

TRA Imaging News

PRINTED FOR THE REFERRING PROVIDERS OF TRA MEDICAL IMAGING

UFE OFFERS RELIEF FOR WOMEN SUFFERING FROM FIBROIDS



Richard S. Tobin, M.D.
Interventional Radiologist

Uterine fibroid embolization (UFE) is a procedure performed by interventional

radiologists for the treatment of fibroid tumors of the uterus. UFE is a less invasive alternative to surgery.

UFE has been utilized for the treatment of fibroids for over 10 years with more than 50,000 procedures completed. The interventional radiologists of TRA have been using uterine artery embolization to treat emergency bleeding for many years. Additionally, we have been performing uterine fibroid embolization for six years.

Recently there has been considerable attention to UFE in the media. TRA and the hospitals are working to educate the public and our referring physicians about the procedure.

Women with fibroids and heavy bleeding, pelvic pain or bulk symptoms are potential candidates for UFE. Patients are seen in consultation by an interventional radiologist and a gynecologist or other women's healthcare provider.

An ultrasound or MRI is obtained. If the patient is a good candidate and elects to proceed with UFE, labs are done and the patient is scheduled for a 24-hour admission to the hospital. The procedure is performed under local anesthesia and conscious sedation.

From the femoral artery, a small catheter is advanced into the uterine arteries and small embolic particles are injected until the fibroids are devascularized. The fibroids shrink and bleeding and bulk symptoms resolve. UFE is 90 percent effective in resolving bleeding and 80 percent effective in resolving bulk symptoms.

Patients typically go home the next day on oral medications. When compared with hysterectomy or myomectomy, UFE patients have considerably reduced pain and recovery time, and are more quickly able to return to work, exercise and an active life-style.

TRA has six interventional radiologists who perform uterine fibroid embolization at St. Joseph Medical Center, St. Francis and Tacoma General Hospital. To schedule a patient consultation or for further questions about the procedure, call TRA Medical Imaging at (253) 761-4200.

FOCUS ON Interventional Radiology

Interventional radiology uses imaging guidance to help treat and diagnose various diseases. TRA radiologists provide interventional radiology services at St. Joseph Medical Center, St. Francis Hospital, and Tacoma General Hospital.

There are six specially trained, interventional radiologists that perform the following procedures:

- Angiograms
- Angioplasty
- Biopsy (using CT or US)
- Embolization of organs (including uterine fibroids)
- Venous access (for chemotherapy, etc.)
- Placement of drainage catheters
- Vertebroplasty
- Radio frequency ablation (RFA) of tumors
- Venacure Laser Vein Treatment (outpatient at TRA-Tacoma)

For more information, or to speak to an interventional radiologist, call (253) 761-4200.

Here's what's being said about UFE:

UFE "brings relief from uterine fibroid tumors and it has a much shorter recovery time than hysterectomy." Wall Street Journal, 8/24/2004

"Since fibroid embolization procedures were first performed, experts have found that the procedure compares favorably to both hysterectomy and myomectomy for fibroid treatment." ABC News, 20/20, 8/31/2004

TRA-Lakewood adds new, faster CT scanner
More details on back page

TRA Lakewood Now Offers Faster CT Imaging



Daniel N.D. Heller, M.D.
Medical Director, TRA-Lakewood

In 1986, TRA-Lakewood purchased a solo practice from radiologist Myra Vozenilek, M.D., in what is now the Lakewood Mall, providing the community with x-ray, mammography and fluoroscopy services. Today, TRA-Lakewood offers convenient, state-of-the-art imaging services which include: digital x-ray, magnetic resonance imaging (MRI), computed tomography (CT), bone densitometry (DEXA), and

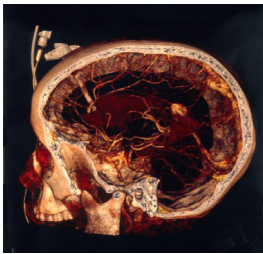
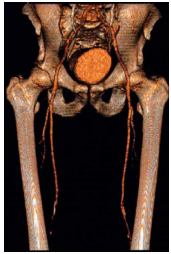
mammography with R2 computer aided detection (CAD).

In October, Lakewood upgraded its CT to a TOSHIBA multi-slice spiral CT scanner. This is the first multi-slice scanner available to referrers and their patients in the greater Lakewood community.

Additionally, a Vitrea 3D workstation was added to this facility. This high-tech workstation allows radiologists to use the two-dimensional images constructed by CT or MRI to reconstruct three-dimensional visual models of this image. These color-enhanced models provide a

significant, additional tool to yield even greater diagnostic accuracy.

If you haven't been to TRA-Lakewood recently, we invite you to stop by to see not only our new technology, but the caring place where you send your patients.



Images obtained from the TOSHIBA Aquilion Multislice CT scanner and the Vitrea Workstation.

TRANEWS

TRA Imaging News is produced bi-monthly for referring providers of TRA-Medical Imaging. It is designed to aid in the understanding of TRA and its services. If you have any questions, please contact the following:

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www.tramedicalimaging.com

TRA Medical Imaging is a local partnership of radiologists formed in 1943. The radiologists of TRA Medical Imaging serve Mary Bridge Children's Hospital, St. Francis Hospital, St. Joseph Medical Center, and Tacoma General Hospital and its outpatient imaging centers.

OUTPATIENT CENTERS

TACOMA

2202 S CEDAR ST, STE 200
TACOMA WA 98405

(866) 761-4200 toll free scheduling
(253) 761-4200 scheduling & clinic
(253) 761-4201 scheduling fax
(253) 284-0614 or 284-0615 physicians only

TACOMA MAGNETIC IMAGING

2502 S UNION AVENUE
TACOMA WA 98405

(253) 759-5900 scheduling & clinic
(253) 759-6252 clinic fax
(253) 756-1974 physicians only

GIG HARBOR

4700 PT FOSDICK DR NW, STE 110
GIG HARBOR, WA 98335

(253) 761-4200 scheduling
(866) 761-4200 toll free scheduling
(253) 851-1700 clinic

UNION AVENUE OPEN MRI

2502 S UNION AVENUE
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(253) 761-9482 scheduling & clinic
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LAKEWOOD

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LAKEWOOD WA 98499

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