

Insight **Sound**

SPRING ISSUE +
SEPTEMBER 2017 +
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OCTOBER
*Breast
Cancer*

• AWARENESS MONTH •

 **sound**
RADIOLOGY

XRAY | LOW-DOSE CT SCAN | ULTRASOUND | MRI

Staff Profile



SOPHIE IS A MULTI-SKILLED RADIOGRAPHER WHO HAS BEEN WORKING AT SOUND RADIOLOGY FOR THE LAST 5 YEARS.

Her areas of diagnostic expertise include CT, Mammography and MRI. Sophie gained her certificate in clinical proficiency in mammography in 2015 and has successfully completed level 1 accreditation in MRI, with specific training in MRI breast imaging. Sophie actively engages with other professionals in the breast imaging community, recently attending a South Australian Breast Cancer Study group seminar along with one of the practice nurses.

'Our friendly staff are here to support women through their breast imaging experience and provide the best possible patient outcomes. Our empathy and compassion ensures women feel comfortable in a somewhat uncomfortable situation.'

Health & Fitness

CLIENT

- + 29 YO Female
- + Height 165cm.

Undergoing a 3 month fitness challenge accompanied by dietary changes. Notice, the BMI didn't alter drastically, however looking at the client composition changes, the improvement is evident. . A 23% reduction in body fat and an increase in lean muscle clearly demonstrates the overall improvement through a monitored and well programmed 12 week challenge.

BEFORE:

- + 73kg, BMI in overweight range at 25.3
- + BONE MASS 4.6%,
- + LEAN MUSCLE 67.8%,
- + BODY FAT 27.6%

AFTER:

- + 65kg, BMI in healthy range at 23.51
- + BONE MASS 5%,
- + LEAN MUSCLE 72.6%,
- + BODY FAT 22.4%



CASE STUDY

Monitoring Progress with DEXA

Winter hibernation is over! Summer is fast approaching and the warm of the sun will soon be felt on the back of your neck.

It is time to dust off the gym gear and runners in attempt to lose a couple of those extra winter kilos. And what better way to monitor your progress than DEXA.

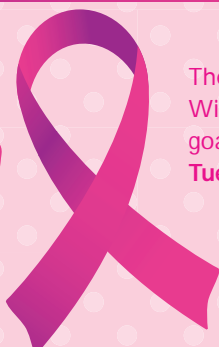
DEXA imaging provides a fast and accurate way to measure changes in fat mass and fat free mass.

Whether you are embarking on a new fitness program and require baseline measurements or evaluating the success of a change in training approach, DEXA provides you with a quantitative measurement tool

Achieving results through body composition analysis...

Breast Cancer • AWARENESS MONTH •

Pink Ribbon Breakfast



The team at Sound are passionate about screening and early detection of breast cancer. With breast cancer awareness month around the corner, we have set our fundraising goal at \$3000 by the end of October. Help us achieve our goal by coming past on **Tuesday 24th October** for breakfast & coffee from 7.30am.

WE OFFER A FULL COMPLEMENT OF BREAST IMAGING FROM MAMMOGRAPHY & ULTRASOUND TO DIGITAL BREAST MRI.

PINKRIBBONBREAKFAST.GOFUNDRASE.COM.AU/PAGE/SOUNDRADIOLOGY

On the Political Front

From 2003/04 to 2013/14 health spending grew 5% compared to the GDP of just 2.8% to reach a tally in excess of \$155 billion. This is roughly divided 1/3 on hospitals, 1/3 on primary health care and a 1/3 other services combined including Medicare.

Like many areas of medicine, diagnostic imaging has failed to achieve appropriate Medicare rebate indexation.

In fact, routine annual indexation in our sector has not been applied since 1998 with nothing budgeted until at least 2020.

Over the past decade our cost of living has escalated as we are all familiar with. Petrol is 300% more expensive and clear statistics on energy pricing will no doubt continue to dishearten our states households and businesses.

