



NEW ENDOSCOPES MAKE SPOTTING ABNORMAL TISSUE EASIER

The University of Virginia Health System is among a handful of hospitals on the East Coast with a new tool – 15 endoscopes from Olympus that combine high-definition technology with narrow-band imaging – for spotting abnormal tissue in the colon, stomach and esophagus.

The new equipment will be used for colonoscopies and upper endoscopy procedures.

The HDTV image is about three times sharper than an analog picture, says Kevin Mays, Medical Center supervisor in UVA's Digestive Health Center of Excellence, offering much clearer views of anatomical structures and fine capillaries.

But, Mays says, the real breakthrough is the narrow-band imaging, which transforms the typical white light source emitted by the scope to a bluish light. The bluish light improves the visual contrast of the surface structure of the colon, esophagus and stomach, making it easier to see the fine capillary patterns of the organ's lining.

This allows physicians to more quickly and clearly discern abnormal tissue from normal tissue, said Paul Yeaton, M.D., medical director of endoscopy at UVA's Digestive Health Center of Excellence. Using the new endoscopes, physicians can now see and eliminate conditions such as colonic polyposis, Barrett's esophagus and precancerous conditions of the colon and esophagus.

"The goal is to find abnormalities before they become problems, rather than waiting until they become problems," Yeaton says.

The new endoscopes are in use in both the UVA Outpatient Surgery Center and the Digestive Health Center of Excellence in University Hospital.

According to Yeaton, UVA's new endoscopes are especially good at identifying:

- Early-stage gastric cancer
- Early-stage esophageal cancer
- Benign versus premalignant polyps
- Abnormal tissue in chronic inflammation (ulcerative colitis and Crohn's disease)
- Barrett's esophagus

NEW ENDOSCOPES EXCEL AT IDENTIFYING CANCER, POLYPS



UVA's new endoscopes combine narrow-band imaging and high-definition technology. This allows physicians to detect abnormal tissue sooner by making it easier to see the fine capillary patterns in the lining of the esophagus (bottom photo) than with high-definition technology alone (top photo).

CERVICAL CANCER WEBSITE OFFERS ANSWERS FOR PHYSICIANS

If you're facing questions from patients about human papillomavirus following FDA approval of a vaccine for the virus, you can get answers at a new cervical cancer screening website coordinated and accredited by UVA's Office of Continuing Medical Education.



The most up-to-date information on cervical cancer screening and HPV – a group of viruses affecting millions that cause genital warts and are linked to cervical and other cancers – is available at www.cxscreening.org. The website is divided into several topics that include a concise summary with charts, graphs and images, a clinical pearl and a few questions to frame the key points. AMA PRA

Category 1 credit™ is available.

"The last five years in particular have brought many changes to our interpretation of Pap tests, the utility of HPV testing and patient management guidelines," says Kristen Atkins, M.D., an assistant professor of pathology at UVA who helped develop the site. "There is abundant new information in the literature and understanding what information has been validated and which is still investigational can be confusing."

For instance, Atkins says, yearly Pap tests were once recommended because of high false negative rates. But with the addition of HPV testing, a woman with both negative Pap test and HPV test results can be rescreened in three years because her chances of having a worrisome lesion in that time frame are less than 0.001 percent.

Atkins hopes the website will explain to physicians and other healthcare providers the role that HPV plays with genital warts and cervical cancer, when to obtain HPV tests and how to use the results from HPV and Pap tests. "Additionally, we hope it will aid in how to counsel women in special circumstances such as adolescents and pregnant women," Atkins says.

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Kristen Atkins, M.D.

UVA HEALTH SYSTEM

CONTINUING MEDICAL EDUCATION

Fall/Winter 2006 Conferences

All conferences offered in Charlottesville, Va., unless otherwise noted.

- ▶ **MANAGING DIABETES**
Kingsmill Resort
Williamsburg, Va., Nov. 18-19
- ▶ **CONGENITAL UROLOGIC PROBLEMS IN YOUNG ADULTS**
UVA Medical Center, Dec. 15-16
- ▶ **2007 LIVER TRANSPLANTATION FOR THE NON-TRANSPLANT PHYSICIAN**
Wintergreen Resort
Wintergreen, Va., Feb. 9-12
- ▶ **LUNG CANCER CONFERENCE**
UVA Medical Center, Feb. 16-18
- ▶ **CURRENT APPROACHES IN CANCER THERAPY**
Kingsmill Resort
Williamsburg, Va., Feb. 23-24
- ▶ **WEB-BASED CME ACTIVITIES**
Cardiovascular medicine:
www.cardioivillage.com
Perinatal depression:
www.perinataldepression.org
Cervical cancer and HPV:
www.cxscreening.org

For information, call 434-924-5310 or visit www.cmevillage.com.

Accreditation: The UVA School of Medicine is accredited by the Accreditation Council for Continuing Medical Education. Specific information about the designated number of AMA Category 1 credits for conferences can be obtained by calling 434-924-5310.