



## DIAGNOSTIC IMAGING BREAKTHROUGHS

### UVA INTRODUCES

### VIRGINIA'S FIRST PET-CT,

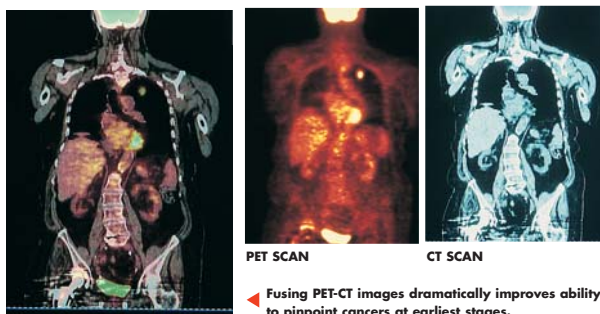
### A GREAT TOOL IN THE

### BATTLE AGAINST CANCER.

### PET-CT

UVA's Siemens Biograph Sensation 16 PET-CT is a powerful diagnostic imaging tool for cancer, heart disease and brain disorders, including epilepsy. "Using PET-CT technology, we can pinpoint precisely where cancer is and detect it when it's as small as possible," says Patrice Rehm, M.D., director of Nuclear Medicine at UVA. When a PET scan is ordered at UVA, patients automatically get a PET-CT scan at the same cost and shorter scan time as a PET alone.

PET-CT provides early detection of cancer recurrence after therapy, and is able to detect tumors that may be hidden from other imaging techniques by scarring resulting from surgery and radiation therapy. PET-CT "is very helpful in the evaluation of patients with lung



**PET SCAN** **CT SCAN**  
Fusing PET-CT images dramatically improves ability to pinpoint cancers at earliest stages.

cancer. It enables us to tell whether a PET-positive lymph node that drains cells from the cancer lies within the lung tissue or mediastinum," says Thomas M. Daniel, M.D., UVA professor of surgery. "This level of anatomic detail and correlation was often not possible with just a PET scan." For more information about UVA's PET-CT, call 434-924-9363.

Patients can receive a PET-CT scan at University Hospital within one week of scheduling by calling 800-467-4882 or visit [www.healthsystem.virginia.edu/radiology](http://www.healthsystem.virginia.edu/radiology).

#### PET-CT IS COVERED BY INSURANCE FOR:

Cancers	
▶ Breast	▶ Lymphoma
▶ Colorectal	▶ Melanoma
▶ Head & neck	▶ Thyroid
▶ Lung	
Non-cancerous conditions	
▶ Solitary pulmonary nodule	
▶ Epilepsy, pre-operative evaluation	
▶ Cardiac perfusion	
▶ Cardiac viability	

### OPEN MRI



UVA Health System has added a high-field open MRI to its full breadth of MR diagnostic services. Open on all sides and 800 millimeters wide, UVA's Altaira MR Imaging System by Hitachi offers a more comfortable option for the larger or claustrophobic patient. "This unit's 0.7 Tesla magnetic field strength and advanced technology provides improved tissue resolution and exam speed over older open field MR systems, while giving health care professionals complete access to the patient during the exam," notes William E. Brant, M.D., acting chair of the Department of Radiology.

UVA's open MRI provides state-of-the-art imaging capabilities for most indications, including routine brain, spine, pelvis, knee, hip and shoulder examinations. As an additional benefit in patient comfort, UVA offers a new, faster 1.5 Tesla short-bore magnet that allows more of the patient's body to remain outside the magnet. For information about UVA's MR capabilities, call 434-243-9198. Call 434-243-0321 to schedule an Open MRI at the UVA Imaging Center in the Fontaine Research Park, Charlottesville.

## Bone Loss Often Takes a Sophisticated Solution

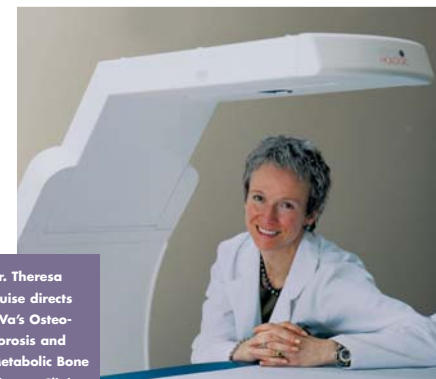
Preventing and treating bone loss frequently requires a more complex response than most conventional attempts at counteracting the aging process. "Osteoporosis can still be a threat even for the patient who drinks three glasses of milk a day and gets plenty of exercise. It often has underlying causes beyond the bone density loss men and women experience as they age," says Theresa A. Guise, M.D. Dr. Guise directs UVA's new Osteoporosis and Metabolic Bone Disease Clinic in Fontaine Park. She and two other UVA endocrinologists who specialize in bone health - Aileen Heras-Herzig, M.D. and Alan Dalkin, M.D. - have teamed up at the clinic to help doctors address this widespread and growing health threat, by providing individualized evaluation and treatment plans.

Guise advises that patients with a bone mineral density reading that is a 2.5 standard deviation below the young adult reference population mean be evaluated to rule out several diseases that can be contributing factors of osteoporosis. "Vitamin D deficiency is a quite common but underdiagnosed cause of low bone mass," Guise notes. A patient who has such a complex case of low bone density benefits by coming to UVA, she adds, because his or her diagnosis may be reviewed at a weekly meeting attended by as many as 25 UVA Division endocrinologists.

The clinic's opening last July comes at an important time. The most commonly prescribed HRT with estrogen - a powerful weapon against hip fractures - has been recently linked in a national study to increasing a woman's chance of developing breast disease and heart attacks. Fortunately, several nonhormonal drugs are now FDA approved to prevent bone loss, and one can even rebuild it.

"My colleagues and I live and breathe bone diseases and attend national bone meetings so we are very aware of the most effective therapies and latest advances in the field,"

Theresa Guise, M.D.



Dr. Theresa Guise directs UVA's Osteoporosis and Metabolic Bone Disease Clinic featuring a state-of-the-art DEXA scanner.

"My colleagues and I live and breathe bone diseases and attend national bone meetings so we are very aware of the most effective therapies and latest advances in the field," Guise says.

The clinic also offers state-of-the-art, full-body DEXA scans. Test results are interpreted by Guise and her clinic colleagues - all certified by the International Society for Clinical Densitometry. UVA's DEXA equipment can also take an X-ray-like image of the spine (an Instant Vertebral Assessment). "This gives us important information," Guise says, "because if a patient already has a spine fracture, she or he has an even greater risk of future fractures. So we would know to very aggressively treat against future debilitating fractures."

For Consultations and Referrals:  
434-924-1825

### UVA'S OSTEOPOROSIS AND METABOLIC BONE DISEASE CLINIC SPECIALIZES IN:

- Osteoporosis
- Post-menopausal
- Transplant-associated
- Cancer-associated
- Calcium metabolism
- Hyper/hypoparathyroidism
- Hyper/hypocalcemia
- Paget's disease
- Osteomalacia
- Osteopetrosis
- Osteogenesis imperfecta
- Phosphate metabolism
- Vitamin D metabolism