

# TOWER SAINT JOHN'S IMAGING

## THE READING ROOM

Welcome to Tower Saint John's Imaging's quarterly newsletter.  
We hope you enjoy the view from inside **The Reading Room**.

Fall 2008

### MAGNETIC RESONANCE ANGIOGRAPHY LOCATING NARROWED BLOOD VESSELS

**A**therosclerosis or hardening and narrowing of the arteries affects millions of people each year. The presenting symptoms depend on the specific arteries involved. For example atherosclerosis of the carotid arteries that supply the brain can lead to stroke, while narrowing of the leg arteries can present as cramping and fatigue in the calves and thighs during walking (a condition called claudication).

MRA (Magnetic Resonance Angiography) is a type of MRI (Magnetic Resonance Imaging) examination that radiologists utilize to non-invasively evaluate the arteries of the body, allowing for early diagnosis and treatment. The examination is safe and accurate. This state of the art imaging depicts the location and degree of narrowing within the blood vessels.



MRA of the Neck

TSJI has advanced MRI equipment and software to perform the entire gamut of vascular imaging including: Carotid and Cerebral MRA, Renal MRA, and Peripheral MRA of both lower and upper extremities. All MRA studies are interpreted by our subspecialty Radiologists ensuring accurate and detailed information for our referring clinicians.

### GIVING BACK

Tower Saint John's Imaging is committed to the fight against breast cancer. During the month of October, Breast Cancer Awareness Month, Tower Saint John's Imaging is stepping-up against breast cancer by donating \$1 from every screening mammogram performed in our imaging center to the John Wayne Cancer Institute to aid in the research of and finding a cure for breast cancer.



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# MRA CASE STUDIES

BY ANIL WADHWANI, MD

## CASE I

**History:** 65 year old female with severe hypertension on multiple antihypertensive medications. Her physician suspected reno-vascular hypertension as a cause. She was referred to TSJI for MRA of the renal arteries.

**Image 1:** MRA of the renal arteries demonstrating high grade bilateral renal artery origin stenosis.

**Image 2:** Angiogram was performed which confirmed the findings of the MRA.

**Image 3:** Patient went on to have bilateral renal artery stents placed, with no residual stenosis.

**Outcome:** The patient's blood pressure normalized in 2 weeks and she is no longer on antihypertensive medication.



Case 1, Image 1



Case 1, Image 2



Case 1, Image 3

## CASE II

**History:** 75 year old man with diabetes who presented to his physician's office with a non-healing ulcer on his right toe. The patient was referred for MRA of the aorta and lower extremities.

**Image 1:** MRA of the right leg demonstrates a heavily calcified plaque in the mid SFA resulting in 90% stenosis. A second >90% eccentric stenosis is identified in the distal SFA.

**Image 2:** Angiogram of the right leg confirms the location and degree of stenosis.

**Image 3:** Patient had balloon angioplasty and stenting of both areas. Completed angiogram demonstrates markedly increased diameter of the vessel and improved flow.

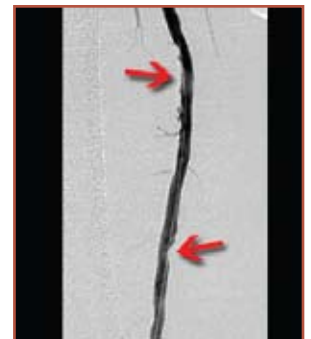
**Outcome:** The patient's ulcer healed completely in approximately 4 weeks.



Case 2, Image 1



Case 2, Image 2



Case 2, Image 3



## TSJI's NEW WEB SITE

Tower Saint John's Imaging's new web site is now live at: [www.towersji.com](http://www.towersji.com).

The site features enhanced patient sections including exam preps, driving directions to our center, valet parking information, forms for patients and physicians to easily download, our contracted insurance plans, previous issues of The Reading Room newsletter, photos and biographies of each of our Radiologists, and more!

Check the site often for new information & helpful resources.



# MRI DETECTS BREAST CANCER IN YOUNG STAR

A doctor ordered Breast MRI is the reason a breast tumor was detected early in 36 year old actress, Christina Applegate, according to Applegate and her Publicist.

Applegate, who has a family history of breast cancer, was diagnosed with early-stage breast cancer in July 2008 and is undergoing treatment.

Applegate says, "Besides me being really vigilant about it, (the MRI) is the number one reason that I'm going to live. If this had been caught a year from now, or when I was 40, I probably wouldn't be able to live through this, or I would have to undergo so much more than I have."