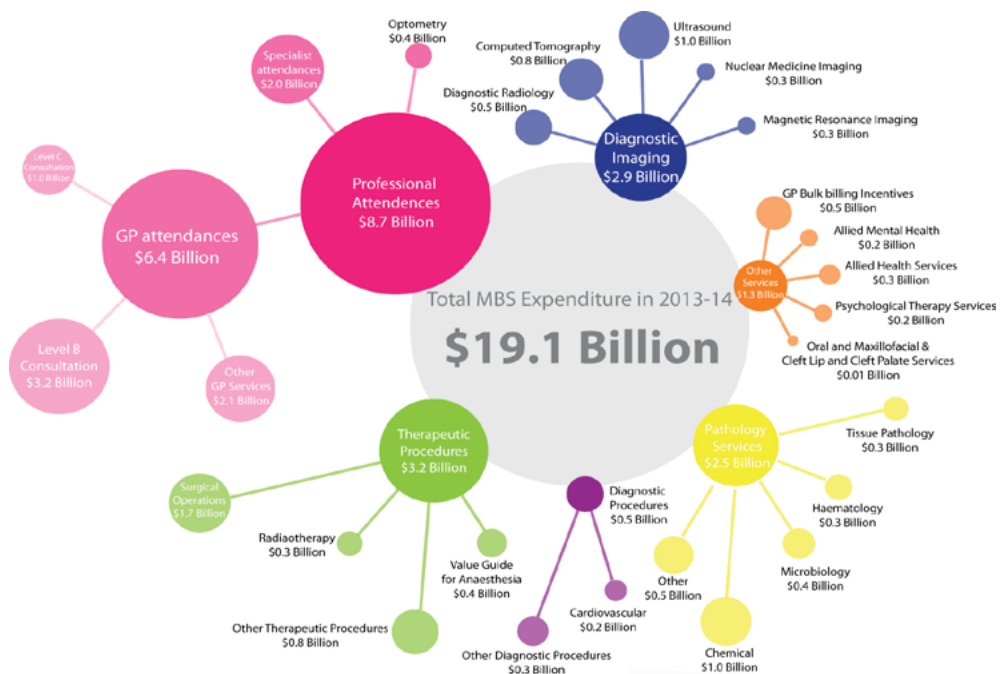
So, what does this mean for our service provision? Our peak bodies continue to work with the Government on finding solutions that meet the healthcare needs of Australian's. We need the appropriate levels of funding through Medicare to not only see affordability but also access to appropriate diagnostic imaging for Australian's.

The case of investigating a breast lump
For example, the rebate for a single breast mammogram is a mere \$45.90. In that fee, we are required to have a sub-specialist radiographer who has undertaken additional studies to perform mammograms, a Radiologist who is proficient in reading and providing a diagnostic report for mammograms and for radiology providers to invest in \$100-200,000 systems to provide the greatest image quality for breast imaging.

There is clearly a funding gap which unfortunately, the co-payment to help subsidise the study which is passed onto the patient.

Breast imaging often requires multiple modalities. With rebates available for mammography and ultrasound in most circumstances. However, Medicare funded Breast MRI, a specialist referral is required with stringent clinical information on either metastatic disease or implants is required.

We fall well short in helping our South Australian's access appropriate and affordable breast imaging. However, it is still important to ensure that when referring women, they attend a practice that ensures the equipment, accreditation and Radiologist expertise are all at the highest standards for diagnostic confidence. For more information on the cost of our breast imaging services (including digital MRI) please phone our staff.



Reviews of the Medicare Benefits Schedule and the NHMRC Professor Bruce Robinson Chair, MBS Review Taskforce Chair, NHMRC Sydney 18 April 2016

SPRING Recipe

CRUNCHY ASIAN SALAD

STEP 1

PLACE ALL SALAD INGREDIENTS IN A LARGE MIXING BOWL.

STEP 2

TO MAKE THE DRESSING, IN A JUG, WHISK TOGETHER ALL INGREDIENTS.

STEP 3

POUR OVER SALAD JUST BEFORE SERVING AND TOSS WELL TO COAT.

STEP 4 - OPTIONAL EXTRA

USE LEFT OVER HALVES OF LIMES TO MAKE A REFRESHING GIN AND TONIC

- + 1/2 SMALL CHINESE CABBAGE SHREDDED
- + 50G SNOW-PEA SPROUTS, TRIMMED, HALVED
- + 1 CARROT, PEELED, SLICED THINLY INTO BATONS
- + 1 RED CAPSICUM, SEEDED, THINLY SLICED
- + 1 CUP CORIANDER LEAVES
- + 1/2 CUP FRESH MINT LEAVES, TORN
- + 1/2 CUP TOASTED PEANUTS, CHOPPED
- + 1/4 CUP PICKLED GINGER SLICES
- + 100G PACKET FRIED CRUNCHY NOODLES
- + FINELY GRATED RIND AND JUICE OF 1 LIME
- + 1 TABLESPOON FISH SAUCE
- + 1 FRESH RED CHILLI, DESEDED, FINELY CHOPPED
- + 2 TEASPOONS BROWN SUGAR
- + 1 GARLIC CLOVE, CRUSHED



Clinical Case study

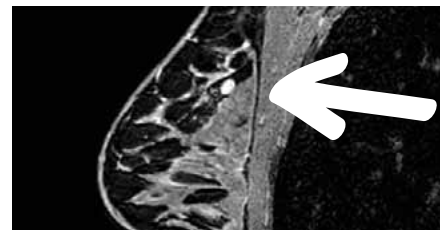
MR BREAST EVALUATION

a valuable resource for the mixed density breast.

