

## CT and Low-Dose Radiation Exposure—Reducing Risk

In the past three decades, computed tomography (CT) imaging has helped revolutionize healthcare and has become an indispensable part of modern medicine. The ability to quickly assess the internal organs and diagnose many pathologic conditions has saved countless lives. However, radiographic studies are not without some risk.

CT studies expose a patient to radiation dose estimates in the range of 10 to 25 milliSieverts (mSv). Epidemiologic data from Japanese atomic bomb survivors show a statistically significant increase in cancer at dose estimates over 50 mSv. An effective dose of 10mSv results in an approximate 1 in 1,000 lifetime risk of cancer.

However, this is difficult to isolate from the lifetime incidence of cancer from all other causes which is approximately 40 percent or 400 in 1,000. In addition, the diagnostic benefit of CT imaging generally outweighs the small risk.

Nonetheless, it is important to reduce each patient's radiation exposure as much as possible. Recent

research suggests that CT radiation doses for some studies can be reduced below standard levels and still maintain a reasonable diagnostic accuracy. At Evergreen Radia, we continually work to provide patients with the safest imaging experience while maintaining high diagnostic quality in accordance with American College of Radiology (ACR) guidelines. In addition, as mentioned in previous Updates, we have expanded the role of MR imaging which does not carry any radiation exposure risk.

If you have any questions about how we can reduce your patients' radiation exposure risks, please call Evergreen Radia Imaging Center at (425) 952-6100. ■

*Dear Colleague:*

*I'm pleased to send you the latest issue of "Update" from Evergreen Radia Imaging Center. Six times a year, we will send you information about the benefit of the state-of-the-art technology and expertise we provide. Your questions/comments are welcome.*

*— Lloyd Stambaugh, MD, Medical Director*

## Improved Access to Evergreen Radia

Access to Evergreen Radia Imaging Center from Evergreen Hospital and surrounding offices has improved. The new overpass over I-405 at N.E. 128<sup>th</sup> Street has created a direct route from the hospital campus to our imaging center.

## MR and Gadolinium Contrast Policy Update

Radia recently updated its policy on administration of gadolinium-based contrast agents, in accordance with American College of Radiology recommendations. In summary, patients are screened for the following renal disease risk factors: age greater than 70 years, diabetes, known renal disease, dialysis. These patients will need a recent serum creatinine level and/or estimated glomerular filtration rate (eGFR) within four weeks of their MR exam. Gadolinium-based contrast is to be avoided when the eGFR is less than 30.

### Services at Evergreen Radia Imaging Center:

- CT
- 3T and 1.5 MRI
- X-Ray
- PET/CT
- Ultrasound
- Fluoroscopy/  
Pain Management

## EVERGREEN RADIA IMAGING CENTER

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[www.radia.net](http://www.radia.net)

## Decreased Hold Times in DI Scheduling

Over the past few months we have worked closely with our partners at Evergreen Hospital to decrease telephone hold times and improve access to DI scheduling. The current average hold time is less than one minute. This change was the result of a process improvement initiative to improve customer service based on feedback from our referring offices. Thank you for bringing the lengthy hold times to our attention. Please do not hesitate to let us know your concerns. Our goal is to provide outstanding service for you and your patients.

## Saturday MRI Exams

We perform contrast and non-contrast MRI exams on Saturday from 8 a.m. until 5 p.m. For your convenience, we are often able to take same-day add-on patients. On Saturdays, please call (425) 952-6100 to inquire about our schedule. We will make every effort to accommodate your needs.

## New Staff Join Evergreen Radia



Since February 2007, Evergreen Radia has added staff to better serve you and your patients. From left to right: MR Technologist AJ Black, ARRT (R); Patient Services Representative Christine DiSilvio; MR Technologist Nicole DeMoss, ARRT (R, M, CT, MR); Patient Services Representative Abigail Muller; Radiology Technologist Nayaab Sheriff, ARRT (R) and Dylan Carroll, Imaging Centers Manager. Not pictured: Jeannie Dorsey, RDMS, RDCS, RVT. ■

To schedule a PET/CT at Evergreen Radia, please call (425) 952-6111 or toll-free (877) 738-7226, or download a PET/CT referral form from <http://www.radiax.com/pdf/EvergrnRadiaPETImagForm.pdf> and fax the completed form to (425) 952-6110.

To schedule all other diagnostic procedures at Evergreen Radia, please call (425) 899-2831.