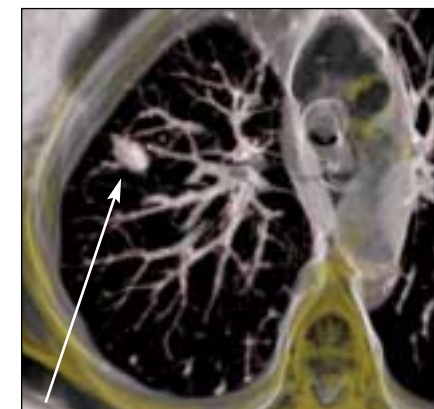


# To Screen or *Not* to Screen



**Dr. Carmel Donovan believes that advanced screening studies—like cardiac/calcium scoring, lung screening, virtual colonoscopy and full body screening—have a distinct role in early detection.**



**A 3-D lung reconstruction detects a cancer.**

The latest Ultra fast CT medical screening raises both high interest and some question. “Clearly CT (computed tomography) screening is not for everyone, and the patient’s physician should be involved,” notes Dr. Carmel Donovan, Director of NYPMI.

New York Private Medical Imaging, LLP (NYPMI), provides the most advanced detection technology currently available in medical imaging.

The Siemens “Somatom Volume Zoom,” ultra-fast multi-detector CT scanner performs calcium scoring, lung screening, full body scanning, and CT virtual colonoscopy, as well as routine studies more accurately in the fastest time with the lowest radiation exposure.

## Lung Screening-Reduces Lung Cancer Deaths

Low dose lung cancer screening, targeted especially for those with a history of smoking or exposure to inhaled carcinogens, started at NYPMI after the renowned Japanese study proved its usefulness six years ago. Chest x-rays for cancer screening are limited and often only detect advanced tumors. CT can

detect pulmonary nodules that are not visible on standard chest x-rays.

One patient from Connecticut, a smoker, came for lung CT screening and an 8mm tumor in the right upper lobe was found and was successfully removed before it had grown and metastasized. “There are many such cases,” says Dr. Donovan.

Still another asymptomatic patient with a long history of smoking came in—and her lungs were clear. However the cardiac scoring placed her in the 95%, or the highest risk group for coronary artery disease. “This study may have prevented a totally unexpected heart attack,” opines Dr. Donovan.

## CT Cardiac/ Calcium Scoring

A person’s risk of having a heart attack can easily be evaluated by calcium scoring which identifies and quantifies calcium in the coronary arteries.

Non-invasive calcium scoring is more sensitive than exercise testing or nuclear medicine in identifying coronary disease in asymptomatic patients, according to the American Heart Association.

Fast acquisition time strongly enhances the role of CT to detect cardiac artery calcification by allowing the heart to be virtually motion-free. Follow-up scans will also enable the treating physician to monitor response to treatment of coronary artery disease.

## Full Body Scanning

A full body scan covers the entire chest, abdomen and pelvis, and, upon request, will also include the head and neck. It is a 15-minute procedure that has saved lives. Results are sent to the patient’s physician, and the patient is given a CD of the scan for a personal medical record and later comparison.

## Virtual CT Colonoscopy as Seen on “The View”

Unfortunately people still die from colorectal cancer because they fail to have a colonoscopy. Fortunately there is now a new alternative—virtual CT colonoscopy.

Colon cancer, the second leading cause of cancer death behind lung cancer, can be prevented if pre-cancerous polyps—which can be present in the

colon for years before invasive cancer develops—are detected and removed. Colon cancer detected in its early stages is up to 90 percent curable. “Most cancers are treatable, and colon cancer is one of the most curable tumors, if caught in time,” says Dr. Donovan. “Only 37% of colon cancers are now caught at an early stage.”

Dr. Donovan states, “Our first choice would be for patients to have a regular colonoscopy since polyps, if found, can be removed or biopsied at the same time. For patients who for one reason or another have not had a colonoscopy, virtual colonoscopy is a very good alternative.”

Colorectal cancer screening is vastly underused and last year, nearly 57,000 people lost their lives to the disease, but now that could change with the new virtual colonoscopy. A review in *Radiology* cited that this minimally invasive type colon exam works well at locating pre-cancerous polyps with minimal risk of bleeding or perforation.