The American Cancer Society's records for 2000-2004 show that 95% of new cases and 97% of breast cancer deaths happened in women age 40 and older and the median age at diagnosis was 61. In March 2007, an expert panel convened by the American Cancer Society recommended that only women at high risk of breast cancer get annual MRI screening in addition to mammography.

Source: WebMD, "Christina Applegate's Breast Cancer: FAQ", August 4, 2008; The Post Chronicle, "Christina Applegate Launches New Cancer Testing Crusade", August 20, 2008.

## PACS INTEGRATION TSJI & SJHC TO SHARE PACS PORTAL

Tower Saint John's Imaging and SJHC will soon share a common location for all inpatient and outpatient exam images that were previously stored and accessible on different PACS servers.

PACS integration between the two facilities will allow hospital and non-hospital physicians easy access to current and prior patient studies resulting in a greater continuity of care.

Stay tuned for more details about the launch of this new service.

*on the front  
Tower Saint John's Imaging  
at sundown*

## GETTING TO KNOW US

### RUBY PANTOJA EXECUTIVE DIRECTOR OF OPERATIONS

Ruby Pantoja, a native of San Fernando Valley, is the Executive Director of Operations of Tower Imaging Medical Group. She manages the day-to-day operations of the imaging centers improving work flow, ensuring exam efficiency and the satisfaction of patients and referring physicians.



Ruby has a B.S. degree in Health Science and a Master's of Science in Health Care Administration and Management from Cal State Northridge. Prior to Tower Imaging Medical Group, she worked in Eligibility and Provider Relations for a Management Service Organization in Woodland Hills, and as the Director of Admitting/ER for Mission Community Hospital in Panorama City, CA.

In her free time, Ruby enjoys traveling and hiking.

## V.I.P. TREATMENT

Are your patients V.I.P., or do they just need a little V.I.P. treatment? Tower Saint John's Imaging is designed to cater to individuals who require additional privacy or have unique circumstances. A simple phone call to notify us of the situation will put our dedicated staff to work to be sure we have the necessary accommodations in place.



# MRI WORD SEARCH

Try your hand at locating the MRI words listed below in this fun and educational word search. Find words up, down, across, diagonal and even backwards!

**FREQUENCY**

**COIL**

**BREAST**

**TESLA**

**GAUSS**

**MAGNETIC**

**HIGH FIELD**

**GRADIENT**

**RESONANCE**

**WEIGHTING**

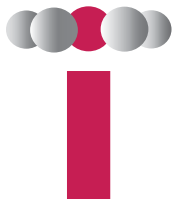
**SPINE**

**DISK**

**ANGIOGRAPHY**

**IMAGING**

B	G	Y	D	H	U	M	A	D	E	R	R	S	C	O	I	L	T	C
E	F	H	S	A	S	E	L	N	M	D	N	U	O	K	N	L	B	D
M	L	H	I	G	H	F	I	E	L	D	A	D	S	G	H	T	S	F
W	E	G	N	A	L	L	M	D	S	E	R	T	P	O	N	P	E	R
L	B	U	I	U	D	R	E	C	B	G	N	I	T	H	G	I	E	W
M	H	I	S	S	R	E	D	V	X	N	Z	M	J	L	Y	S	T	R
W	S	D	I	S	K	H	L	P	T	N	M	A	V	C	O	B	Y	G
K	Y	U	R	V	H	D	T	B	J	D	H	G	D	N	A	N	H	F
E	J	N	M	L	U	N	N	F	Y	D	R	I	A	C	D	R	E	W
N	Q	S	J	T	Y	U	K	C	L	M	N	N	B	B	F	D	T	R
I	M	N	T	M	A	G	N	E	T	I	C	G	N	R	U	T	R	Y
P	L	M	B	C	V	E	R	D	F	E	R	E	F	E	V	G	T	T
S	R	T	C	B	U	L	F	G	N	E	A	R	T	A	J	U	N	N
H	I	L	O	Q	B	U	C	D	R	T	E	W	X	S	V	Z	M	E
L	O	K	E	F	Y	I	P	T	R	U	I	R	D	T	A	S	N	I
M	K	R	L	O	P	B	C	D	S	E	R	W	C	T	Y	Y	S	D
A	F	N	N	I	O	A	N	G	I	O	G	R	A	P	H	Y	N	A
M	L	K	R	R	E	S	D	B	N	U	I	P	C	C	O	L	I	R
S	T	N	U	T	D	A	L	S	E	T	V	L	S	T	E	L	A	G



**TOWER  
SAINT JOHN'S  
IMAGING**

*Imaging by Specialists*

2202 Wilshire Blvd.  
Santa Monica, CA 90403

**contact us**

**310.264.9000**

**on the web**

**www.towersji.com**