

RADIOLOGY 101: PREPARING FOR YOUR IMAGING STUDY

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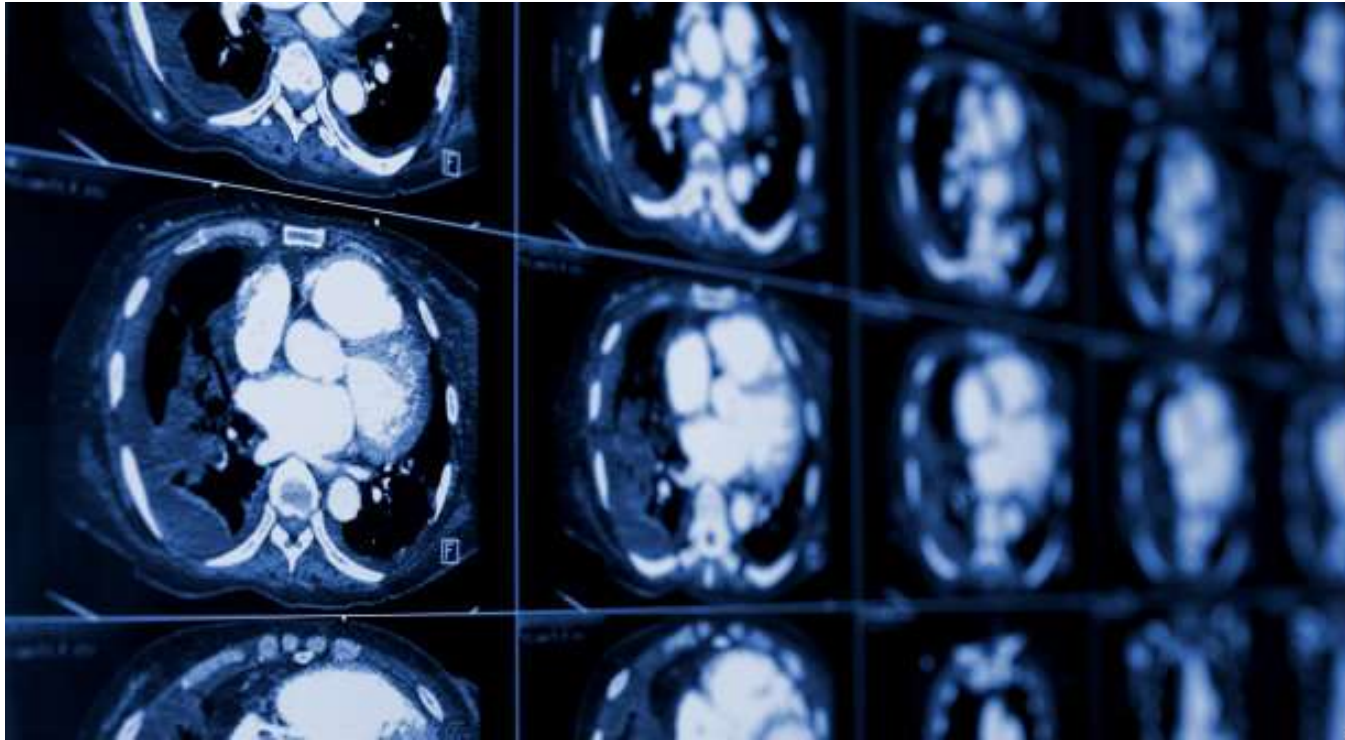
CANCER SURVIVOR DAY

DEPARTMENT OF IMAGING SERVICES: WHO ARE WE?

- 80 Radiologists, Fellowship Trained Subspecialists
- Over 500 Technologists, Nurses, Staff
- 30 Kaiser Permanente Medical Buildings
- Radiology “on site” in Baltimore, NOVA, DCSM
- PET, CT, MR, US, Mammography, Bone Density, Nuclear Medicine, Interventional Radiology, Nuclear radiotherapy, Virtual Colonoscopy
- 700,000 exams performed in 2017



THERE'S ONLY ONE IMAGING STUDY THAT MATTERS



OBJECTIVES

- Knowledge is empowering
- The more you know, the more you know to ask
- Preparation is important in achieving the best imaging quality



WHAT IS A RADIOLOGIST?

