

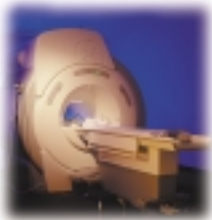
Winter 2003

access

Patient Focussed – Medically Principled

“We provide quick access to the highest standard of quality for preventative and diagnostic scanning, while maintaining excellent patient care and customer service.” At Canada Diagnostic Centres, we take our Mission Statement seriously and constantly strive to excel at it. We do this by using the most scientifically advanced equipment and by working with expert radiologists and imaging technologists. We also excel by making patient comfort and convenience a priority. In the case of self-referred preventative screening patients, we give them the information they need to make a fully informed decision about their scan and we discuss all results with them in the context of their overall health.

In this edition of our quarterly newsletter, we would like to introduce you to three new services: Advanced Lung



Analysis, CT DentaScans and Breast MRI to evaluate implant ruptures. We would also like to introduce you to two more of our staff members, the people who you will meet at our Centres and whose expertise help us to provide the excellent service that you expect from us.

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

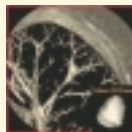
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What's New at Canada Diagnostic Centres

Advanced Lung Analysis

We have added the new **Advanced Lung Analysis** module to our application portfolio, which allows highly accurate volume measurement of lung nodules. With its 3D volume measurement, radiologists are better able to determine changes in nodule volume and to quantify growth rate and doubling time for lesions, allowing earlier and more accurate identification of small lung cancers.



Breast Implant MRI

As of January 2003, Vancouver Breast Centre in conjunction with Canada Diagnostic Centres will be the first private facility in British Columbia offering diagnostic Magnetic Resonance Breast Imaging for implant rupture. MRI is the most definitive, reliable and reproducible technique to identify implant leakages or ruptures, which are likely to occur 10-15 years after the prostheses have been inserted. For more information, please contact the Vancouver Breast Centre at 604-879-4484.

Health News Flash

Virtual Colonoscopy accurate in detecting flat colonic lesions

In a study led by Dr. Nobuyuki Shiraga, chief of radiology at Tachikawa Kyosai Hospital in Tokyo, Virtual Colonoscopy detected superficial (non-polypoid) colonic lesions as well as conventional colonoscopy.

From July 2000 to August 2002, 179 subjects with suspected colonic lesions underwent virtual colonoscopy followed by same-day conventional colonoscopy. “The purpose of this study was to assess the detectability of superficial lesions in CT colonography using multidetector-row CT datasets,” said Dr. Shiraga. “There were nine cases of colorectal carcinoma, and they were all depicted with CT colonography.”

Shiraga N, Kohda, E, Sugino Y, Sato K, Imai Y. Assessment of Superficial Colonic Lesions with Multidetector-row CT-Colonography (MDCTC). *Radiology* 2002;225(P):745

Study links coronary calcium and mortality

Dutch researchers have found a strong association between CT-detected coronary calcium and mortality, independent of other risk factors for coronary artery disease. The large-scale population-based study (2,063 patients aged 55 - 85), led by Dr. Jan de Groot from Erasmus University Medical School in the Netherlands, aimed to assess the effects of coronary calcium in the general population of elderly patients.

Vliegenthart R, Oei H, De Groot JC, Witteman JC, Hofman A, Oudkerk M. The Association between Coronary Calcification, Detected by Electron Beam CT, and Mortality. *Radiology* 2002;225(P):239

Folic acid may lower colon cancer risk

According to a recent study from Italy, a diet that is rich in folate sources like leafy green vegetables, fruits and whole grains may lower the risk for colorectal cancer. The study was based on 1953 patients with colorectal cancer and over 4000 disease-free patients. The lead author, Dr. Carlo La Vecchia, said the incidence of colorectal cancer was 40% higher in patients who were heavy drinkers and had diets deficient in folate and the essential amino acid methionine.

La Vecchia C, Negri E, Pellicchi C, Franceschi S. Dietary folate and colorectal cancer. *Int J Cancer* 2002 Dec 10;102(5):545-7

Meet the Staff



Borys Flak
M.D., FRCP (C)

Radiologist for Canada
Diagnostic Centres in
Vancouver

Dr. Borys Flak is a Clinical Assistant Professor at the UBC Department of Radiology and the Division Head of Radiology at the UBC site of Vancouver Hospital.

He has been a diagnostic radiologist for over 20 years. Dr. Flak has a keen interest in body imaging including CT, MRI and Ultrasound and a special interest in 3D Imaging and PACs.



Mei Ma

Chief Technologist

Mei Ma has been with Canada Diagnostic Centres since 2000. She has a Bachelor of Science degree from the University of Alberta and received her MRI certification at Red River College.

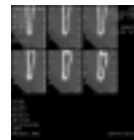
Before joining our company, she gained valuable experience while working at two of the Tri-Hospitals in Toronto. She is committed to continuously updating her skills and has most recently gained valuable expertise in Breast MRI.

A Role for CT in Dental Implant Planning

Because of its accuracy and sensitivity, Computed Tomography is increasingly employed in the planning of dental implant surgery. The latest generation of spiral CT scanners can image the complete mandible or maxilla in under one minute, delivering high resolution images. The GE Dentascan software is a specially developed computerized reformatting program that is used to obtain cross-sections of the mandible and maxilla from the easily obtained CT scans for patients being considered for dental implant surgery.

The main use of Dentascans is in the pre-operative planning and pre-operative modeling of endosseous dental implants and subperiosteal implants. CT

Dentascans assist the dental surgeon in deciding if surgery is feasible and then accurately planning the size and position of the implants.



The Cardiac Scan – What is the Score?

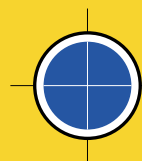
Cardiovascular disease is the leading cause of death in Canada. Coronary artery disease (CAD) results in nearly 800,000 deaths annually in North America, yet traditional risk factors (blood pressure, cholesterol/lipids, diabetes, smoking, obesity) fail to identify

almost one-half of those affected. Healthy lifestyle choices and, in specific cases, drugs can slow down the progression of CAD, but those at risk must be identified. CT Screening for coronary artery calcification provides an important additional method for risk assessment.

But what exactly does a cardiac scan do, and what answers does it give us?

In simple terms, the scan will measure the total amount of calcium in the patient's arteries. Since calcium is an indicator for hard plaque build-up, the total amount (the "Calcium Score"), once correlated with other risk factors, is a strong indication for the probability of coronary artery disease in the patient.

A report on a heart scan will include a graph that plots calcium score versus age and illustrates the percentile ranking of the patient for age and gender. Recommendations after a heart scan with positive findings can range from modification of risk factors to exercise stress test or, less commonly, more invasive testing.



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For more information, call
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