

Spring 2003

# access

## MRI and CT – Together In One Space

I am very pleased to announce that Canada Diagnostic Centres in Vancouver has just opened its new, larger clinic in City Square Mall at 12<sup>th</sup> & Cambie in Vancouver. Our beautiful new clinic allows us to have both our CT and MR scanners in one space letting us provide even more efficient and comfortable service to our referring physicians and patients.



At Canada Diagnostic Centres, we can promise you:

- ✓ Radiologist on site 5 days a week
- ✓ GAD contrast available 5 days a week
- ✓ Verbal reports within two hours (on request)
- ✓ MR appointments within 48 hours
- ✓ Full array of MR extremity coils to image all body parts
- ✓ CT appointments within 24 hours

Patient-focused, medically principled service is the key guideline for our operation. We believe that people should expect the best in service, technology and expertise when it comes to their health and we do our best to deliver just that.

I hope you will enjoy reading this newsletter. If you would like more information about anything you read about here, please give us a call. We would love to hear from you.

With best regards,

Shelley James  
General Manager

## Health News Flash

### Diabetics Have More Calcified Plaque

Using electron-beam computed tomography (EBCT) to screen more than 30,000 self-referred asymptomatic individuals, between the ages of 30 and 90, researchers in Chicago found that diabetics have a significantly greater calcified plaque burden than do their non-diabetic age- and gender-matched counterparts. These findings may have implications for assessing the risk of coronary artery disease in diabetics.

Hoff JA, Quinn L, Sevrakov A, Lipton RB, Daviglius M, Garside DB, Ajmone NK, Gandhi S, Kondos GT. The prevalence of coronary artery calcium among diabetic individuals without known coronary artery disease. *J Am Coll Cardiol* 2003 Mar 19;41(6):1008-12

### Overweight / Cancer Connection

Excess weight increases the risk of death from cardiovascular disease and diabetes and also from cancer. A 20-year study of more than 900,000 men and women has confirmed that obesity is a significant risk factor for death from cancer. The authors of the study estimate that 90,000 deaths from cancer could be prevented every year in the United States if all adults could maintain a body-mass index (BMI) of less than 25.

Eugenia E. Calle, Ph.D., Carmen Rodriguez, M.D., M.P.H., Kimberly Walker-Thurmond, B.A., and Michael J. Thun, M.D. Overweight, Obesity, and Mortality from Cancer in a Prospectively Studied Cohort of U.S. Adults. *New England Journal of Medicine* April 24, 2003 Number 17

## What's New at Canada Diagnostic Centres?

### A Busy Spring

Springtime has been full of conferences and events for us. In March and April, Canada Diagnostic Centres participated in a number of events, including the Trial Lawyers Association of BC's "Soft tissue injury Conference" and the Canadian Orthopaedic Foot and Ankle Society's Annual Symposium. In conjunction with Solvay Pharma, we hosted a dinner and presentation for local General Practitioners on CT Heart Screening.

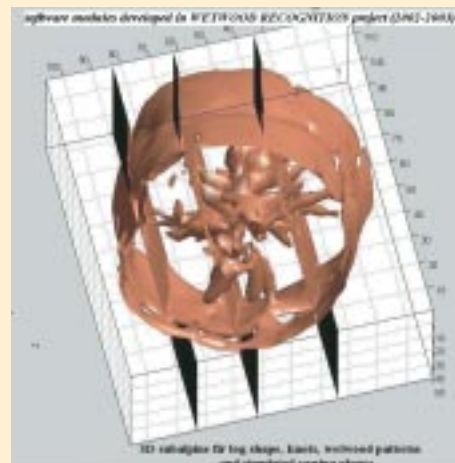
In May, we will be presenting an informative look at DentaScans at a dental implant symposium and Dean Malpas, our CT Technologist will be making two presentations to the Technologist community.

If you are interested in learning more about our involvement in events to raise awareness among physicians or third parties, please contact Corinna Bork at [cbork@canadadiagnosticcentres.com](mailto:cbork@canadadiagnosticcentres.com)

### Computed Tomography for Logs?

Forintek, a non-profit organization involved in research for the Canadian Forestry Industry, approached Canada Diagnostic Centres in March 2003 for some help with one of their research projects.

Scientists at Forintek scanned a number of logs with our CT Scanner and used the images to show internal features of the wood in order to detect knots and high moisture areas. The project's purpose is to characterize logs and determine the most optimal cut thereby increasing the yield from logs.



Photos Courtesy of Dr. Spencer Alkan, Forintek Canada Corporation

## Meet the Staff



**Corinna Bork**  
Manager, Client Services

Corinna joined the team at Canada Diagnostic Centres in December 2001, just in time for the opening of our CT Centre.

With a degree in Business and Marketing and experience in the Health Sector, her role at Canada Diagnostic Centres includes the liaison with physicians and patients as well as the implementation of awareness and educational programs for the general public, the medical community and the business community.



**Gordon Andrews**

M.D., FRCP (C)  
Radiologist for Canada Diagnostic Centres in Vancouver

Dr. Gord Andrews is a UBC Clinical Assistant Professor and is on active staff at both the UBC Hospital and Vancouver General Hospital sites of the VHHSC.

Originally from Saskatchewan, he moved to Vancouver in 2000 and completed a fellowship in MR Imaging in 2001. He has been with Canada Diagnostic Centres for the past two years.

## Can Coronary Calcium Scoring Change Behavior?

Traditional Framingham risk factors only identify about 50% of those patients who will suffer a heart attack. Moreover, the knowledge that they have such risk factors doesn't always motivate patients to change their lifestyle or ensure compliance with anti-hypertensive or lipid-lowering drugs.

A report presented at the 2003 Society of Interventional Radiology meeting summarized the results of a survey performed among 1700 patients who underwent CT Coronary Artery Calcification Scoring. Those patients whose Calcium Score put them in the above 75<sup>th</sup> percentile completed a second survey after the scan with questions regarding changes in their diet and exercise levels or steps taken to reduce weight and lower cholesterol levels.

75% of the patients who replied to the second questionnaire stated that they changed their diet and exercise habits and tried to lose weight, 30% managed to reduce their cholesterol levels through lifestyle changes alone and the proportion of patients on statin therapy went up from 25% to 58%.

Dr. Peter House, a family physician at the Seymour Medical Clinic in Vancouver, has had considerable experience with the utility of coronary artery calcification scoring in his practice. "One of the concerns as a family doctor are those patients who, despite the fact that they have risk factors for coronary artery disease, do not take care of themselves

because they are feeling well and do not show any signs or symptoms of disease. A high calcium score can encourage those patients to comply with cardiovascular risk reduction strategies. It also gives me the information I need to decide whether it is time to introduce more aggressive treatment."

While most of us are well aware by now that Coronary Calcium Scoring is valuable as an early warning system to detect sub-clinical coronary artery disease, it may also have a positive and motivational effect on people to optimize their risk factors.



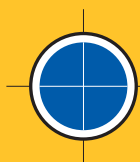
## MRI for Breast Cancer Now Available

Breast MR imaging is an excellent diagnostic tool that can significantly help with therapy decisions. It is especially useful in assessing:

- the size and extent of known cancer
- when breast cancer is suspected but other diagnostic imaging studies have been inconclusive
- a tumour's response to chemotherapy

MRI is only one part of breast cancer diagnosis and staging and should only be used after mammography and ultrasound evaluation has been performed.

Canada Diagnostic Centres and the Vancouver Breast Centre are working together to provide women with access to this important imaging tool. For more information contact Dr. Ian Gardiner at Vancouver Breast Centre at 604-879-4484



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For more information, call  
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