



**Radiology helps employees of all kinds.
Yours included.**

GREENSBORO
IMAGING
Serving you well.



Dear Human Resources Professional,

Thank you for your interest in Greensboro Imaging. As the Piedmont Triad's premier provider of medical imaging, we are committed to the health of North Carolina employees—and yours are no exception.

Your coworkers and their families can all benefit from medical imaging at some point in their lives. The information in this packet will help make sure they're aware of their options when that time comes.

Greensboro Imaging is accredited by the American College of Radiology and our breast center is one of 11 facilities in the state to receive the Breast Imaging Center of Excellence award. Check out the enclosed pages for more information and feel free to distribute copies of these documents to your staff. All pages are also available for you to download at greensboroimaging.com/hr.

Please let us know if there is anything else we can provide you or if you would like to request an on-site presentation.

Best regards,

Eric A. Mansell PhD, MD
President of Greensboro Radiology

Sally Hodges, RT R M CNMT
Chief Operating Officer



Safe Imaging for Children

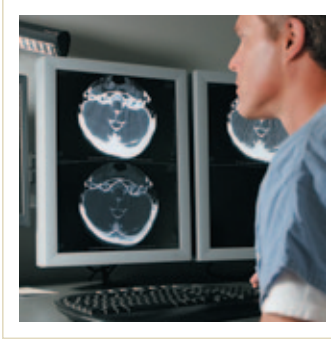
No matter how big they pretend to be, children's small bodies are not fit for adult levels of radiation. That's why at Greensboro Imaging, we pledge to Image Gently. Every child that needs a CT (Computed Tomography) scan is exposed only to child-sized levels of radiation.

We take great care to scan only the area of the body in question, reduce the amount of radiation used for each exam and perform scans only when absolutely necessary.

"The Image Gently campaign is our promise to do everything we can to ensure that we are using the lowest possible dose for every pediatric patient we see."

—Sally Hodges,
Chief Operating Officer

If your child needs a CT scan, ask your doctor to refer you to one of our Greensboro Imaging locations.



Medical Imaging

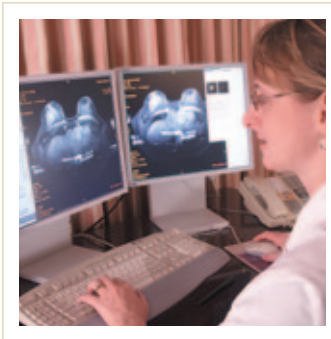
What exactly is imaging?

To put it simply, medical imaging (or radiology) involves taking a picture of what's inside a body. It's the process of creating images of the bones and/or tissues so they can be examined for abnormalities. Some imaging takes the form of simple X-rays. And some are much more complex, allowing complete 3-D views.



Who needs imaging?

Everyone. Imaging is not just for the guy who broke his arm or the woman who's having a baby. In fact, all women age 40 and older should have yearly mammograms and all people age 50 and older should have a colonoscopy every five to ten years. Those whose families have a history of certain health problems may even benefit from earlier precautionary exams.



Greensboro Imaging is accredited by the American College of Radiology. To see a full list of services or to schedule an appointment at any of our locations, please call **(336) 433-5000**.

A group of doctors dedicated to making sure imaging is safe, effective and accessible to people who need it.



Spine and Sports Imaging



Spine Imaging

Surgery isn't the only way to relieve spine pain. In fact, there are several non-surgical spine imaging procedures that can make patients more comfortable in their daily lives.

Spinal procedures offered at Greensboro Imaging:

- Discograms
- Epidural injections
- Kyphoplasty
- Myelograms
- Nerve and root blocks
- Vertebroplasty

As many as 80% of patients that undergo vertebroplasty, a procedure used to treat fractures in the vertebra, experience a significant reduction or complete resolution of their pain.



Sports Imaging

Athletes young and old are plagued by joint pain. Quick joint injections can make a big difference for many patients. Tell your doctor if you are experiencing joint pain so he/she can determine if joint injections may be an option for you.



Imaging Centers in the Triad

Greensboro Imaging locations conveniently serve Guilford County and the surrounding communities.

Greensboro Imaging at 315 W. Wendover Ave.

Monday–Friday 7:00 a.m.–5:30 p.m.

This location also offers extended and weekend hours for MRIs.

