

ImagingAdvances



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Malia, a young patient at Medical Imaging at Lee's Hill, is reassured by her mother, Molissa Annunzi (center), and Technologist Rachel Gomez.

Medical Imaging at Lee's Hill Develops Specialized Children's Imaging Services

Children are not the same as adults, physically or emotionally. Medical Imaging at Lee's Hill recognizes the differences, providing pediatric imaging services that ensure its youngest patients receive "child-size" doses, extra precautions, and special attention.

"People do not have to drive to the Washington area or Richmond for pediatric imaging services. We have them right here," noted Trisha Sumner, facility manager for Medical Imaging at Lee's Hill.

Lee's Hill is one of four local outpatient imaging centers available through a partnership of Radiologic Associates of Fredericksburg (RAF) and Mary Washington Healthcare.

The Lee's Hill center serves both adults and children with extensive imaging services but has developed special services for pediatric patients, Sumner explained. These include the following child-friendly features.

Image Gently® Doses

Radiologists and technologists have received continuing education training through the Alliance for Radiation Safety in Pediatric Imaging to use "child-size dosing" when imaging pediatric patients, Sumner said. Image Gently protocols are also the standard at other medical facilities served by RAF radiologists: Medical Imaging of Fredericksburg, Medical Imaging of North Stafford, the Imaging Center for Women, Mary Washington Hospital, and Stafford Hospital.

The Alliance for Radiation Safety in Pediatric Imaging is a coalition of health care organizations dedicated to providing safe, high-quality pediatric imaging worldwide. For more information, visit imagegently.org.

Protective Shielding

Lee's Hill staff protect pediatric patients during procedures with lead aprons available in multiple children's sizes.

The facility also purchased a "scoliosis shawl" specially designed to shield patients with this condition. Sumner said the scoliosis shawl is used to reduce exposure to developing breast tissue during imaging procedures.

Children's Imaging Services continued page 3

Local Heart Attack Prevention Screening Receives Accreditation

Coronary Calcium Scoring Tests Are Key to Efforts

Medical Imaging of Fredericksburg (MIF) has earned international accreditation through the National Heart Health Program® for its calcium scoring screening tests, said Ed Swager, CEO of Radiologic Associates of Fredericksburg (RAF).

Coronary calcium scoring – also known as heart scan screening – is a fast, painless CT scan that enables physicians to assess a patient's risks of having heart disease, a heart attack or stroke in the next five years. Heart disease is the No. 1 killer in the US for women and men alike, more than all cancers combined.

RAF's board-certified, fellowship-trained diagnostic radiologists evaluate the test results at MIF and communicate findings to patients and their physicians.

"We worked closely with the National Heart Health Program to meet its standards for accreditation as a member site. The program follows the guidelines of the American College of Cardiology, American Heart Association and American College of Radiology," Swager noted.

Heart Attack Prevention Screening continued page 3



Do You Have Leg Pain and Fatigue, Or Visible Varicose Veins?

You may have superficial venous reflux disease.

Our board-certified interventional radiologists and vascular surgeons at Virginia Interventional & Vascular Associates (VIVA) provide minimally invasive treatment options for varicose veins.

Cause of Varicose Veins

Veins have one-way valves that close to prevent the blood from pooling at the ankles. When the valves are damaged or become stretched out, the blood leaks backward, causing the veins to enlarge and become varicose.

Symptoms of Varicose Veins

- Aching or cramping in the legs
- Heaviness or tiredness
- Burning or tingling
- Swelling that is worse at the end of the day

Treatment Options

- Compression stockings
- Endovenous Laser Therapy
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- Ambulatory or stab phlebectomy
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- Liquid Sclerotherapy

Benefits of Treatment

- Improved appearance
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Radiologist Spotlight: Stacy Moulton, MD

When Dr. Stacy Moulton of Radiologic Associates of Fredericksburg (RAF) finished college, he spent a summer backpacking around Europe with friends. On that journey, he read a novel that changed his life: John Irving's *Cider House Rules*.

"The plot centers on Homer Wells, an orphan who grows up in an apple orchard owned by Dr. Wilbur Larch," Dr. Moulton said. "Larch's admonition to Homer was consistent: 'You have to be of use.' That's always stuck with me, and it was one of the main drivers of my decision to be a diagnostic radiologist. I wanted to be of use."

Growing up in Northern Virginia, Dr. Moulton was always interested in the sciences. He majored in biology at Mary Washington College (now the University of Mary Washington), followed by a year of HIV research at the US Food and Drug Administration.

