

Tigers

FALL 2014

InnovativeHealth

WELLNESS AND HEALTHCARE MAGAZINE

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DR. DAVID STRAHLE

FREE BREAST CANCER SCREENINGS

at Regional Medical Imaging UltimateMamm®

BY HANNA DANIELS

Dr. David Strahle, Radiologist and Founder of Regional Medical Imaging in Flint, MI presents a lecture titled, "The Miracle of Breast MR." This lecture outlines the finding from research and testing using Strahle Protocols for breast MRI. **MRI detects cancer up to SIX years before a mammogram**—for women with dense breast tissue (50% fibroglandular tissue or greater).

In his presentation, Strahle shows slide after slide of positive breast MRI scans, and surprisingly each of these women were told that their mammogram was negative. These women thought they were cancer free, but the MRI showed otherwise. In many cases, the MRI caught the cancer at a small enough size that surgery and/or chemo therapy was not necessary for treatment.

The researchers found that using several streamlined MRI sequences that Strahle developed for women with dense breast can identify 16.3 additional cancers detected per 1,000 women per year. In the general population, mammograms alone detect 2.7 cancers per 1,000 women per year, according to Strahle. "So, women with dense tissue, breast MR shifts time of detection up to six years earlier than screening the same patients with mammograms," says Strahle.

"For almost 50 years, mammography has been the only screening imaging modality accepted on a national and worldwide level for early detection of breast cancer," Strahle said. Strahle

supports mammography for women who do not have dense breast. "Mammography is still the best screening tool for women who do not have dense breast tissue and this is why RMI offers the UltimateMamm®."

The UltimateMamm® is a mammogram program offered by RMI that gives women all the information they need to take control of their health-care. When a woman gets an UltimateMamm, she is given her breast density and her Gail Score (lifetime cancer risk assessment). RMI evaluates her HBOC (Hereditary Breast and Ovarian cancer risk) by taking into account both immediate and extended family history. RMI will help determine whether a BRCA (Breast Cancer) gene test and/or a breast MRI are recommended. RMI tries to give women everything they need to feel and stay secure in knowing they are healthy and how to stay that way.

Mammography alone isn't enough anymore. For years, mammography has been the gold standard of screening for all types of breast tissue, but times change with new studies and better technology. Strahle states, "There have been little data available on the possibility of supplementing screening mammography with breast MR -- until now. Now we know an MRI can make the **difference between life and death** for women with dense breast."

Traditionally MRIs have been known to be too expensive. However, Dr. Strahle has created a way to make it **affordable for everyone!** Using Strahle Protocols, Strahle has reduced the cost

of breast MRI by almost 75 percent and is working with several insurance companies to cover the cost of the annual screening for women with dense breast. HealthPlus of Michigan is the first insurance company in Michigan to cover the cost of breast MRI in addition to mammography for women with dense breast as preventative care.

"I want to make sure that no more of our women have to die from this disease. I'm convinced that Strahle Protocols will knock breast cancer out of the top 10 deadliest cancers category," says Strahle.

At RMI, we are striving to help the uninsured in our community. After an overwhelming response to our Free Mammogram Day last year, we decided to carry the concept a step further by offering one Free Mammogram Day each quarter. The next screening date is November 8, 2014 at the Lennon Road office in Flint. In addition, we offer free screenings on the 1st Wednesday of every month at our new Saginaw location. To schedule an appointment, please call our scheduling departments at (810) 732-1919 in Flint or (989) 341-7891 in Saginaw. All appointment screenings are scheduled on a first come, first serve basis.

Dr. Strahle will be presenting "The Miracle of Breast MR" at the RSNA conference in Chicago, IL on **December 3rd** at 1:00pm. **You won't want to miss this!** This lecture will change your perspective on the diagnostic choices for breast cancer; it certainly changed my mind.