- 4 years of Medical School
- 5 years of Residency (including 1 year of internship in medicine or surgery)
- 1 or 2 years of Fellowship (Neuroradiology, Breast Imaging, etc.)
- We are here for **you**
 - Perform your breast biopsy
 - Read your Brain MR
 - Take away fluid from the lung or abdomen
 - Perform a joint injection
- We are here for your **physicians**
 - The Doctor's Doctor
 - Consultant
- Different than Radiation Oncologists



WHAT KIND OF IMAGING TESTS ARE THERE?

- **Screening Exams:** Screening Mammograms, DEXA, Lung Cancer Screening
- **Diagnostic Exams:** Diagnostic Mammograms, Specialized MRIs, PET-CT
- **Surveillance Exams:** PET-CT, Body CT

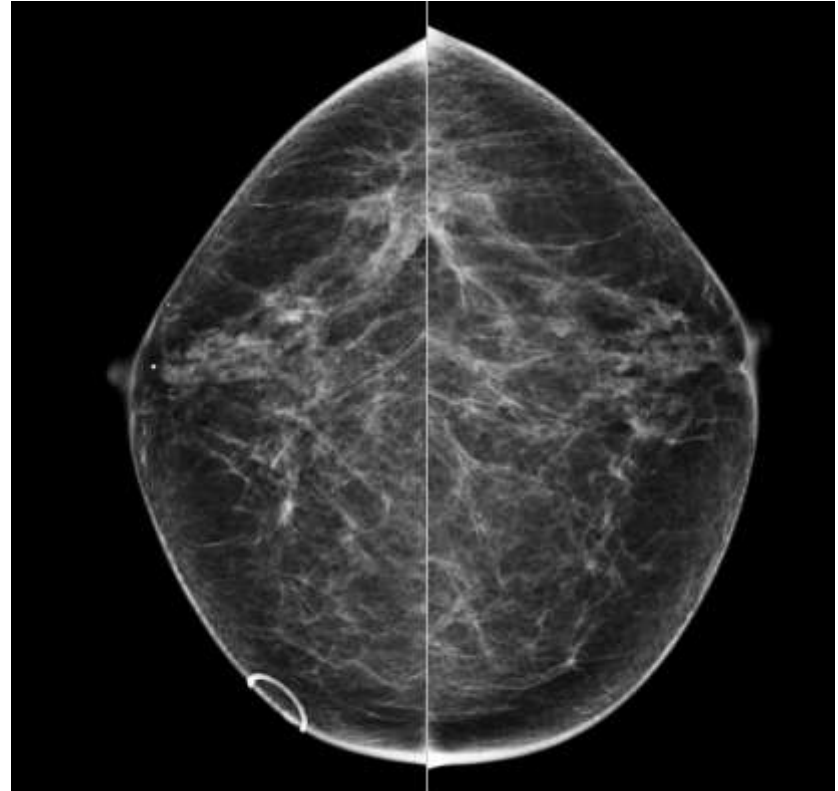


SCREENING MAMMOGRAPHY

- Prior to your study, you can bring any mammograms or breast ultrasounds that were done outside of Kaiser
- Do not apply lotions, sprays, deodorants or powders around the breasts or under the arm the day of the appointment
- Technologist compresses the breast to take the image