"I thought I would have a career in research," Dr. Moulton said. "But I found it repetitive and decided that medical school offered a lot more opportunities to make a difference." He graduated from Eastern Virginia Medical School (EVMS) in Norfolk, initially focusing on pediatrics but making a well-thought-out switch to radiology. "I was drawn to the advanced technology and the uniqueness of each patient case," he explained.

While at EVMS, Dr. Moulton met his wife, Andrea, who was studying to be an OB/GYN physician. The two moved to Florida, where Dr. Moulton completed his internship, radiology residency, and fellowship at Mayo Clinic in Jacksonville while his wife served at Arnold Palmer Hospital for Women and Children in Orlando. With schooling finished, they decided to look for work in Virginia to be closer to family.

In 2006, they moved to Fredericksburg when Dr. Moulton was offered a position as a diagnostic radiologist at RAF. "Sometimes you just know when something's the right fit," he said. "When I came home from my interview with RAF, I said to Andrea, 'I think this is the place.' It was."

Today, he serves patients at Medical Imaging of Fredericksburg, Medical Imaging at Lee's Hill, Medical Imaging of North Stafford, Mary Washington Hospital and Stafford Hospital.

"What I like best about our practice is that we're truly integrated into the health care system and into the community. We're not just reading images. We're always striving to bring valued services to our patients."

For example, under Dr. Moulton's leadership as director of cross-sectional and body imaging, RAF launched a lung screening program for patients who are current or former smokers considered at high risk of developing lung cancer. The test can detect signs of lung cancer at early, more treatable, stages. Most recently, a "calcium scoring" screening test was introduced to measure the amount of calcium plaque in patients' coronary arteries. See *calcium scoring story in this issue*.

Dr. Andrea Moulton served as an OB/GYN physician at Rappahannock Women's Center in Fredericksburg. She eventually left her medical career to be at home with the Moultons' two children, Owen, now 11 and a devoted soccer player, and Ava, 9, a budding gymnast. "In her second career, my wife discovered her creative side," Dr. Moulton said. "She started a craft business, 'Charmtinis.'" Other occupants of the home front are four female cats: Mini-moo, Sadie, Felina, and Pussy Willow.

An avid sports fan, Dr. Moulton enjoys all Washington, DC sports teams, exercising, tubing the Rappahannock River and delights in taking his family on hiking and camping trips in Shenandoah National Park. Another treasured destination is the Outer Banks of North Carolina.

"Whatever we're doing together, we're happiest when we're outdoors," he said. "We want our kids to pack in as many experiences as they can, making memories they can draw from for a lifetime." ■

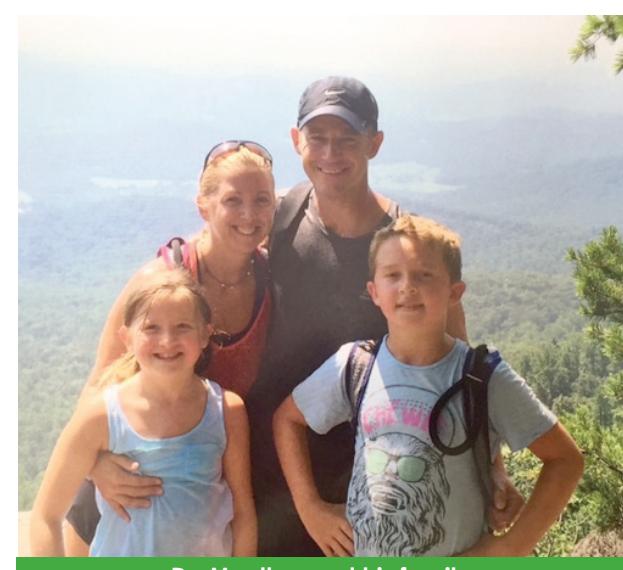




PHOTO BY DAN DONEHEY

Our other centers also serve children. Here, Dr. Jakob Schutz talks to a special patient, his daughter, at Medical Imaging of North Stafford.

Child-Friendly Touches

Lee's Hill expedites pediatric imaging tests whenever possible by enabling referring physician offices to call ahead when registering patients. Children also feel welcome from the moment they arrive thanks to the kid's section of the waiting room with child-sized furniture, toys, and books, including coloring books about radiology.

Sumner noted that the pediatric touches continue in the children's changing area and exam room, which are decorated in cheerful, child-friendly designs, and in the center's open MRI room, which allows children to have their parents by their sides during MRI imaging tests. Child-sized hospital gowns in several sizes help the center's youngest patients feel comfortable throughout their visit. Pediatric patients who are restless or nervous are reassured by the center's experienced, child-friendly staff.

