

In Memoriam: Dean Cook, MD 1940–2009

X-Ray Consultants has lost one of its own. Dr. Dean Cook, who had been an XRC radiologist for over 30 years until his retirement in 2005, perished in a private plane crash on May 21, 2009. Dr. Cook was an experienced and avid pilot and we can only take solace in the knowledge that he died doing something that he truly loved.

A graduate of the University of Louisville Medical School, Dr. Cook served as a Lieutenant Commander in the U.S. Navy Medical Corps before doing his radiology residency at Methodist Hospitals in Indianapolis. He had a particular interest in nuclear medicine and was an active member of the Society of Nuclear Medicine even after his retirement. He was instrumental in St. Joseph Regional Medical Center acquiring its first gamma camera, as well as bringing PET scanning to our community.

Dr. Cook's distinguished medical career aside, he is remembered as a good friend and confidant to all who knew him. His sage advice and leadership guided our organization throughout his time with us. Yet he was always very down to earth. He loved his farm in Elkhart County and stayed close to Jimtown High School, from which he graduated in 1958. He served on numerous Elkhart County community

organizations, including the Michiana Beekeepers Club and Mishawaka Pilot's Club.

Our heartfelt condolences go out to Dr. Cook's wife Sue and their children, Cory, Kenny, Deana and Jana. Of course, their loss was far greater than ours. And Dean, we miss you already.



Dr. Dean Cook

At XRC, Patients Get Results

Health care is changing and today's health care consumer is changing. More than ever, patients are becoming involved in their health care decisions and are demanding to be informed of their test results and treatment options. At XRC Medical Imaging, we are supportive of this personal involvement and are facilitating it by giving patients the results of their x-rays and scans shortly after they have been completed.

The concept of giving patients their results was one in which we borrowed from *Metro Imaging*, which operates outpatient imaging centers in the St. Louis area. Metro's experience has been extremely positive. Patients love the program because they do not have to wait days to get their results from their physician and referring physician offices no longer have to handle numerous phone calls from anxious patients asking for their results. At XRC, we've had a similar experience; it seems to be a win-win for all involved.

We attempt to give immediate results to patients having general x-rays, diagnostic mammograms and ultrasounds. If our radiologist is tied up with other cases, we send the patients home with the promise that we'll call them soon with their results (this is also the case with CT scans, which require additional time and scrutiny). For DEXA scans, patients are given a color-coded printout before they leave, with their bone mineral density falling into either normal, osteopenia or osteoporosis categories. Screening mammogram patients

receive their results in a letter within 48 hours, as we have always done. The only test that we do not include in this program is PET-CT. Given the sometimes ominous implications of a positive PET-CT, we feel those results are best delivered by the ordering physician who knows the patient's complete medical history.

XRC Medical Imaging has always prided itself in being a leader in advancements in outpatient imaging. Giving patients their results soon after their tests is another example of our commitment to excellence and leadership. We look forward to continuing to provide you and your patients with the very finest imaging experience in the region.