SCREENING MAMMOGRAPHY

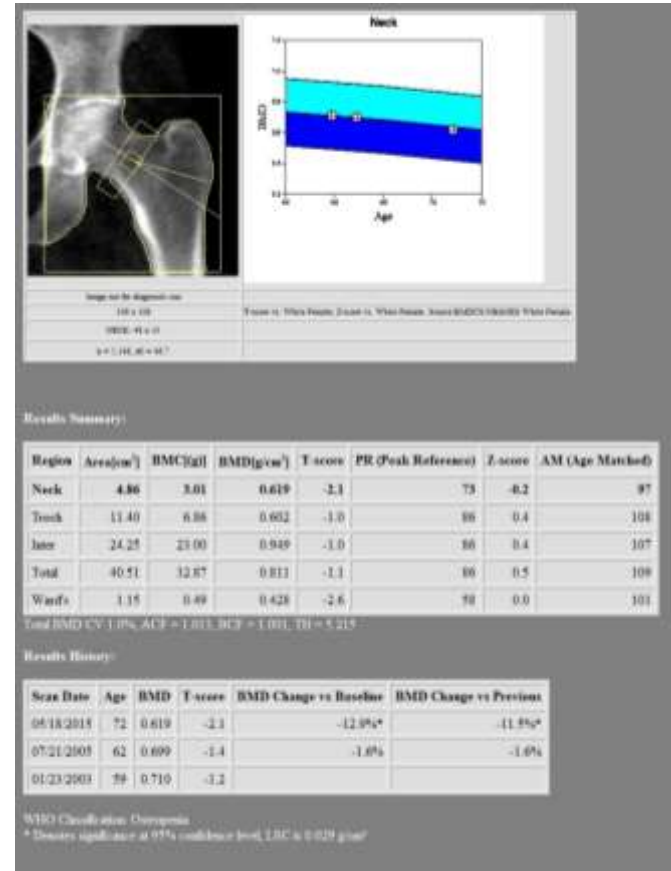
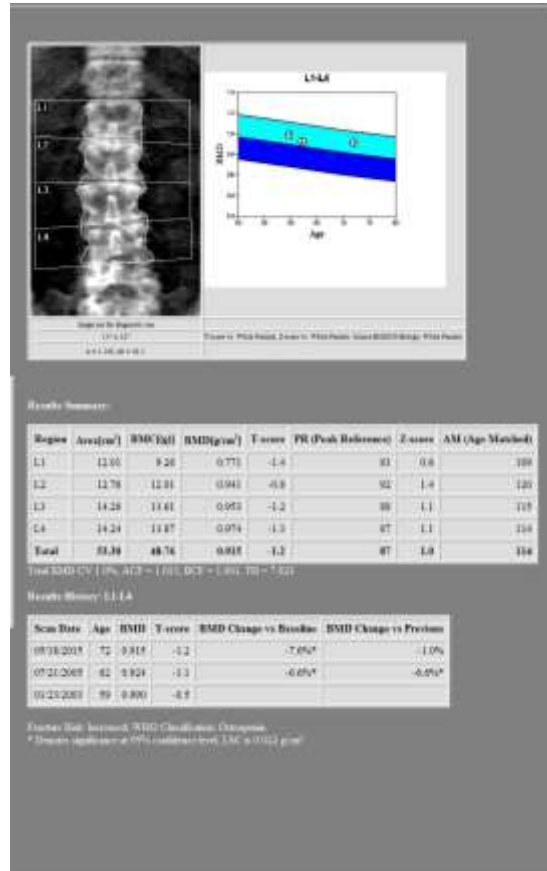


DEXA (Dual-energy X-ray Absorptiometry)

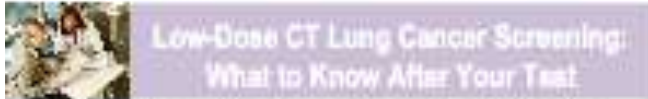
- Wear loose, comfortable clothes
- No zippers, snaps or metal buttons
- Do not take calcium supplements 24 hours prior to exam!
- Let us know of any internal metal
- Lie flat on the machine while it scans you; sometimes we do your forearm, too



DEXA



SCREENING LUNG CT



A low-dose CT scan has been shown to find lung cancer early in some people between 50 and 80 years old, who have a high risk for lung cancer due to past smoking history.

What is the goal?

A low-dose CT scan (LDCT) scans for small, early-stage lung cancer in the chest. It's the most accurate way to find lung cancer. LDCT scans can find a variety of small nodules in the lungs. Low-dose CT is not used for people who have current lung symptoms or other symptoms. Other types of scans may be used to track these nodules.

How often will I need to have the screening test?

After you finish the test, you should get the test once a year for as long as:

- You are 55 through 80 years old
- You have a history of heavy smoking (at least 1 pack a day for 30 years or 1 1/2 packs a day for 20 years)
- You are well enough to have surgery if needed

Screening is only for people who are 55 years old or older, or 50 years old or older, and have smoked at least 1 pack a day for 30 years or 1 1/2 packs a day for 20 years.

What results will I get?

Your doctor will email you a letter through MyChart or a separate letter to your home. You may also get a letter from Kaiser Permanente. You may also get a letter from Kaiser Permanente.

Clear results: The results of the scan are normal. You may need to have the test again in 12 months.

Abnormal results: Your doctor may recommend that you have another scan in 3 to 6 months, or you may need surgery.

