

## WINTER EDITION

CLARENCE VALLEY  
Imaging

NORTH COAST  
Radiology Group

CHATSWOOD  
& RYDE  
Radiology

### Welcome to our North Coast Radiology Winter Newsletter.

Medical imaging is a fascinating field of medicine. The ways to image the human body, to demonstrate health and disease have expanded hugely since those early radiographs taken by Karl Roentgen in 1895.

One of my mentors in my Radiology training admonished me to spend very little time worrying about ultrasound. "It will only be good for gallstones and to see if you are pregnant". How wrong he was!

I've had the privilege to work with the doctors on the Northern Rivers since 1986 and have had the benefit of learning these new technologies where appropriate, and seeing our practice grow as new radiologists with special skill sets joined with us serving our local community. The possible imaging modes, and image guided therapies have advanced greatly and continue to change almost monthly.

It wasn't just ultrasound. CT has undergone many advances. There were the 'slice wars' where scanners got faster, and went from single slice to dual slice, 4,8,16,32,64,128 slice and eventually 320 slice scanners. The pace of change meant your scanner was almost obsolete as the ink dried on the lease contract! The fastest scanners were most useful for very specialised examinations. Now, emphasis has appropriately turned to reducing radiation dosimetry, with remarkable success. MR has had similar advances, and PET CT has come along also.

With the pace of change, what test to appropriately order for your patients can become bewildering! The doctors at North Coast Radiology are happy to help guide you when deciding what is the best way to effectively and economically image your patients. Don't hesitate to phone.

Has the humble plain X-ray benefited from technology over the years? Yes. The digital age has meant that images are now taken, stored and reviewed digitally. Films can always be produced on request.

Our rooms at Casino have recently become fully digital, reducing need for retake X-rays and through Intelviewer software, enable you, the clinician, to see your patients films faster.

Maclean is Also getting a new fully digital X-ray room. The previous room went for an

unexpected swim in January when the roof blew off in the mini cyclone that went through town. It's an Ill wind...

Over the coming quarters, we will give you more detailed insights into different imaging technologies: the 'what is it, why do it, when to do it, how is it done, who should or shouldn't have it.

We hope you enjoy our new newsletter. Until next time,

**Dr Ian Cappe**



*Dr Ian Cappe*

We are delighted to announce that Dr Ian Cappe is one of only thirteen Radiologists in Australia who have successfully completed the NIOSH B Reader examination; thereby becoming the only radiologist within NSW certified to classify chest X-rays for the identification of pneumoconiosis using the International Labour Office (ILO) Classification system.

Coal workers are at risk of developing pneumoconiosis from the cumulative

Referrer Support Resources North Coast Radiology Group offers a separate **Referrers web page** that contains PDF documents specifically designed to improve the process when requesting Radiological examinations. These resources can be viewed, downloaded or printed to help with specific areas of Radiology. You will also find the contact details for your Region's Client Services Officer who can provide further assistance on any of your Radiology inquiries.

[www.ncrg.com.au/info](http://www.ncrg.com.au/info)

inhalation of respirable coal mine dust over several years.

The National Institute for Occupational Safety and Health (NIOSH) has been pursuing means to facilitate and standardise the evaluation of Chest images with ILO Classification. Qualified NIOSH B readers have demonstrated proficiency in ILO classification for pneumoconiosis which is initially detected by a Chest x-ray and spirometry test.

The ILO International Classification of Radiographs of Pneumoconiosis is a powerful tool used throughout the world to improve workers' health surveillance, conduct epidemiological research and make comparisons of statistical data. For more information click here.

**ILO Chest X-ray B Reader reporting is now available at all NCRG clinics.**

## 3D Mammography now available in Grafton and Lismore

NORTH COAST  
Radiology



**MAMMOGRAM  
BULK BILLED**  
Medicare eligible

**EXCLUSIVE REFERRER SUPPORT** for referrer priority phone 66259310 and 66182902  
Digital referrer support available <https://www.ncrg.com.au/referrer-support>

Phone - Lismore 66259310 - Ballina 66182902 - Grafton 66042402

[www.ncrg.com.au](http://www.ncrg.com.au)

## MYOCARDIAL PERFUSION SCINTIGRAPHY

### Why Do it

- Normal MPS predicts – a very low (1% or less) rate of acute Coronary events over the next 5 Years
- Independent of Coronary Angiographic findings
- This has been validated with multiple large high-grade studies.
- Renal impairment and iodine allergy are not contraindications.