Greensboro Imaging at Wendover Medical Center

Monday–Friday 7:00 a.m.–5:30 p.m.

Greensboro Imaging at Kernersville

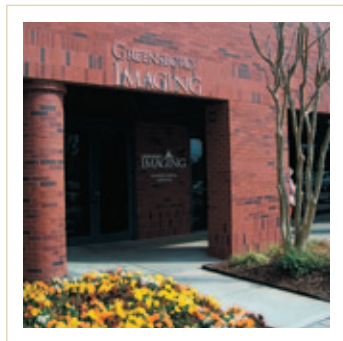
Monday–Friday 8:00 a.m.–5:00 p.m.

The Breast Center of Greensboro Imaging at 1002 N. Church St.

Monday–Thursday 7:00 a.m.–7:00 p.m.

Friday 7:00 a.m.–5:30 p.m.

All four centers offer a relaxing atmosphere and warm, friendly staff. To schedule an appointment at any of our locations, please call **(336) 433-5000**.





Greensboro Imaging Services

Greensboro Imaging offers a wide range of medical imaging procedures for men and women in the Triad area—from traditional X-rays to state-of-the-art digital scans.



Awarded to Breast Imaging Centers that earn all the American College of Radiology's voluntary accreditations.

Complete List of Services:

Breast MRI

Computed Tomography (CT) Scan

X-ray and Fluoroscopy

Digital Screening Mammography

DXA Bone Mineral Density Scanning

Interventional Radiology

Magnetic Resonance Imaging (MRI)

Radiofrequency (RF) Ablation

Spine Imaging and Injections

Stereotactic Breast Biopsy

Ultrasound

Ultrasound Breast Biopsy

Varicose Vein Therapy

Vascular Lab

Virtual Colonoscopy

Digital Mammography

Early detection of breast cancer is critical. Digital mammography offers the highest-quality view of the breast and reveals tissue abnormalities up to two years before a physician can feel them.

CT Scans

Computed Tomography (CT) scans are exceptionally helpful in detecting tumors, infections, fractures and injuries to internal organs. This technology takes a series of X-rays to provide doctors a three-dimensional view of the body.

MRI

In Magnetic Resonance Imaging (MRI), magnetic fields and radio waves are used instead of radiation. MRI shows contrast between soft tissues, making it ideal for examining areas such as the brain, heart and abdominal organs.

Spine Imaging and Injections

Spine pain doesn't have to last for life. Spine imaging in conjunction with injections can reduce or even resolve spine pain in many patients.

Virtual Colonoscopy

A virtual colonoscopy is a non-invasive, outpatient procedure that takes about 20 minutes. During this time, radiologists examine the colon for polyps or other abnormalities.

In North Carolina, mammography is the only imaging test that can be performed without a doctor's referral. Please speak with your primary care physician if you are interested in any of our other services.



Breast Self-Exam Instructions



Over 40,000 women are expected to die this year from breast cancer.¹ They're our mothers. Our grandmothers. And sometimes even our children. Unfortunately, many of these cases may have been better controlled if earlier precautions had been taken.

Performing a Breast Self-Exam

Look for changes while at the mirror.

- First relax, sitting or standing, whichever is comfortable.
- With your arms at your sides, look for changes in your breasts—lumps, thickenings, dimples or skin changes.
- Raise your arms above your head, again looking for the same changes.
- With your hands on your hips, press down and tense your chest muscles. This will make any changes more prominent.

Feel for changes while in the shower.

- Start by raising your right arm behind your head.
- With your left hand soaped, fingers held flat together, roll and press the breast firmly against the chest wall.
- Starting at the underarm area, feel a small area of the breast at a time, moving your fingers in small circles. Go up and down in vertical strips until the entire breast has been checked.
- Repeat, raising your left arm and checking your left breast with your right hand.

Feel for changes while lying down.

- Lie down on your back and get comfortable.
- Place a pillow under your right shoulder.
- Repeat the process you went through in the shower, examining your right breast with your left hand.
- Move the pillow under your left shoulder and examine your left breast with your right hand.

Greensboro Imaging advises women age 20 and older to perform this full exam monthly on the same day of the month. If you find a problem, please contact your physician immediately.

¹The American Cancer Society. *Cancer Facts & Figures 2009.*



A Piedmont Triad health care provider committed to the overall health of North Carolina employees.

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