Need a biopsy: The scan shows something that is not clearly a nodule or a mass. To be sure, you should have a biopsy. You should have a biopsy.

Diagnosis: If the scan shows something that might be a tumor, you may need to have a second scan of the chest. You may also need to have a biopsy. You should have a biopsy. You should have a biopsy.

Other options: If the scan shows something that might be a tumor, you may need to have a second scan of the chest. You may also need to have a biopsy. You should have a biopsy.

How often the scan: Every 12 months. You should have a scan every 12 months. You should have a scan every 12 months.

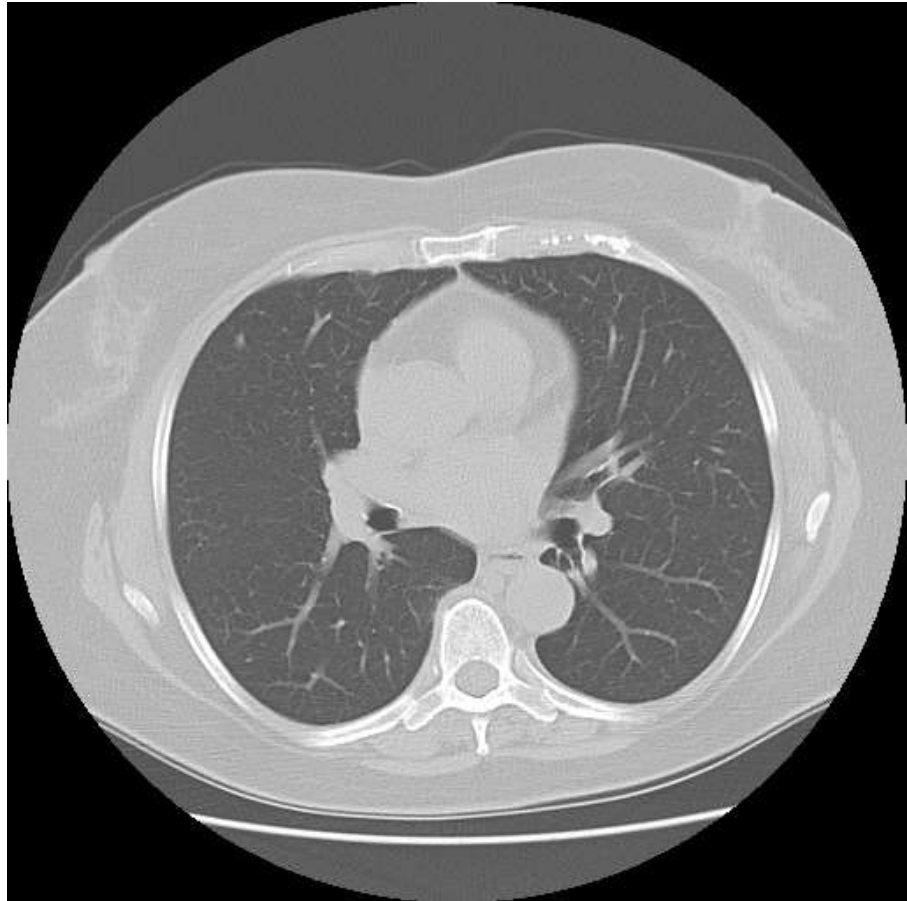
Department of Radiology, Kaiser Permanente Washington

What you do today to reduce the risk of lung cancer?

Do not smoke: The best way to prevent lung cancer is to not smoke and to quit using tobacco if you are a smoker.

