

October 2002

# access

## Six months have passed since Canada Diagnostic Centres opened the first private CT centre in Western Canada.

After 10 years of providing MRIs to private and third party patients across Canada, we are happy to announce that the expansion of our services has been greeted with tremendous support from the medical community, third parties and the general public.

“ACCESS” is our new quarterly newsletter highlighting the services at our Centres and health news relating to CT and MRI scans.

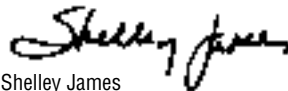
We have named our newsletter “ACCESS” because it reflects what we offer to physicians and their patients: expedited access to high-quality diagnostic and preventative imaging. Access to diagnostic imaging services is of high importance to physicians, who understand the impact that long wait times have on the quality of life of their patients. Canadians who want to be proactive about their health can now access preventative CT screenings including Heart and Lung Scans, Full Body Scans or Virtual Colonoscopies.

At Canada Diagnostic Centres, doctors and patients have access to:

- Imaging appointments within 48 hours
- Written reports within 48 hours of the imaging appointment
- State of the art equipment including a GE Ultra Light Speed CT with multidetector (8-slice) and a GE 1.5 Tesla MRI
- Highly qualified and respected radiologists who have extensive experience in reading MRIs and CTs
- Consultations with our radiologists for preventative screenings
- Outstanding customer service and patient care

I hope you will enjoy reading this newsletter and I would like to encourage you to give us a call or drop by our Centres anytime.

With best regards,



Shelley James  
General Manager

## What's New? at Canada Diagnostic Centres



### Shelley James

General Manager  
Canada Diagnostic  
Centres in Vancouver

- In July 2002, Shelley James joined our team as the new General Manager for our Vancouver CT and MRI locations. Shelley has spent most of her professional life in B.C. and has an extensive background in General Management of a variety of service-oriented businesses.
- Virtual Colonoscopies, a screening tool for early detection of colorectal cancer, are now available at Canada Diagnostic Centres in Vancouver and Calgary. The scans can be performed as stand-alone exams or in combination with Full Body CT Scans.
- We are now offering dental scans at our Vancouver CT location, an extremely useful tool for specialists and family dentists planning dental implants.

## Health News Flash

### More stress with caffeine

According to a new U.S. study, the boost you get from your morning latte does not come without side effects: Researchers at Duke University in North Carolina found that caffeine not only increases blood pressure, but causes the body to produce more stress hormones. These effects can last as long as 10 hours. Since stress can be a contributing factor to the development of heart disease, the researchers suggest that regular consumption of caffeine could increase your risk of heart disease.

Lane JD, Pieper CF, Phillips-Bute BG, Bryant JE, Kuhn CM. Caffeine affects cardiovascular and neuroendocrine activation at work and home. *Psychosom Med* 2002 Jul-Aug;64(4):595-603

### Even a little extra weight can have an impact on your heart

A new study performed as part of the long-running Framingham (Mass.) Heart Study, shows that even being moderately overweight directly increases your risk of developing coronary artery disease. Up until recently, research had only shown that extreme obesity is a risk factor for heart disease.

Kenchaiah S, Evans JC, Levy D, Wilson PW, Benjamin EJ, Larson MG, Kannel WB, Vasan RS. Obesity and the risk of heart failure. *N Engl J Med* 2002 Aug 1;347(5):305-13

### Obesity increases risk for colon cancer

Previous studies have long indicated that obese men are at increased risk for colon cancer. A recent study with data taken from almost 90,000 women was the first to demonstrate an increased risk of developing colon cancer in obese pre-menopausal women. No association was detected in obese post-menopausal women.

P D Terry, A B Miller and T E Rohan. Obesity and colorectal cancer risk in women. *Gut* 2002;51:191-194

## Meet the Staff



**Dr. Bruce Forster**

Medical Director for  
Canada Diagnostic Centres  
in Vancouver

Doctor Forster is an Associate Professor at the UBC Department of Radiology, as well as the Director of MRI at the UBC Hospital and the Director of UBC's Comprehensive MRI Fellowship program.

Over the past 10 years, Dr. Forster has been teaching and interpreting CT and MRI scans. He is the author of over 50 scientific abstracts and papers on radiology topics in the peer-reviewed literature, and has written over 50 educational scientific exhibits on MRI and CT. Dr. Forster is also a reviewer for national and international scientific journals.



**Paula Francisco**

Administrator

Paula has been with Canada Diagnostic Centres since we opened our doors as Western Canada MRI in March 2002. As administrator for both MRI and CT, she handles all booking and billing issues and you will recognize her friendly voice when she answers your phone call and responds to any questions you might have.

# Virtual Colonoscopy – A new screening tool for Colorectal Cancer

Colon cancer is the number two cause of cancer-related deaths in North America, a sad statistic considering that with early detection, it has a very good chance of being cured.

Screening for colorectal cancer with traditional colonoscopy has long been the gold standard for early detection of colon cancer. However, it is estimated that only 10% of the population at risk is adequately screened, mostly due to the fact that the procedure is unpleasant, fairly invasive and requires sedation and adequate recovery time.

### Why would you chose a Virtual Colonoscopy over a traditional colonoscopy?

As colon cancer is severely underscreened, virtual colonoscopies can take the 'fear' factor out of the exam and simply increase the number of people screened, which in return can result in a decrease of colon cancer related deaths.



Virtual Colonoscopy detects over 90% of polyps >10mm in diameter and it is these polyps that have been shown to be pre-cancerous. Virtual colonoscopy is less accurate than standard colonoscopy at detecting polyps < 10mm, but the risk of malignancy for polyps of this size is very low (< 0.1%).

In addition, Virtual Colonoscopy requires no intravenous injections or sedation, unlike standard colonoscopy, and also allows evaluation of the abdomen and pelvis beyond just the colon, for abnormalities such as gallstones, kidney stones and abdominal aortic aneurysms.

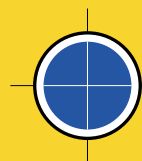
### What is Virtual Colonoscopy or Colonography?

A virtual colonoscopy is performed with a Multi-Detector CT scanner. After undergoing a 24-hour bowel preparation, the patient's colon is gently inflated with CO<sub>2</sub>. The patient is scanned twice, once lying on the back, once lying on the stomach. The examination itself takes only 10 – 15 minutes. The images are reconstructed using computer software and read and analyzed by a radiologist, who then reviews the images with the patient and explains the results. A CD containing all the images is given to the patient to serve as a permanent record.

### Who is a candidate for a Virtual Colonoscopy?

Screening tests for polyps of the colon are recommended for people over the age of 50, or earlier if risk factors, such as a strong family history of colorectal cancer are present.

Lack of awareness, embarrassment and fear of the exam all play a role in the small percentage of people who are screened for colon cancer. Virtual Colonoscopy is a good tool to help take at least one of the factors out of the equation and open lines of communication between patient, physician and screening centre, which will hopefully help increase the number of people screened over the coming years.



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For more information, call  
**1-877-709-8522**  
[www.CanadaDiagnosticCentres.com](http://www.CanadaDiagnosticCentres.com)