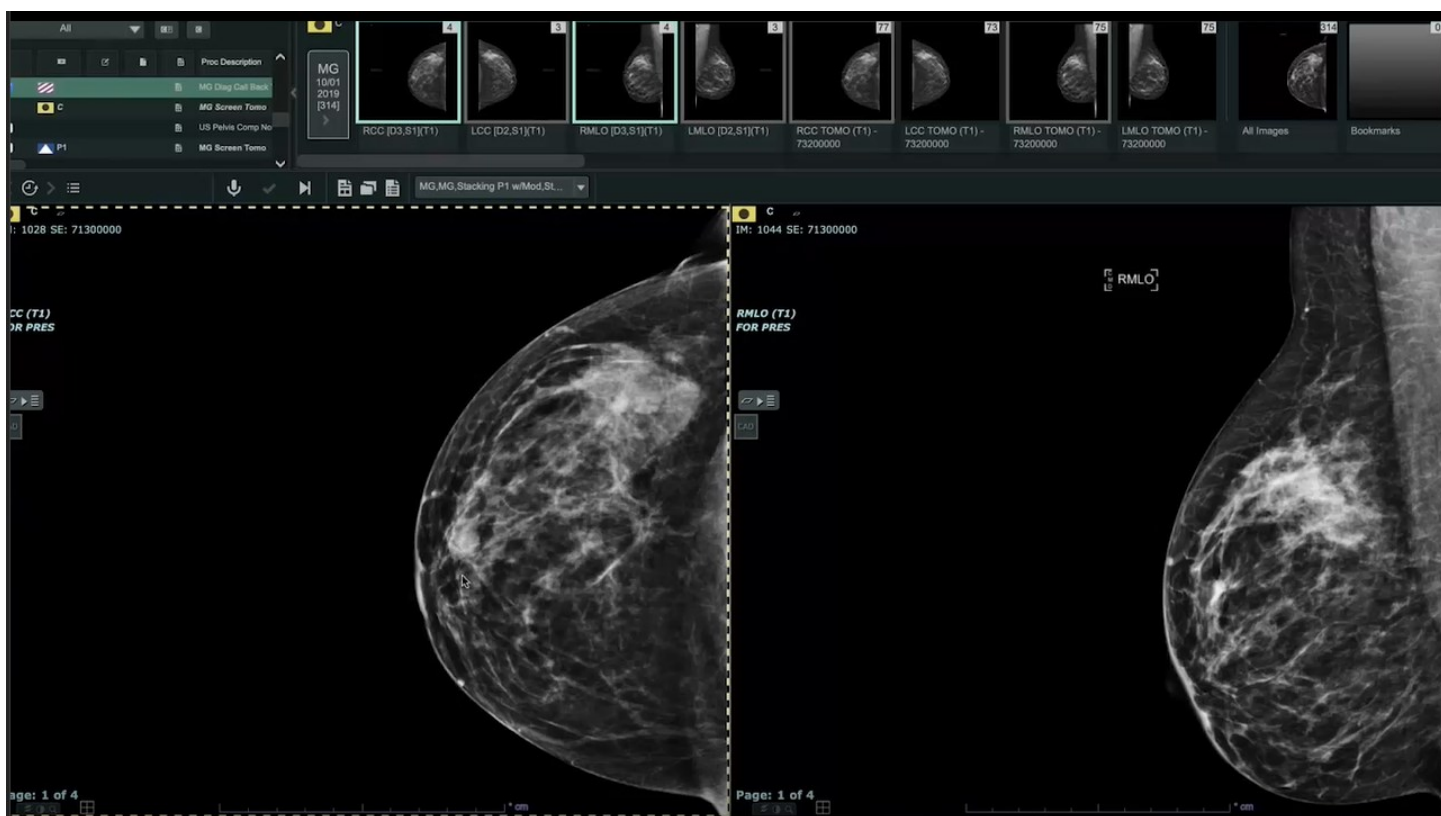


# THE AMI INSIDER

## Looking Inside



Ever wonder what our doctors see when they look at your scan? In this new monthly feature, our CEO Dr. David Levi will give you a look at some of the commonly performed imaging exams.