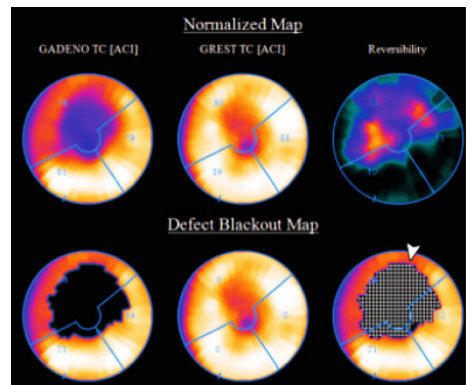
### There are no Medicare Restrictions of GP referrals

BULK BILLED AT NORTH COAST RADIOLOGY

Contact Info St Vincents Nuclear Medicine  
02 6625 9370

### Why Do it

- RISK STRATIFICATION



# ECG

## Stress ECG

- Negative Predictive Value 89-100%
- **Limitation** - Pre Existing ECG changes - LBBB, baseline ECG depression, rate blockers, pacemaker

## Stress Echo

- Experience and Availability
- Obesity, emphysema
- Resting wall motion abnormalities eg: previous infarction

## FINE TUNE CTCA PREPARATION

To achieve optimum image quality and the best service for your patient we aim to have a heart rate of 60bpm or below. Due to geographical challenges, it is not possible for patients to attend our Clinics prior to their examination for a heart rate check. Instead, we advise adhering to the guidelines listed below.

In addition to following the NCRG distributed preparation sheets we encourage compliance with the following Toshiba preparation guidelines.

Below 60bpm - No beta blockers required. Follow NCRG preparation sheet.

60-65bpm Metropol 50mg 2hrs prior to procedure.

65-80bpm Metropolol 50mg BD  
(1 x evening before and 1 x 50mg 2hrs prior to procedure).

Above 80bpm 2 Day Metropolol 50mg BD (twice a day) last dose 2hrs prior to appointment.

Above 90bpm - Requires Doctor assessment but possibly not suitable for the examination.

### Why???

- Patient preparation is the most important key to a successful cardiac CT
- Some patients cannot undergo proper preparation, which makes them undesirable candidates for cardiac CT
- There are also important patient selection factors for cardiac CT



### Patient Selection Cardiac CT

Patients who are best suited to cardiac CT are:

- Those with regular heart rates in sinus rhythm
- Body Mass Index below 40kg/m<sup>2</sup>
- Normal renal function
- Able to follow instructions and remain still
- Patients who can tolerate beta blockers if required
- Patients who can tolerate sublingual nitroglycerin
- Patients who can raise their arms above their head

Sinus Rhythm 60bpm or less

## HELP US HELP YOU.

To minimize interruptions by us contacting you for clarification please consider the following.

## VASCULAR EXTREMITY ULTRASOUND

### Examples:

#### Incomplete REFERRAL 1

Examination: Ultrasound Leg Arteries

Is this asking for the Leg Arteries of one side or Bilateral Leg Arteries?