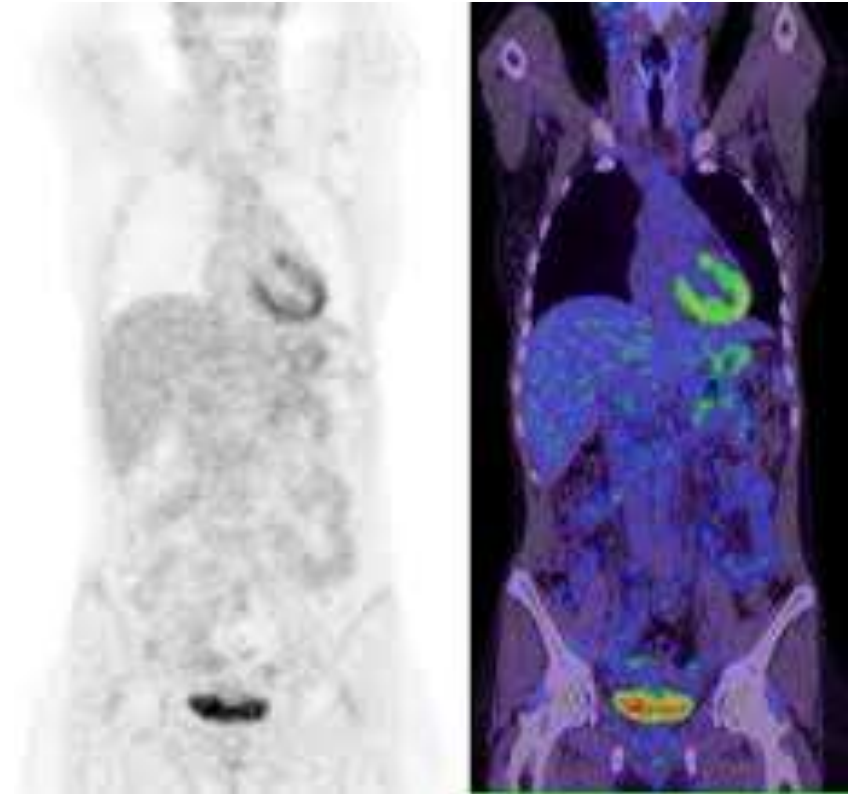
Quit smoking: If you do smoke, quitting can greatly reduce your risk of getting lung cancer. Your doctor may give you free help. Kaiser Permanente has programs to help you quit.

1. Stop smoking completely. Use a nicotine patch, gum, or inhaler to help you quit.
2. Visit Kaiser Permanente for help. We have programs to help you quit.
3. See your doctor for a prescription of varenicline, bupropion, or nortriptyline.
4. Get help from your doctor, a counselor, or a support group.

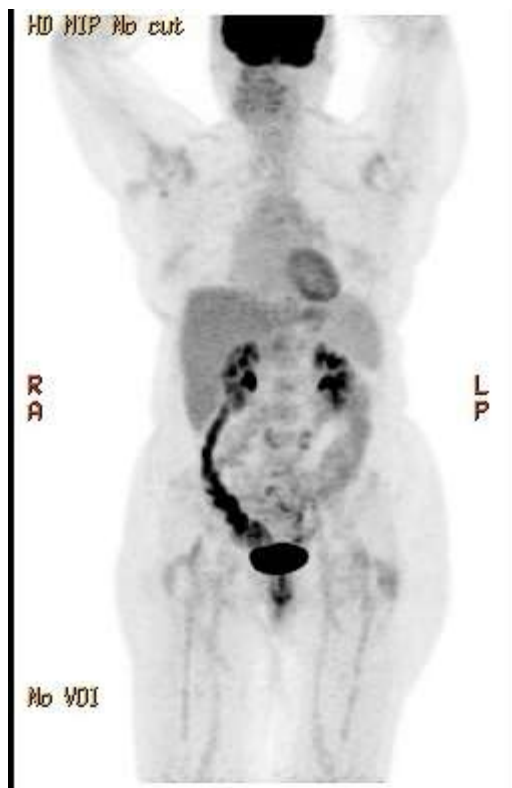


PET-CT

- No eating or drinking (except water) before the test
- NO CHEWING GUM!
- Avoid caffeine, sugar, tobacco and heavy exercise 24 hours before your test
- Meal the night before should be high in protein, low in carbs!
- Wear loose, comfortable clothing; no metal
- Arrive 30 minutes before appointment
- Allow at least 2 hours
- Blood sugar control
- All diabetic medications should be taken and insulin with breakfast if a 12-1 PM exam