FREE CT LUNG CANCER SCREENINGS at Regional Medical Imaging

Offered To High-Risk Residents From August 1 – December 31, 2014,

For Eligible Participants. To Participate, You Will Need An Order From Your Doctor **BY HANNA DANIELS**

Regional Medical Imaging opened in 1985 by Founder, David Strahle, M.D., with a commitment to providing quality medical services with state-of-the-art technology. Randy D. Hicks, M.D., co-owner and CEO of Regional Medical Imaging (RMI), works closely with his colleagues in the medical community for best-practice approaches to care.

Tiffany Cole-Stitt, Marketing Director for RMI, provided insight on how early lung cancer detection saves lives.

RMI is an imaging center that works closely with your primary care physician to help provide the best medical care for each individual. Beginning in January of 2015, most insurance companies will be covering CT lung cancer screenings.

In the meantime, this free lung cancer screening initiative (developed by Ehab A. Youssef, MD), is intended to bring awareness of this screening to the community. The scan takes approximately five minutes and is painless.

Eligibility for this free CT Lung Screening:

- 55 – 80 years of age Current smoker or has quit smoking within the last 15 years
- Has smoked an average of one pack a day for 30 years
- Does not have a history of lung cancer or apparent lung problems

If you do not meet the eligibility requirements and would still like to have the lung screening, contact RMI. RMI provides options to help uninsured or underinsured patients manage the cost of medical imaging procedures. If you believe you are at risk for lung cancer, your first step is to discuss your smoking history or other risk factors with your

primary care physician.

To coordinate the appointment, your physician can contact RMI at (810) 732-1919 and consult with a radiologist about CT lung cancer screening. If you do not have a doctor, RMI will assist you.

Why Get a Free Screening for Lung Diseases?

CT lung screenings can detect small cancers at a much more treatable stage. These screenings are endorsed by the American Lung Association and numerous other medical societies throughout the U.S. and abroad.

In clinical trials, CT lung screenings have reduced lung cancer mortality in heavy smokers by 20 percent or more.

Should your scan result be negative, it will provide you with peace of mind. If the scan indicates any problems, the radiologist will write a report to your physician for recommendations and follow-up. A letter to the patient is sent as well.

Follow-up screening is recommended every 1 – 2 years.

Lung cancer symptoms vary from person to person, and sometimes people with lung cancer don't have symptoms. If you have symptoms, they may include:

- Shortness of breath, wheezing or hoarseness
- Constant chest pain, often made worse by deep breathing, coughing or laughing
- Loss of appetite
- Feeling weak or tired
- Coughing up blood, phlegm or mucus
- Swelling of the neck and face

- A cough that does not go away and gets worse over time
- Arm or shoulder pain

It is important to discuss any symptoms with your doctor, since they may also signal other health problems.

What is CT lung screening?

CT, also referred to as a "CT scan" or CAT scan, is computer tomography. Unlike images from conventional x-rays, a CT lung screening allows the radiologist to look at different levels (or slices) of the lungs using a rotating x-ray beam, providing details of tissues from organs, bones, blood vessels, etc.

Lung Cancer Risk Factors

Smoking tobacco is the number one risk factor for lung cancer, although people who have never smoked can develop lung cancer, too. Talk to your primary care doctor about your risk factors and find out the best program for you.

Community and Support

- RMI can help individuals who would like to quit smoking by providing local resources or assisting you in contacting the hot line number 1-800-QUIT-NOW
- CDC website www.cdc.gov/tobacco/campaign/tips/quit-smoking
- Reach out to your physician for other community resources, literature or counseling.



For more information about RMI, visit their website at www.rmipc.net or call (810) 732-1919.

MID-MICHIGAN'S IMAGING LEADER

For more than 25 years, Regional Medical Imaging has provided superior service to physicians and patients throughout mid-Michigan. We strive to enhance the health and wellness of patients not only by providing quality imaging care, but by providing it with care.



RMI

REGIONAL MEDICAL IMAGING

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