Dr. Chandni Bhimani, one of our fellowship trained breast imaging specialists reviews a 3D mammogram and breast ultrasound for a patient with a suspicious finding and dense breasts.

# What's New at AMI

## Women's Imaging Services at Atlantic Medical Imaging

When choosing a center for your imaging exam, you should consider the team of imaging specialists that will be performing and interpreting your exam as well as the equipment being used. The best equipment and the best interpretation lead to the best outcomes. Throughout the month of May, we will be featuring the various women's imaging services available at AMI. We offer a full range of imaging services for breast, cardiovascular, peripheral arterial disease, and gynecological, just to name a few. For your convenience, our offices offer early morning, extended evening and weekend hours.

### Cardiovascular Imaging

Cardiovascular disease is the #1 killer of women, causing 1 in 3 deaths a year? The good news is that nearly 80 percent of cardiac events may be prevented with education and lifestyle changes. Atlantic Medical Imaging offers a revolutionary exam called Coronary CTA scan which can discover signs of heart disease that would be invisible on EKGs, stress testing, calcium scoring and even cardiac catheterization.

### Breast Imaging

As a designated breast imaging center of excellence, AMI offers a full range of breast imaging services including screening and diagnostic 3D mammography, breast ultrasound, breast MRI and breast biopsy. Our team of breast imaging specialists are fellowship trained and are dedicated to providing the most accurate and timely diagnostics, in a comfortable and relaxing environment. Each year, they read over 50,000 mammograms and perform over 1,000 minimally invasive breast biopsies. Women 40 and over should have an annual screening mammogram. Early detection is the key to fighting breast cancer successfully. Screening mammography is the single most effective method in finding changes long before physical symptoms can be seen or felt.

### DEXA

May is National Osteoporosis Month. Many people who have osteoporosis are not diagnosed until they suffer an injury. Not many people think about the strength of their bones and trust that everything is working as it should. Unfortunately, bones can weaken over time, and some people (mostly women) will develop osteoporosis. Osteoporosis is a condition where small holes appear in the bones, making them more brittle and susceptible to injuries. The Dual Energy X-ray Absorptiometry (DEXA) Scan is a painless, non-invasive imaging test used to measure bone mineral density. It is currently the best means we have of diagnosing osteoporosis and osteopenia.

### Ultrasound

Ultrasound imaging is a radiology procedure that uses soundwaves to create live-feed images of internal organs. No radiation is used in ultrasound imaging, which is why it is the test used to assess the health of fetuses. Though it is primarily known for its role in maternal medicine, ultrasound has many applications outside of this. It is often used to examine the heart and blood vessels, liver, gallbladder, kidneys, and pancreas, among other things. Our offices offer early morning, extended evening and weekend hours.

# What's New at AMI

## **UTERINE FIBROID EMBOLIZATION (UFE)**

Uterine fibroids are somewhat common, affecting 20-40% of women over the age of 35. Uterine fibroids are growths that develop on the muscular wall of the uterus. Fibroids can dramatically increase in size during pregnancy. They typically improve after menopause when the level of estrogen, the female hormone that circulates in the blood, decreases dramatically. However, menopausal women who are taking supplemental estrogen (hormone replacement therapy) may not experience relief of symptoms.

At the Vascular Institute at AMI, we are dedicated to offering our patients the most effective and least invasive procedures possible. The detection of uterine fibroids is the most common cause of hysterectomies being performed on premenopausal women. Uterine fibroid embolization (UFE), an alternative to a hysterectomy, addresses the issue through inserting a tiny catheter into the artery that is supplying the growth with blood and stopping the flow, effectively killing the fibroid. A UFE does not require general anesthesia, although the patient is sedated in order that no pain is felt.

## **VEIN TREATMENTS**

Are experiencing discomfort, pain, or unsightliness in your legs? You might be among the estimated 20-25 million other Americans also suffering from venous reflux disease. The Vascular Institute at AMI specializes in providing minimally invasive solutions to the whole spectrum of vein related medical issues. Complimentary screenings are available.