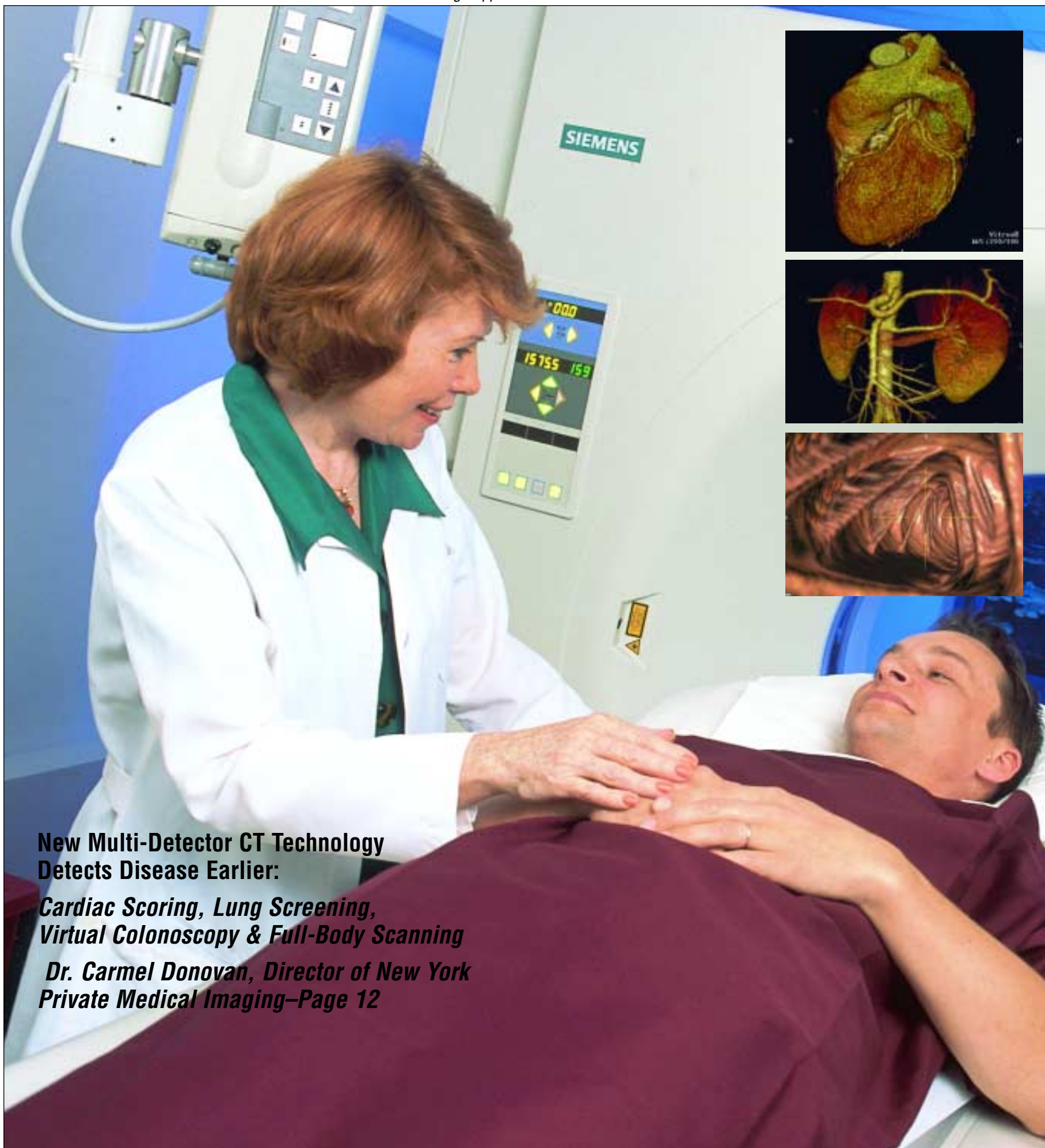
## Other Screening Options

Other screening examinations include color Doppler ultrasound to screen for carotid artery stenosis. At a moderate cost, an individual at risk for a debilitating stroke can be identified and appropriate preventative measures taken.

Limited MRI of the head screening for selected patients for brain disease such as tumors or aneurysm are also available.

For more information or referrals: (212) 772-7637. ■

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