INSIDE

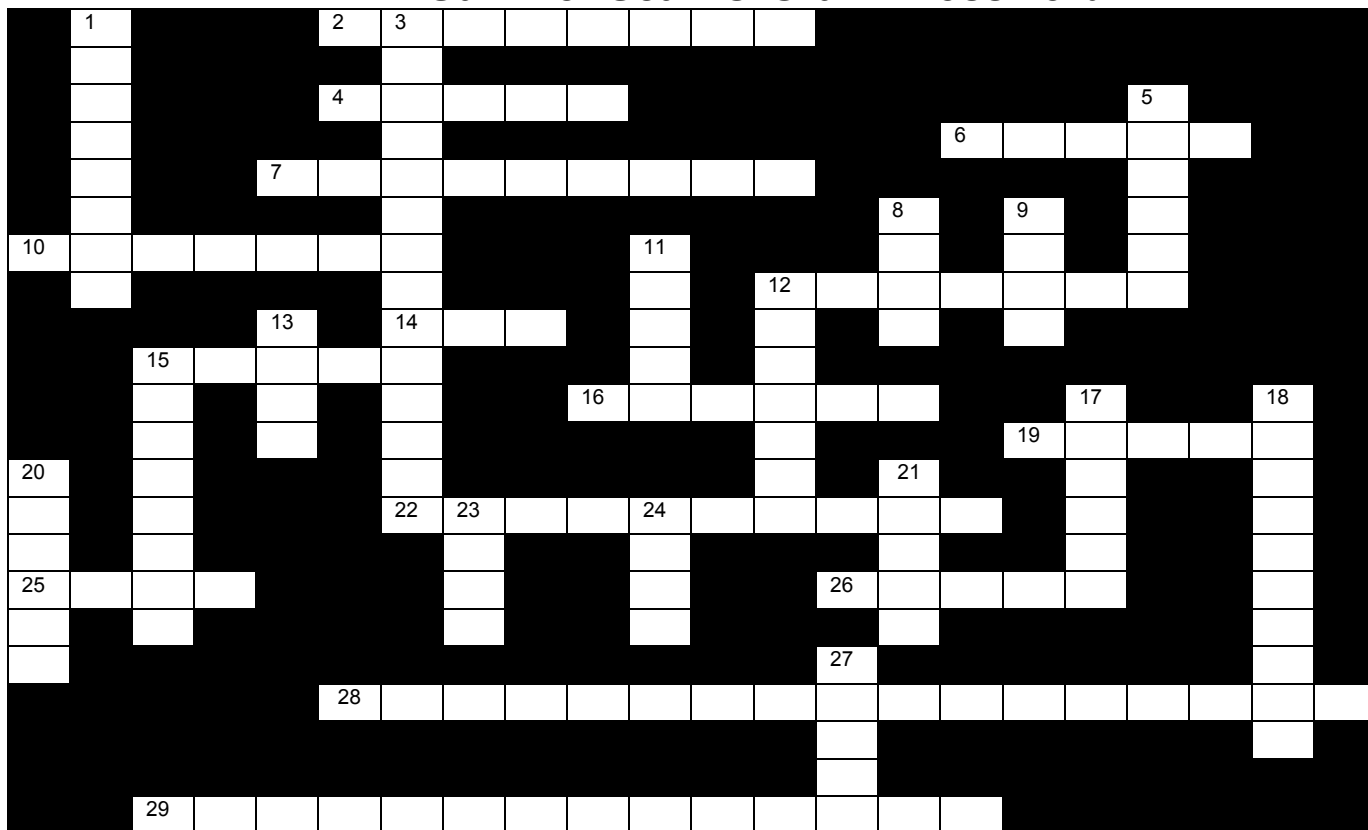
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Summer Scan-O-Gram Crossword



ACROSS

2. The wrist's navicular bone is sometimes referred to as the _____.
4. True or False: Immediately after a PET- CT scan, if the patient wears a tin foil hat with protruding antennae, s/he will be able to pick up radio communications from distant galaxies.
6. Marie _____ won 2 Noble Prizes for her pioneer work with radioactivity.
7. The esophagus is located _____ to the trachea.
10. _____ ultrasound is used to measure blood flow within vessel walls.
12. Electrical & Musical Industries, Ltd. (EMI) invented the world's first CT scanner in the 1970s. EMI also managed the _____ singing group.
14. The _____ program ensures proper follow-up of pulmonary nodules, as per the Fleischner Society's recommendations.
15. Dr. _____ is the XRC radiologist who anchors the SJMRC-Plymouth Radiology Dept.
16. Is another name for the big toe.
19. The instrument that Dr. McCrea plays in the Delusions of Granger band.
22. _____ or BUN labs are drawn pre-iodinated contrast administration for patients that are at risk for nephrotoxicity.
25. XRC's Dr. _____ served as an officer in the U.S. Air Force.
26. XRCMI performs _____ injections under fluoroscopic guidance for pain management.
28. _____ is the forward slippage of a vertebra in relation to its adjacent vertebra ferrous oxide.
29. Percutaneous _____ is a procedure performed by interventional radiologists to treat spinal compression fractures

DOWN

1. An _____ fracture occurs when a tendon or ligament tears off a piece of bone near its insertion.
3. XRCMI's PET-CT scanner features a split gantry design which has a calming effect on _____ patients
5. The Circle of _____ is an important grouping of arteries near the base of the brain.
8. The American Cancer Society recommends that women over 40 40 should get a screening mammogram every _____.
9. Ultrasound-guided laser ablation of varicose veins costs less than _____ that of open surgery and is often more successful.
11. _____ rays are used to create nuclear medicine images.
12. In 2004, the Journal of the American College of Radiology featured an article stating than the estimated cost of unnecessary self-referral for imaging is conservatively \$16 _____ per year.
13. A soon-to-be outdated media for recording radiographic images.
15. If you run into a radiologist at a NASCAR event, it would likely be Dr. _____.
17. XRCMI has been designated a _____ Imaging Center of Excellence by the American College of Radiology.
18. _____, as well as osteoporosis, can be diagnosed with a DEXA scan.
20. Which of the following doctors is **NOT** an interventional radiologist: Harman, Lulenski, Mathews, Nguyen, Roland.
21. _____ is another name for the external occipital protuberance.
23. XRC radiologist's last name that is synonymous with ferrous oxide.
24. True or False: Making XRCMI your imaging facility of choice will make you smarter, happier, healthier, wealthier and better-looking.
27. _____ plates preceded film as a recording medium for radiographic images.