For more information or to schedule your appointment call:

Atlantic and Cape May Counties: 609-677-9729

Cumberland County: 856-794-1700

Ocean and Monmouth Counties: 732-223-9729

To schedule an appointment with our Vascular Institute call:

Atlantic and Cape May Counties: 609-652-6094

Cumberland County: 856-362-6056

Ocean and Monmouth Counties: 732-206-8455

# Patient Ambassador Program

## Welcome to the AMI Patient Ambassador Program!

For over 50 years, AMI has been providing the most advanced diagnostic imaging services, combined with compassionate care. Our 52 board-certified, sub-specialty trained radiologists and our highly skilled staff remain committed to providing you clinical excellence, unmatched technology, diagnostic imaging expertise, along with the most accurate and timely results.

With our mission to provide innovative service and compassionate care to our patients, it's a great honor to make a difference in the lives of our patients. Our patients inspire our work every day -- they are why we do, what we do.

We pride ourselves on improving the health of our community, and with that pride we would like to share testimonials and stories from the patients we serve. We all know that people connect with stories, and we capture those stories through countless conversations with our patients. The more we hear, the more passionate we are to share these stories with those who need to hear them.

We're looking for patients to become part of our Patient Ambassador Program and share how their experience at AMI made a difference in their life. Whether it was an overall positive experience at one of our offices or your encounter with one of our staff members or radiologists that went above and beyond, we want to hear your story.

If you are interested in participating in our Patient Ambassador Program, please complete the form at [www.atlanticmedicalimaging.com/patient-perspective](http://www.atlanticmedicalimaging.com/patient-perspective) and our program coordinator will reach out to you soon.



# News Update: COVID-19

## **We're Focused on Your Safety**

The health and well-being of our patients and staff continues to be our highest priorities. To best serve our community and minimize the risk of spreading COVID-19, we are following the recommendation of the Centers of Disease Control and Prevention (CDC) and New Jersey Department of Health (NJDOH) and making temporary changes to our business hours, policies and procedures.

## **Hours of Operation by Location**

All AMI offices are now open with expanded evening and weekend hours at most of our 14 locations. To find a listing of our hours and services by location, see [www.atlanticmedicalimaging.com/locations/](http://www.atlanticmedicalimaging.com/locations/).

## **What are we doing to make sure our patients and staff are safe**

### Screening Guidelines

- If you have a scheduled appointment and are experiencing a fever, new shortness of breath, new cough, flu-like symptoms, sore throat or recent loss of taste or smell, please call 609-568-9182 for further evaluation prior to your appointment.
- If you have no symptoms but have had close contact with someone suspected or known to have Coronavirus over the past 14 days, please contact your healthcare provider prior to scheduling your appointment.
- AMI will not perform procedures on patients known or suspected to have COVID-19.

### Temperature Checks

We will perform temperature checks on all patients, visitors and staff entering any of the AMI facilities.

### Installation of Sneeze Guards

We have installed sneeze guards at the front desk stations in each office to help maintain social distance and physical separation during the registration process.

### Face covering or mask to protect yourself and others

Please be aware that our staff will be wearing masks and we ask that you wear a face covering or mask as well. If you do not have a face covering or mask, we will provide one to you.

### Enhanced cleaning processes

Extra time and care is being taken between patients to ensure the cleanliness of all equipment and frequently touched surfaces. We are cleaning all surfaces and equipment with an EPA approved disinfectant.

### Hand hygiene protocol

Our staff continues to adhere to our hand hygiene protocol. We encourage you to wash/sanitize your hands before and after checking into your appointment. Alcohol-based hand sanitizer is available throughout all offices.

### Flexible waiting room options

We encourage you to practice social distancing, when possible. Patients have the option to check in at the front desk and then wait in their vehicle to be contacted when it's time for their appointment. We have removed chairs at some locations to minimize overcrowding.

### Visitor Policy

We ask all visitors accompanying patients to wait in their vehicle. If a visitor needs to accompany you into the office, there will be a limit of one visitor.