Convenient Location and Hours

Medical Imaging at Lee's Hill is located at 10401 Spotsylvania Ave., Suite 101, Fredericksburg, VA 22408, close to US Route 1 and the Spotsylvania Exit off I-95. It is open early morning, evening, and weekend hours in addition to normal office hours, accommodating busy life schedules.

To schedule an appointment, phone (540) 741-7720 or visit mifimaging.com/locations/lees-hill/. ■

Improved Predictor

Neil B. Green, MD, RAF physician director of cardiac imaging, said coronary calcium scoring uses a high-speed CT scan to reveal early predictors of cardiovascular disease – flecks of hard plaque (calcium) buildup in the blood vessels of the heart that are counted. The higher the calcium score, the greater the risk. The lower the score, the lower the likelihood of developing cardiovascular disease.

Based on the results, patients and their physicians can make changes in diet, exercise and/or medications to lower risks. In some cases, patients who were previously believed to be at significant risk have been able to eliminate statin medications after consulting with their physicians.

Research indicates that calcium scoring tests are highly accurate. There is no such thing as a false-positive calcium score. It is 100% accurate for coronary atherosclerosis. As a result, the screening test is an improvement on the widely used Framingham Risk Score for evaluating patients who have no outward signs of cardiovascular disease but are believed to be at "intermediate risk," Dr. Green said.

Calcium scoring also is a better predictor than blood cholesterol tests because some patients with heart disease have normal blood cholesterol levels.

"Calcium scoring recently received a seal of approval from the American College of Cardiology/American Heart Association guidelines for use in intermediate-risk patients – the largest patient population," Dr. Green said.

"Medical advisory groups such as the Society for Heart Attack Prevention and Eradication (SHAPE) have also reviewed the research. They recommend calcium scoring tests for screening men ages 45–80 and women ages 55–80 who have no known heart disease or younger patients with two or more risk factors."

The National Heart Health Program web site noted that based on the more than 82,000 asymptomatic patients who have received calcium scoring at member sites so far, 41% were found to be at low risk, 34% at moderate risk, 12% at high risk and 13% at very high risk of a cardiovascular event in the next five years.

Fast and Non-Invasive

Before the screening test is started, electrocardiogram (EKG) patches are placed on the patient's chest to ensure that the CT scans are taken during a resting heart rate. The patient lays on a table that slides into the large circular hole of the CT machine.

The screening takes about 30 minutes from start to finish, with the CT scan itself completed in about five minutes, Dr. Green explained. RAF CEO Swager added that little radiation exposure is involved, the equivalent of one-half the annual background exposure in the US from everyday activities or the equivalent of one screening mammogram.

A specially trained radiologist evaluates the test and gives the patient a calcium score. Any findings of concern are discussed directly with patients and their physicians. Patients who do not have primary care physicians or specialists already working with them are referred to local medical practices, Dr. Green said. ■

Calcium Scoring Screening Is Recommended for:



- Men ages 45–80 and women ages 55–80 with no known heart disease
- Younger patients with two or more risk factors, such as high blood pressure, diabetes, obesity, smoking or a family history of heart disease/stroke

Medical Imaging of Fredericksburg is offering the \$149 test for \$99 this summer. Most insurers do not cover it yet.

Call (540) 741-7644 for information, and talk to your physician about this important test.

www.rafimaging.com
www.vivassociates.com
(540) 361-1000

Ed Swager, Chief Executive Officer

Radiologic Associates of Fredericksburg (RAF) is the largest provider of medical imaging services in the Fredericksburg, Stafford and Spotsylvania area. RAF's interventional radiology and vascular services group, Virginia Interventional & Vascular Associates (VIVA), performs minimally invasive procedures, vascular lab studies and vascular surgery.

RAF publishes *Imaging Advances* periodically for referring physicians and the greater medical community. For more information, please contact Irene Valentino, RAF Director of Administrative Operations, ivalentino@rafadmin.com, (540) 361-1000.



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CIMT Screening



Fast, Painless Ultrasound Helps Prevent Heart Attacks and Strokes

The carotid intima-media thickness (CIMT) exam measures the thickness of the carotid artery's inner walls to detect early signs of atherosclerosis. Based on results, changes can be made in diet, exercise and/or medications to lower the risks of a heart attack or stroke.

- Recommended for Men 45-75 or Women 55-75 with one or more risk factors.
- Risk factors include uncontrolled diabetes, uncontrolled high blood pressure, obesity, smoking more than one pack of cigarettes daily, or a family history of heart disease.

Provided by



Most insurers do not cover CIMT, which costs \$175 at VIVA

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