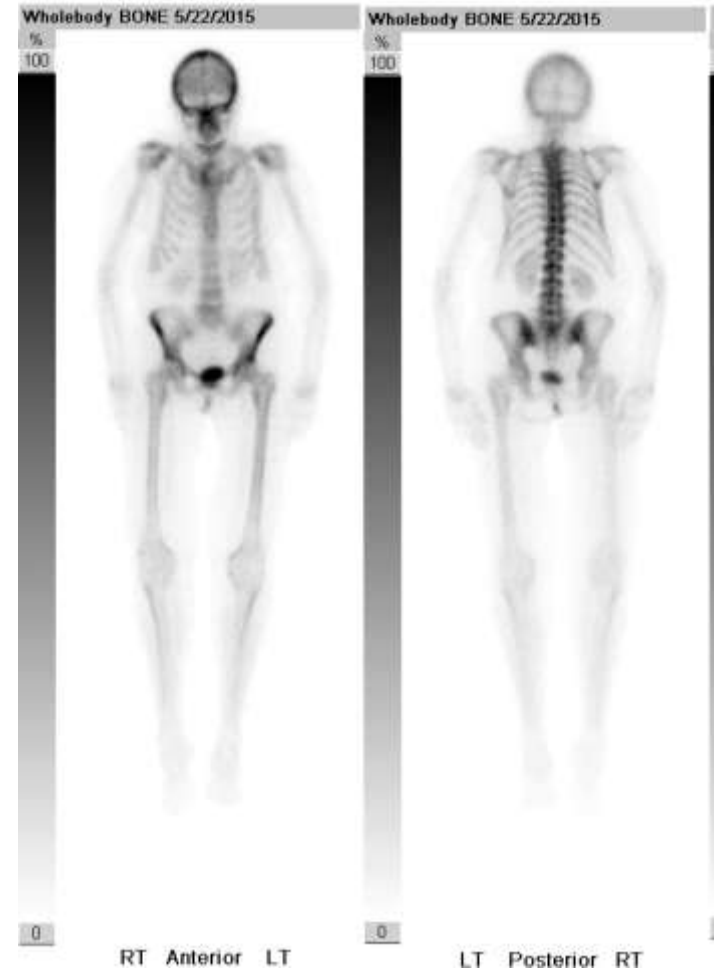


PET-CT



BONE SCAN

- No fasting required!
- Plan at least 4 hours
- Injected and after drink lots of fluids

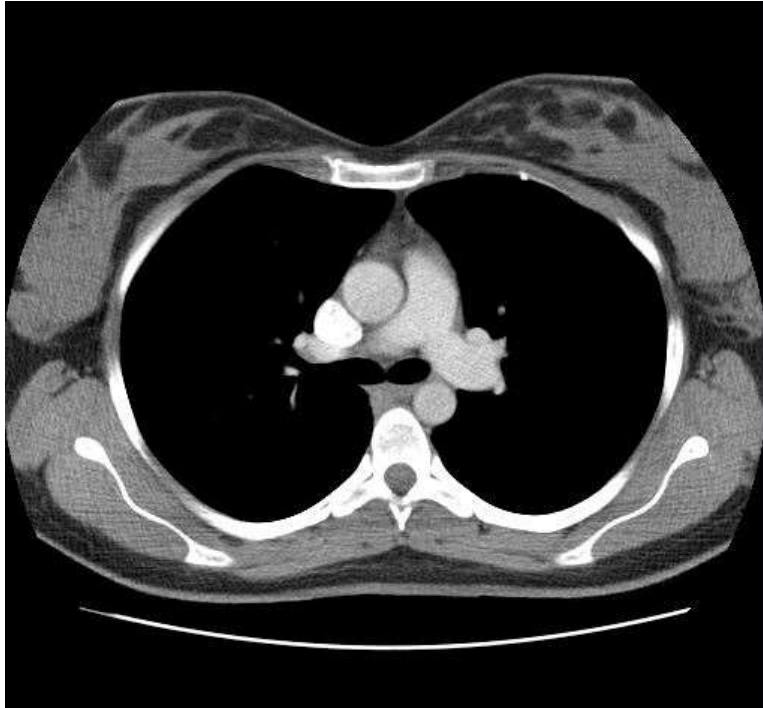


CT SCAN

- Oral and intravenous contrast are very helpful
- Oral barium prescription will be entered by your physician to be picked up at a Kaiser Pharmacy prior to your exam
- You may have to get blood work done prior to exam



