

T L C

The Newsletter for Lexington Clinic Patients

Lexington Clinic Radiology Installs 16-Slice CT Scanner

Lexington Clinic has joined an elite handful of U.S. healthcare institutions by installing the world's fastest, most powerful computed tomography (CT) system – the Aquilion from Toshiba America Medical Systems.

Studies like chest exams, which used to take 20-30 minutes to perform, can now be completed in just 20 seconds. Not only is a speedy CT scan less taxing on patients, the Radiology Department expects to greatly increase its exam capacity because more patients can be treated faster. Now more slots will be available daily at requested appointment times.

“Central Kentucky residents do not need to leave our community to have access to the best CT system available today,” stated Dr. John West, Lexington Clinic Radiology. “For patients with blood clots, infections, and diseases like cancer, early diagnosis with the Aquilion can result in faster, more effective diagnosis and treatment, by providing better, more precise images.”

While CT uses X-ray technology, it is distinguished from other imaging tools like



16-Slice CT Scanner

traditional X-ray and MRI by its ability to display a combination of soft tissue (like muscles, organs and fat), bones and blood vessels all in a single image. Radiologists perform CT scans to diagnose kidney, lung, liver, spine, and blood diseases, cancer, tumors, and cysts,

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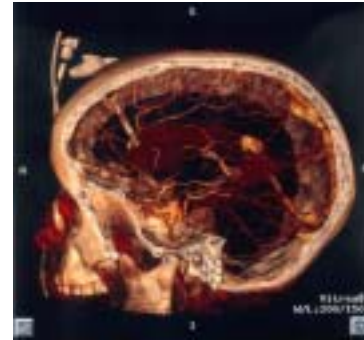
as well as blood clots, hemorrhages and infections.

During a CT exam, a patient lies on a table and is slowly moved into the large donut-shaped opening of the scanner. Once inside, a series of X-ray beams create hundreds of cross-sectional pictures that represent slices of the patient's body. Seconds later, the system's computer assembles the slices into three-dimensional images that are interpreted by a radiologist.

The Aquilion can acquire more anatomical slices than any other system, thanks to a new technology called multi-slice imaging. In fact, the Aquilion is so fast that it can rotate around a patient's body in only half a second. At that speed, this CT creates a gravitational force of 13 G's – four times the force of the Space Shuttle during liftoff. But the only sensation the patient experiences is the ticking of the machine.

As a result, Toshiba's multi-slice technology is among the first that is quick enough to capture images of the body's rapidly moving organs like the heart and lungs, which appear blurry when scanned by traditional CTs. Multi-slice imaging also is especially useful for examining patients who are unable to hold their breath like acutely ill patients and young children.

For additional information about this exciting new technology, please call the Lexington Clinic Radiology Department at (859) 258-4181.



Images from the 16-Slice CT Scanner

Dr. Jennifer Cousins Joins Internal Medicine Department



Dr. Cousins received her medical degree from Eastern Virginia Medical School in Norfolk, Virginia. She completed an Internal Medicine internship and residency at the University of Kentucky. Dr. Cousins is board eligible in Internal Medicine. *Her professional interests include adult primary care, women's health, and preventative care.*

To schedule an appointment with Dr. Cousins, please call (859) 258-4566 or (800) 565-6841, Ext. 4566.

Caring For Generations Lexington Clinic Celebrates 85th Anniversary

This year, Lexington Clinic will celebrate 85 years of caring for generations of Kentuckians after founding on July 1, 1920.

The vision for excellence held by Lexington Clinic's founders and early partners made them pioneers in many fields of health care.

Lexington Clinic brought the first pathologist and trained radiologist to Lexington. Lexington Clinic has been a leader in many fields that have advanced medical practice



throughout the area. These include the acquisition of the first operating microscope used for middle ear and some eye operations, an artificial kidney unit, gastroscopic camera and gastroscopic biopsy. The first cardiac care unit in Lexington was also developed at Saint Joseph Hospital by Lexington Clinic physicians.

cardiology, neurosurgery, radiology, and radiation oncology. With advancements in ceramic hip replacements and shoulder surgery, heart surgery and procedures, minimally invasive brain surgery, advanced MRI imaging technology, and treatment of cancer, Lexington Clinic continues to be a key medical resource for families in Central and Eastern Kentucky.



With nearly 30 specialties, 20 locations and over 190 physicians, physician assistants and nurse practitioners, Kentucky's oldest multi-specialty group practice offers patients comprehensive service and convenience in primary and specialty physician care.

Today, Lexington Clinic continues the tradition of bringing technologically advanced care in many fields including orthopedics,

"Lexington Clinic has seen many changes over the years, but our main goal of providing quality healthcare to our patients will never change," said Michael P. Fitzgerald, Lexington Clinic Chief Executive Officer.

For more information about Lexington Clinic, please visit www.lexingtonclinic.com or call (859) 258-4362 or (800) 565-6841.

Caring for Generations.

In The Genes- Detecting Colon Cancer

When it comes to health, a family history of colorectal cancer is an important risk factor in developing the disease. Patients with an increased risk due to family heredity should be examined for colon polyps before the recommended screening age of 50.

"A person with one immediate family member with colorectal cancer has a risk that is 1½ to 2 times the normal risk of a person without a family history," said Dr. Keith Johnston, Gastroenterologist.

People with many members with colorectal cancer may have colorectal cancer syndrome. It is important to identify these syndromes as physicians can recommend specific measures to prevent cancer or find it as early as possible.

A person with a hereditary risk of developing colon cancer may fall into one of the following criteria:

1. At least 3 relatives have medically proven colorectal cancer with one being a first degree relative (*parent, sibling or child*).
2. At least 2 successive generations diagnosed with colorectal cancer.
3. In one of the relatives, colorectal cancer is diagnosed before age 50.

"The most encouraging news about colorectal cancer is that a colonoscopy can detect cancer in a very early, highly treatable stage," stated Dr. Johnston.

To schedule a colorectal screening, please call (859) 258-4950.

What's New?

Need a doctor? Directions to a location? Or, general Lexington Clinic information? Contact (859) 258-4DOC or 258-4362 for a primary care or specialty physician in your area, directions, or information on the newest doctors at Lexington Clinic.

Podiatry Services: Dr. J. Scott Mays and Dr. Orla M. Rooney have joined Lexington Clinic. Located at 120 N. Eagle Creek, Suite 440, the podiatrists can be reached at (859) 258-5900 for appointments.

We Want To Hear From You!

Welcome to the first edition of TLC, a newsletter for the patients and friends of Lexington Clinic.

We would love to hear your story ideas for future issues. For suggestions, please contact mball@lexclin.com.

Caring for Generations.