

## Making Quality Care Affordable



The struggling economy has caused many to be more concerned about healthcare costs. For some, the loss of a job or health insurance causes greater concern. This worry has resulted in many delaying needed care. According to a Kaiser Family Foundation March 2010 poll\*, “Nearly six in ten (57 percent) say they have put off some sort of needed care over the course of the year because of the cost.”

Even more alarming, this poll found that those currently in ill health are much more likely to report passing up on needed care for cost reasons.

Olympic Radiology understands these concerns, and wants to help make necessary care affordable. We offer several options for both the insured and non-insured.

### Quality care made affordable with...

**Sliding scale discounts up to 80%<sup>1</sup>**

**Pay in full discount of 35%<sup>2</sup>**

**Budget Payments**

**No billing fees or interest**

<sup>1</sup> Sliding scale discount must meet income qualifications.

<sup>2</sup> Pay-in-full discounted rate must be paid at time of service

**Patients without insurance:** There are a several options, depending on financial circumstance. Olympic Radiology offers a 35% discount when paying in full at the time of service. We also offer discounts of up to 80% on a “sliding scale” based on income level. Payment arrangements may be made for any remaining balance.

**Patients with health insurance:** Patients should familiarize themselves with the

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\*Kaiser Family Foundation Kaiser Health Tracking Poll (March 10-15, 2010). <http://www.kff.org/kaiserpolls/8058.cfm>

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# PACS Quick Reference Card

**The Navigator:** displays thumbnail view of the current active series. Each thumbnail shows the first image of the series. To view a different series, double-click it.

**Page/Scroll:** for MR and CT studies, click the first image in the window, as though the images in that series were the rest of the images in the "stack," click the first image in the window of the desired series and drag to scroll down (or use the mouse roller or a trackball).

**Commonly used viewer tools**

**Zoom:** in the image that you want to zoom, click the image, then click the up or right to increase, down or left to decrease.

**Pan:** in the desired image, click and drag the image in that direction.

**Cross-reference:** lines are displayed to show the location of the image in the other plane. The

Clinicians—has it been awhile since you used Olympic Radiology’s PACS to access patient reports and images? Would you like to view images, but cannot remember how? At the suggestion of an area physician, Olympic Radiology created a new tool to help—the PACS Quick Reference Card.

The card explains how to get to patient reports and images in simple steps and explains some of the viewer tools to help you better navigate through studies. You may view or print a copy of this reference tool on our website at [olympicradiology.com/pacs/PACScard.pdf](http://olympicradiology.com/pacs/PACScard.pdf), or contact Allyson at (360) 479-6555 or [allyson@olympicradiology.com](mailto:allyson@olympicradiology.com) to receive your copy.

Simple, quick steps at your fingertips



Options are available to make necessary care affordable

## Making Quality Care Affordable (continued)

details of their health plan. Many insurance plans will cover a portion of an exam, with patients responsible for the remainder. If the co-insurance is still a stretch for a budget, monthly payments with no interest charges may be arranged.

Olympic Radiology’s financial options ensure that recommended diagnostic imaging is not missed because of cost concerns.

For more information, please contact our billing staff at (360) 415-7280.



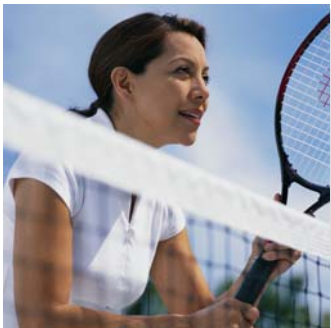
Impressions and feedback from patients is critical

## Evaluating the patient experience

Olympic Radiology strives for excellence in patient care and wants to make each visit the best it can be. Impressions and feedback from our patients is critical to the achievement of our goals. We have begun a new ongoing patient survey process to help us evaluate the level of patient care and service we provide.

A survey is given to each patient by the technologist who completed the exam. Patients may complete the survey card before leaving, or complete the survey online at their convenience. Results will be shared with referring offices in the future.

# Spring Sports Spoilers



The arrival of spring often means getting outside and participating in outdoor sports. The winter season spent indoors and inactive often means our bodies may not be ready, and injuries can occur. Joint injuries, such as the shoulder, elbow, and knee are common and diagnostic radiology can be valuable in identifying problems. Clinicians may refer a patient for imaging to get a better view of the injury.