CT SCAN

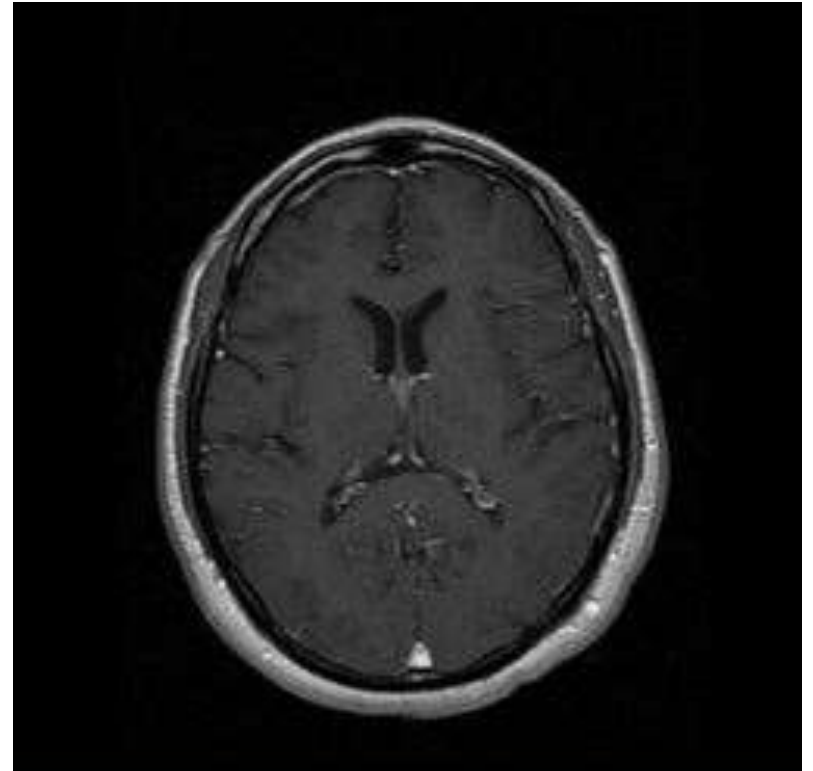
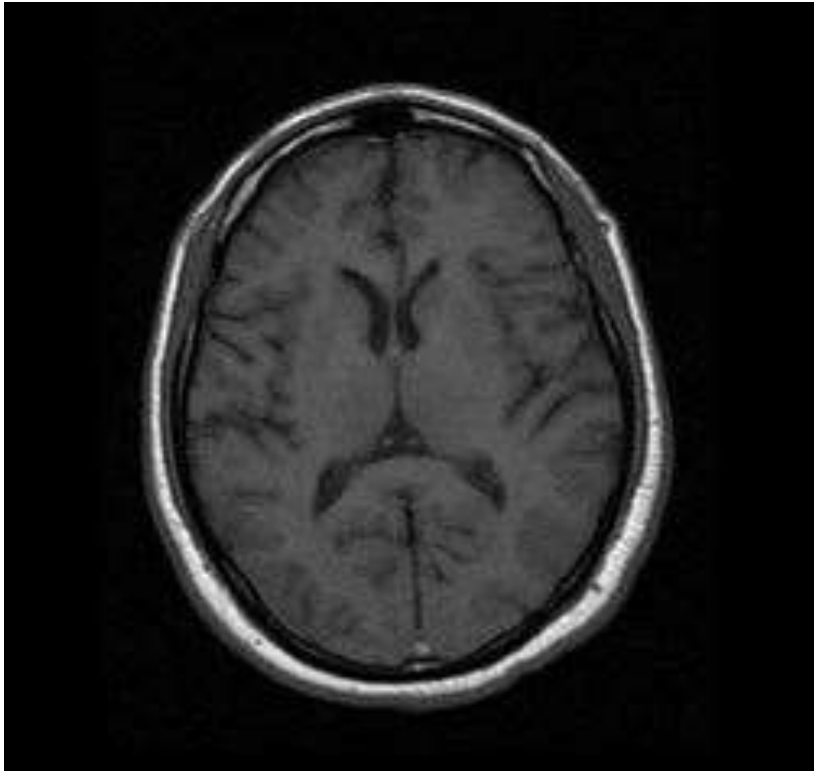


MRI

- Certain devices are prohibited
- Tell technologist of prior procedures or implants
- Let us know if there is history of metal working
- Remove all jewelry, phones, etc.



MRI: IMPORTANCE OF CONTRAST



DEPARTMENT OF IMAGING SERVICES: THANK YOU!

- Ainsley MacLean, MD and Vivek Mathur, MD – Regional Medical Directors for Imaging Services
- Shashi Ranganath, MD and Wilbur Chang, MD – Assistant Regional Medical Directors for Imaging Services