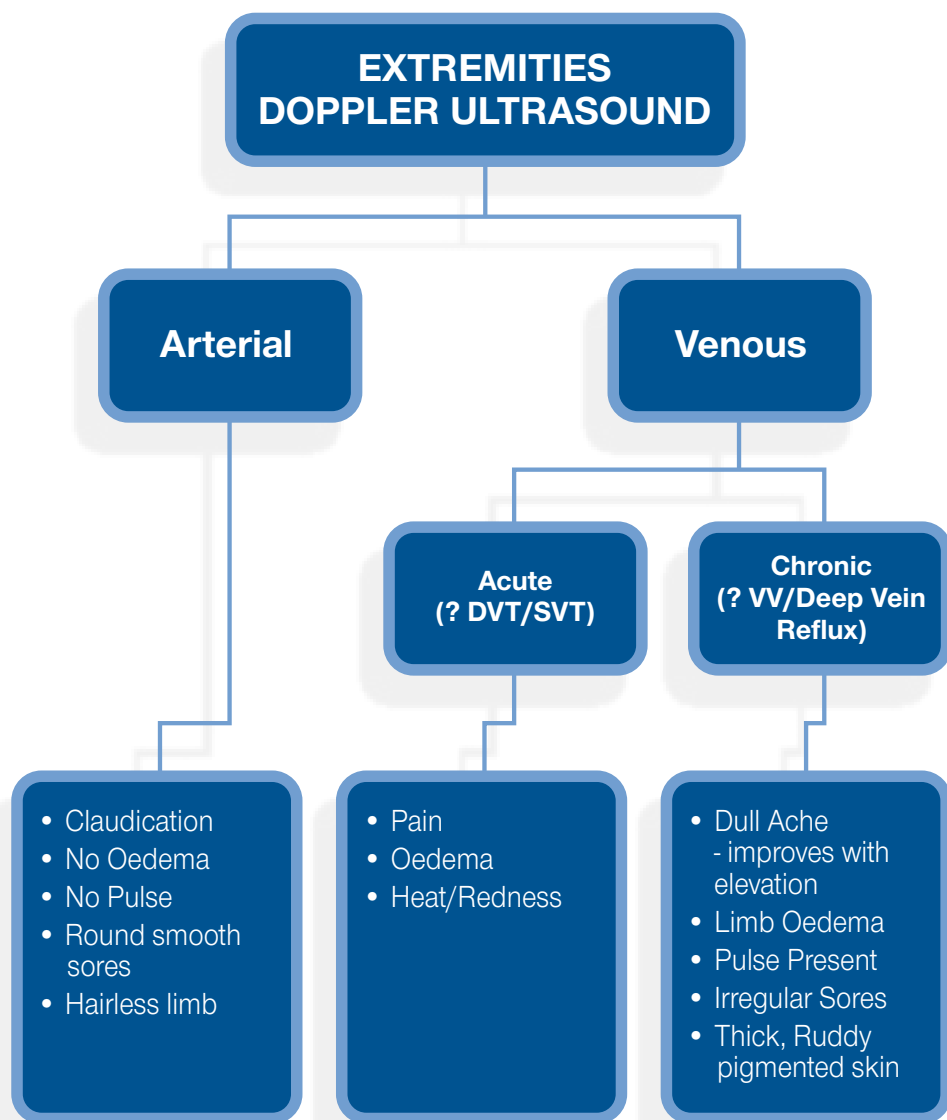
Anatomical side/s need to be indicated on the referral.

#### Incomplete REFERRAL 2

Examination: Ultrasound Doppler Leg

Is this arterial or venous? If venous, is it acute (DVT or SVT/STP) or chronic (VV or Deep Vein Reflux)?

- Acute venous studies are always examined ASAP so please ask your patient to book in immediately.
- Chronic Venous and Arterial Leg Doppler Ultrasound are booked with an advanced vascular sonographer, so we need to know the examination type before the patient arrives.



## REFERRER SUPPORT VISIT

<https://www.ncrg.com.au/referrer-support> or call

Rachelle (02) 6623 6131

Susie (02) 8423 2721

Access images and reports online, Interviewer Software Download, Dedicated points of contacts for Referrers, Link to Medicare Benefits Schedule outlining Medicare eligibility Submit a general or non-urgent medical question. Report any technical or logistic issues or simply provide feedback.

### North Coast Radiology

#### Ballina

93 Tamar Street  
PH (02) 6618 2902

#### Byron Bay

8 Bayshore Drive  
PH (02) 6685 2224

#### Casino

133-145 Centre Street  
PH 6661 4402

#### Goonellabah

799 Ballina Road  
PH (02) 6625 9502

#### Northern Womens Imaging

Suite 7, St Vincent's Hospital  
PH (02) 6625 9382

#### Nuclear Medicine

Suite 6, St Vincent's Hospital  
PH 6625 9372

Suite 4, St Vincents Private Hospital  
PH (02) 6625 9310

### Clarence Valley Imaging

#### Grafton

137 Fitzroy Street  
PH (02) 6604 2402

#### Maclean

52 River Street  
PH (02) 6603 2802

### Chatswood Ryde Radiology

#### Chatswood

13 Spring Street  
PH (02) 8423 2702

#### Ryde

Level 1, 1 Pope Street  
PH (02) 9813 2502