Answers on www.xrcmi.com

PDQ Lung Nodule Workup Program

It is not uncommon to find lung nodules on chest x-rays, especially in older patients. Fortunately, most of these nodules are benign. It is important however, when a nodule has a suspicious appearance, for it to be worked up further. In those cases, XRC radiologists always make a suggestion within the report for either further imaging or for follow-up at a later date. It has been our experience that those recommendations sometimes “fall through the cracks” in the system and patients do not always get the proper follow-up. With that in mind, XRC has developed the *PDQ Lung Nodule Workup Program* to help ensure that these cases receive their proper attention.

To begin with, XRC as a group has adopted the pulmonary nodule recommendations of the Fleischner Society, as first published in the November, 2005, edition of *Radiology*. These recommendations detail the appropriate follow-up for lung nodules based on their size and risk factors in the patient’s history. In accordance with those recommendations, if follow-up is deemed necessary, the radiologist will include that recommendation in his/her report and will also either contact the referring physician personally or through a designee. This step is taken to alert the referring physician of the recommendation. Once the referring physician is informed, XRC will offer to assist in getting the patient scheduled for the follow-up study wherever and whenever it is most convenient.

So should you or your office receive a call from us offering to place your patient in the PDQ Program, please don’t misunderstand. We’re simply trying help by facilitating getting your patient prompt follow-up care. If you have any questions, please call Gary Jensen at (574) 243-4286.

What They’re Saying About XRCMI

The following are some handwritten comments about **XRC Medical Imaging**, taken from our Patient Satisfaction Surveys over the last 3 months:

“This is one of the smoothest experiences I have had. Very nice staff. I prefer coming to your place rather than the hospital.”

“I was in and out in 15 minutes! I already have told a friend. Great job!”

“This is the 3rd or 4th time here at this location and I never had to wait long at all. I had to come back for extra views and an ultrasound. Everything was explained at the time of the procedures and I was told the results before I left and that was good so I didn’t have to worry about waiting for the results. I will definitely recommend this location.”

“My son was nervous and the staff made him very comfortable. Thank you.”

“When I am given the choice of where to go for certain tests or whatever, I have chosen XRC. I do not like to go to downtown South Bend! I like getting honest answers when I ask a question. No beating around the bush for me.”

“I’ll definitely recommend you to others. I asked my PMD to have the mammogram at XRC because of the upbeat atmosphere, quality radiologists and ease of accessing the office. You do a great job.”

“Very clean and well-lighted. I was in and out in 17 minutes.”

“In the past I dreaded the discomfort associated with a mammogram. I was pleasantly surprised this time, no discomfort!”

“My doctor told me to go to _____ for this ultrasound. I said ‘no’. I wanted to go to XRC. The tech and nurse I had cared the entire time about my well-being, explained everything and also gave me some good advice. She also cared about my modesty. I will recommend XRC to everyone. So easy to get to, good parking, friendly people and good old-fashioned atmosphere. You are not just a number. Call me if you want me for a TV commercial.”

“I always choose XRC and am always satisfied. Thank you.”

“The whole team is great from check-in through completion.”

“I wouldn’t go anyplace else.”

A Message from Michael

Within the next few weeks most of you will be receiving a survey form from us. It will be relatively short and we will be asking for your honest, candid evaluations and suggestions for XRC Medical Imaging and X-Ray Consultants. Please know that your input will be kept strictly confidential and is very much valued. When we receive your returned survey, we will send you a gift certificate for a complimentary hydrofacial treatment at Legacy Medical Spa, a \$125 value. You can use this gift certificate yourself or you can give it to someone you know.

I'd like to thank you in advance for your help and cooperation with this survey. I appreciate how busy you are and the number of other surveys that you are probably inundated with all of the time. But if XRC and XRCMI are going to meet their goals of continually improving their services for you and your patients, we need to know your thoughts as an end-user. That's value that you can provide to us and hopefully we can use it to provide added value to you in return. Thanks again and have a great summer.

Mike



■ Mike McCrea, MD

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From your partners at XRC

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