Diagnostic Centres opened the first private MRI in Canada in 1993. Our Vancouver clinic has been open since 2000 and since that time we have scanned over 35,000 patients. Our facility and our radiologists are well known in the medical community.

Medical Team

Radiologists are the specialists who interpret MRIs, CTs and Ultrasounds and provide your doctor with the results.

Our clinic's five radiologists are led by Dr. Bruce Forster, a Professor of Diagnostic Radiology, Faculty of Medicine at UBC and a practicing radiologist at UBC and VGH. Dr. Forster is also head of the MRI fellowship program at UBC Hospital and Regional Head of MRI for Vancouver Coastal Health Authority.

Our radiologists bring a variety of sub-specialty skills to the clinic relating to musculoskeletal, neurologic, thoracic and abdominal diagnostic imaging. They use a team approach and consult freely with each other in the event of challenging or difficult cases. This depth and breadth of knowledge is a real benefit to our patients and their physicians.

Our entire team of radiologists actively participates in teaching of radiologists-in-training in the UBC Faculty of Medicine and is engaged in cutting edge imaging research.

The Right Exam for the Right Reasons

There are many considerations as to which exam is most appropriate for each individual case, and even how to structure each exam. For that reason, our radiologists review and protocol all exam requests before we call you to book a scan. If a different exam than the one ordered by your doctor would be more appropriate for you, our radiologists will let you and your physician know. That way, we maximize the likelihood that we will get the answers you need and minimize the likelihood that you will need an additional, different kind of exam down the road.

Equipment

Just like cars, advanced medical imaging equipment comes in different makes and models. With MRI for example, there are many different configurations of size, shape and strength of machine.

The strength of the magnets in an MR machine is measured in Tesla. The most common strength

machine is a 1.5Tesla and it is what you will find in hospitals and medical teaching facilities throughout Canada. At our clinic, we operate a GE Signa 1.5T HDx(High Definition) MRI.

CT scanners are described by the number of "slices" they have. These are the number of simultaneous images the machine takes during one split-second rotation around the patient. Our CT scanner is a 64-slice Aquilion 64-slice by Toshiba Medical. 64-slice scanners have made high resolution visualization of the heart and coronary arteries possible.

Information

When you call an imaging clinic, is the staff helpful and informative? Are they able to answer all of your questions? Are you comfortable with what they are telling you? If you need more information, are they able to provide it for you? At Canada Diagnostic Centres, our staff is happy to answer all of your questions or provide you with information or materials you may find helpful. If you prefer online research, our website is an excellent source of information.

Wait times

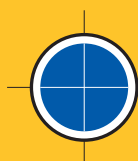
Do you need your scan done as soon as possible or would you like it next Tuesday afternoon to better fit your schedule? At Canada Diagnostic Centres, we will do our absolute best to schedule your scan for a time and date that fits with your needs. We will also be happy to coordinate the timing of your scan with specialist appointments or treatment you have scheduled.

In addition, your scan will be reviewed and reported quickly. Your doctor will receive a report within one working day of the exam - in many cases, your doctor will receive the report within a few hours of your scan. If your doctor requires results immediately, our radiologist will be happy to call and give a verbal report right away.

Cost

Prices for different scans vary depending on the complexity of the scan being done and whether it is an MRI, CT or Ultrasound. If you have any questions about what an exam would cost, please give us a call.

Our promise is to provide our patients and their physicians with the best in patient-focused, medically-principled diagnostic imaging.



Canada Diagnostic Centres

City Square Mall (Upper Shops Level)
#136, 555 West 12th Avenue, Vancouver, BC V5Z 3X7

For more information, call
1-877-709-8522
www.CanadaDiagnostic.com