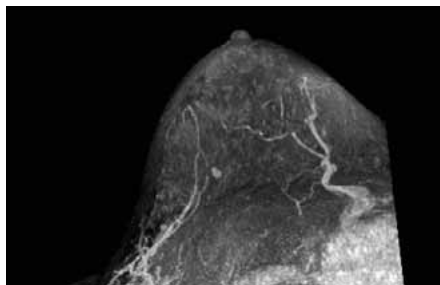
CLINICAL HISTORY:

41yo 22 weeks pregnant presents with enlarged lymph nodes left axilla and a palpable lump on the right breast. The ultrasound demonstrated a 12 x 7 x 11mm hypoechoic lesion at 10 o'clock within the breast containing central echogenic area and a rim of hypoechoic area with internal vascularity (Lesion 1). This was in keeping with an intramammary lymph node. There was also another lesion at 10 o'clock which was hypoechoic and irregular in natural (Lesion 2), it too contains internal vascularity. The benefit of the comparing to the previous MRI 10 months prior, was able to demonstrate the Lesion 1 as most likely the lymph node. However, Lesion 2 was not present on the MRI and subsequent FNA was performed. FNA results showed 'mild cytological atypia' and in keeping with pregnancy related changes. A review post-partum is suggested.

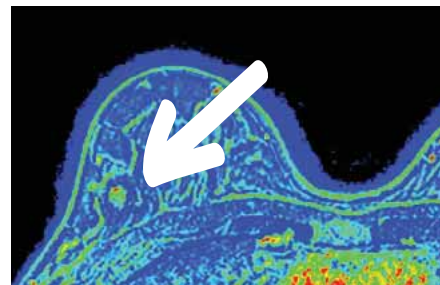
In the mixed type breast tissue (fatty and glandular), the MRI was able to assist in reassurance and diagnosis. MRI is able to not only support grey scale imaging, but also the dynamic map images show the rate of vascularity of the lesion supporting it as a lymph node.



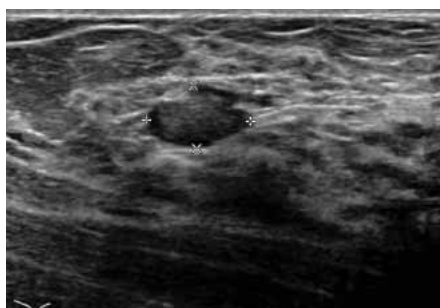
MRI – mixed echogenicity of the fatty (dark) and glandular (light) tissue. Lesion 1 demonstrated



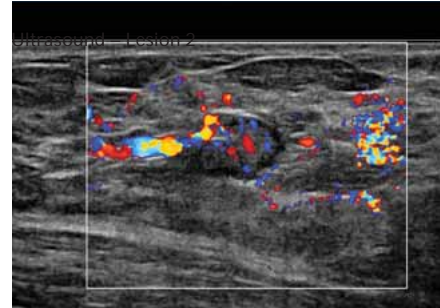
MRI-3D demonstrating Lesion 1 with corresponding relationship to mammary vessels



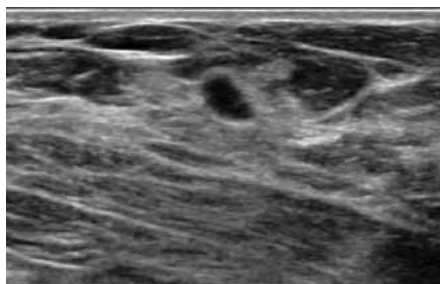
MRI – Dynamic Map showing vascularity uptake in Lesion 1



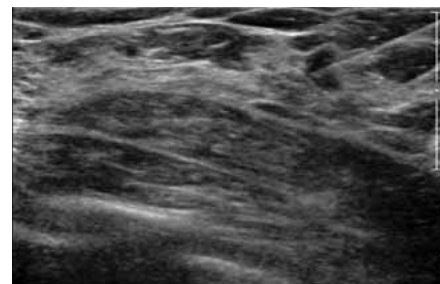
Ultrasound – Lesion 1



Ultrasound – Lesion 1 with internal vascularity



Ultrasound – Lesion 2



Ultrasound – Lesion 2 FNA – needle shown into the lesion

Services we provide

- + General xray
- + Fluoroscopy
- + Dental imaging
- + Low dose CT scanning
- + Digital MRI
- + Mammography

- + Ultrasound (including subspecialists in obstetrics, gynaecology, paediatric and sports medicine)
- + Bone densitometry
- + Body composition scanning

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