



## A CASE STUDY...

...News from Sapheneia  
on Recent Installations

# Balancing High Quality Diagnostic Imaging with Patient Safety

**Diagnostic Health brings dose reduction technology to the greater Washington, DC metropolitan area**

CT radiation dose. It's a concern shared by clinicians, patients and medical imaging providers across the nation. One organization, Diagnostic Health Corp., is leading the charge to lower dose in its outpatient imaging centers in the greater Washington, DC metropolitan area.

"We had taken steps to lower dose on our calcium scoring screening studies with an Auto mA feature on our CT scanners for several years," explains Bari Sedlacko, Lead CT Technologist at Diagnostic Health of Chevy Chase. The radiology team at Chevy Chase, one of seven Diagnostic Health facilities across the Washington, DC metropolitan area, realized that to further lower dose on its CT scanners they would have to seek other solutions.

Diagnostic Health began searching for a way to lower dose even further across all CT studies. "We followed the guidelines of our regulatory bodies, including ACR, and did what we could," explains Kim Masters, Vice President of Operations, East Region. So the search for new radiation dose reduction options began with a key requirement: the solution could not impact the high quality diagnostic exams that referring physicians have come to expect from Diagnostic Health.

Their search led them to Clarity™ CT from Sapheneia. Beginning in late September 2010, Clarity CT was installed at the first site, Diagnostic Health of Chevy Chase. Within one month, six other sites would also order the dose lowering technology.

"We only wished this technology had been available sooner," says Masters, "but now that it is, we have it installed."

*Diagnostic Health Corporation (DHC) is a stand-alone provider of diagnostic imaging services with 24 freestanding locations in 10 states and the District of Columbia with over 800 employees. Their facilities offer a combination of outpatient diagnostic imaging services, including MRI, Open MRI, Computed Tomography (CT), Ultrasound, Mammography, Nuclear Medicine, PET, X-Ray, Fluoroscopy, Bone Density, and EMG services. DHC's focus is to provide outstanding services to their referring physicians, patients, and payors.*

*Diagnostic Health's focus is providing diagnostic imaging services to the medical community, including physicians, providers, and corporations. A primary business success factor is patient satisfaction and service.*



*Bari Sedlacko, Lead CT Technologist at Diagnostic Health of Chevy Chase, uses Clarity CT to reduce dose by 40% across all CT exams.*

The result – radiation dose from CT studies is lower than ever before at Diagnostic Health. Prior to installation of Clarity CT, the Auto mA feature enabled Chevy Chase to lower dose only for cardiac screening studies. Today, dose reduction is 40% across the board – for every CT exam.

For Sedlacko, the Clarity CT dose reduction technology is seamless to her workflow. She notes there was no downtime during installation and Masters is equally pleased with Sapheneia's continued collaboration.

"The process is ongoing and they are constantly monitoring [dose] online," she says. "And we'll continue to take advantage of this technology to reduce dose as much as possible without impacting diagnostic quality."

According to Radiologist M. Loren Perlmutter, MD, image quality is the real test. In the cases he has seen, Dr. Perlmutter has found "the diagnostic quality of the images is equal to the appearance of images prior to the dose reductions."

That is important, as Dr. Perlmutter has become increasingly concerned with CT radiation dose.

"The diagnostic benefits of these techniques are being realized and there is a constant desire to do more diagnostic

  
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**M. Loren  
Perlmutter, MD**

work,” he explains. “All of us – radiologists, referring physicians and patients – have some anxiety that in the broader view we may be diminishing some of the health benefits we are gaining by administering too much radiation dose over a person’s lifetime.”

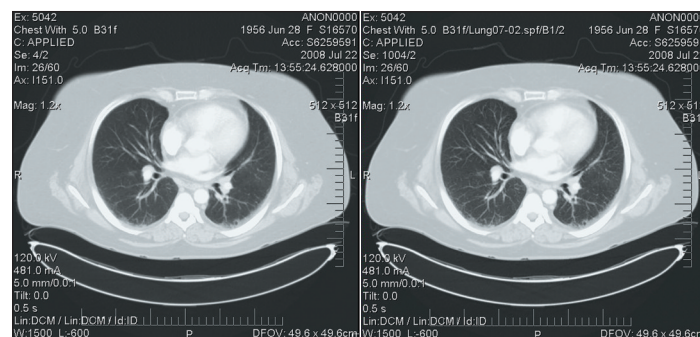
The key, says Dr. Perlmutter, is to use technology or other means that allow radiologists to continue studying patients without that anxiety.

“We want to use CT as frequently as

is clinically necessary without adding any increase in the risk of cancer or creating patient anxiety that may prevent them from getting a study that will benefit them.”

Using technology such as Clarity CT to reduce the radiation dose is one more piece of the puzzle for clinicians to deliver higher quality patient care in tandem with higher quality patient safety, Dr. Perlmutter adds.

And for Diagnostic Health, the first outpatient medical imaging provider in the greater Washington, DC metropolitan area



**Standard Dose**

**Reduced Dose  
Clarity Image**

to implement Sapheneia’s Clarity CT dose reducing technology, the implications are clear.

“At Diagnostic Health, we always strive to provide quality healthcare to our patients,” says Nancy Newell, Vice President of Marketing at Diagnostic Health. “This new technology helps us diagnose patients while providing less radiation to our patients. Diagnostic Health continuously strives to be the imaging provider of choice for patients and referring physicians.”

### Diagnostic Health is using Clarity CT to reduce dose on all CT studies at the following greater Washington, DC metropolitan area locations:

**Diagnostic Health, Bowie**  
4000 Mitchellville Rd., Ste. A100  
Bowie, MD 20716  
Phone: 301.805.7000

**Diagnostic Health of Chevy Chase**  
5454 Wisconsin Ave., Ste. 1765  
Chevy Chase, MD 20815  
Phone: 301.652.3410

**Diagnostic Health of Frederick**  
110 Baughman’s Ln., Ste. 120  
Frederick, MD 21702  
Phone: 301.662.0077

**Diagnostic Health of K Street**  
2121 K Street NW, Ste. 100  
Washington, DC 20037  
Phone: 202.223.5211

**Diagnostic Health, Rockville**  
1201 Seven Locks Rd., Ste. 100  
Rockville, MD 20854  
Phone: 301.424.1781

**Diagnostic Health of Tyson’s Corner**  
7799 Leesburg Pike, Ste. 104S  
Falls Church, VA 22043  
Phone: 703.893.2820

**Diagnostic Health of Waldorf**  
12070 Old Line Ctr., Ste. 305  
Waldorf, MD 20602  
Phone: 301.870.4190

### For More Information



[www.claritysolutions.org](http://www.claritysolutions.org)

**1.877.722.6569**

Global Headquarters: Mjärdevi Science Park • Teknikringen 8, SE 583 30 • Linköping, Sweden • +46 (13) 21 1420

US Headquarters: 3311 Line Avenue • Shreveport, Louisiana 71104 • 1-877-722-6569 • [www.claritysolutions.org](http://www.claritysolutions.org)