Magnetic Resonance Imaging (MRI) has become a staple in the assessment of sports injuries. MRI can detail very subtle abnormalities in the soft tissues of the body, including ligaments, tendons, and cartilage. X-Ray and CT based imaging has a limited role in evaluation of soft tissue injuries, but is helpful in evaluating fractures or bone deformities.

## SHOULDER

Shoulder injuries are common in athletes who use their arms in overhead sports such as volleyball, swimming, baseball and tennis. As the arm is lifted, the acromion may impinge on the surface of the rotator cuff causing pain and limiting movement. MRI is most commonly used in diagnosing rotator cuff injuries from degeneration to partial or complete tears.



## ELBOW

Repetitive overuse of the arm is the most common cause of tennis elbow (lateral epicondylitis) and golfer's elbow (medial epicondylitis). Injury is caused when the muscles and tendons of the forearm become inflamed by certain repetitive movements of the wrist or excessive, constant gripping or squeezing of a racket or golf club. X-ray may be ordered to rule out other causes of pain, such as a fracture or arthritis. Rarely, an MRI may be requested.

## KNEE

The ACL (Anterior Cruciate Ligament) is most often injured when the foot is planted and the knee twists to change direction, as is common in many sports. While X-Ray can show damage to knee bones, MRI can show damage to the ligament.

The meniscus is one of the most injured parts of the knee. When inflammation is present, walking becomes more difficult. Signs of inflammation are: stiffness and swelling, tenderness at the joint line, collection of fluid, catching or locking of the knee, and buckling. MRI is very helpful in evaluating the meniscus. A tear is apparent when the normal triangle shape of the meniscus is disrupted, or a portion seen is in an abnormal position.



## Ways to Prevent Sports Injuries

**Warm up** Always take time to warm up and stretch before physical activity, especially before playing a sport.

### Get consistent exercise

Compressing your physical activity into two days sets you up for trouble and doesn't increase your fitness level. Try to get at least 30 minutes of moderate physical activity every day.

**Be prepared** Invest in good equipment. This includes selecting the proper shoes for your sport and using them *only* for that sport.

### Train and condition

Overuse injuries are common and preventable. Condition your body by lightly working the relevant muscle groups in the weeks before playing your sport.

### Listen to your body

Learn to recognize when your body is fatigued. Muscle fatigue takes away your protective mechanisms and increases your risk for injuries.

**Cool down** Make sure to stretch relevant muscles after your sport. Spend at least 30 seconds on each stretch.

# OLYMPIC RADIOLOGY

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in the West Puget Sound

Visit us at [www.OlympicRadiology.com](http://www.OlympicRadiology.com)



<http://twitter.com/OlympicRad>



## Olympic Radiology's American Board of Radiology Certified Physicians



**Steven Bell, MD**

Vascular & Interventional Fellowship

*Serving Kitsap County for over 13 years*



**Bradley Brown, MD**

Body Imaging & Ultrasound Fellowship

*Serving Kitsap County for over 13 years*



**James Rohlfing, MD**

Neuroradiology Fellowship

*Serving Kitsap County for over 17 years*

### Specialties:

Musculoskeletal  
Body Imaging  
Angiography and Interventional Radiology

### Education:

#### Doctor of Medicine

University of Wisconsin

#### Internship

UC Irvine Med. Center, General Surgery

#### Residency

Loma Linda University Medical Center,  
Diagnostic Radiology

#### Fellowship

Loma Linda University Medical Center,  
Angiography and Interventional Radiology

### Specialties:

Ultrasound  
Body Imaging  
Musculoskeletal

### Education:

#### Doctor of Medicine

University of South Carolina

#### Internship

LDS Hospital, Utah, Transitional

#### Residency

UC Davis Medical Center,  
Diagnostic Radiology

#### Fellowship

UC Davis Medical Center,  
Ultrasound with Intervention

### Specialties:

Neuroradiology (Subspecialty Certification American  
Board of Radiology)  
Body Imaging  
Musculoskeletal

### Education:

#### Doctor of Medicine

University of Washington

#### Internship

University of Utah, Internal Medicine

#### Residency

University of Utah,  
Diagnostic Radiology

#### Fellowship

University of Washington,  
Neuroradiology