

# CONTRAST

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With over 30 years of imaging services experience, Imaging Healthcare Specialists has earned an outstanding reputation for providing the highest quality medical imaging technology, highly specialized expertise and exceptional customer service to physicians and patients in San Diego and the surrounding communities.

## PRECISION THERAPY

### IHS INTERVENTIONAL RADIOLOGISTS TREAT DISEASE FROM *INSIDE* THE BODY.

Since its origins in the 1960s, interventional radiology (IR) has grown exponentially. In recent years, these image-guided treatments have made a big difference to patients throughout southern California.

"The treatments are truly state-of-the-art," says Sharjeel Sabir, M.D., an Interventional Radiologist at IHS. "By using the body's own vascular system, we can now treat disease faster, safer and less expensively."

Dr. Sabir notes that not all patients are candidates for IR procedures and that it is important for the patient to discuss all options with their doctor.

One of the more popular interventional radiology procedures offered by IHS is called uterine fibroid embolization (UFE). Women with fibroids (benign growths in the uterus) can experience intense pain, cramping and heavy menstrual bleeding. But thanks to UFE, many women with this condition can eliminate their symptoms with a safe and easy outpatient procedure performed in about an hour and a half.

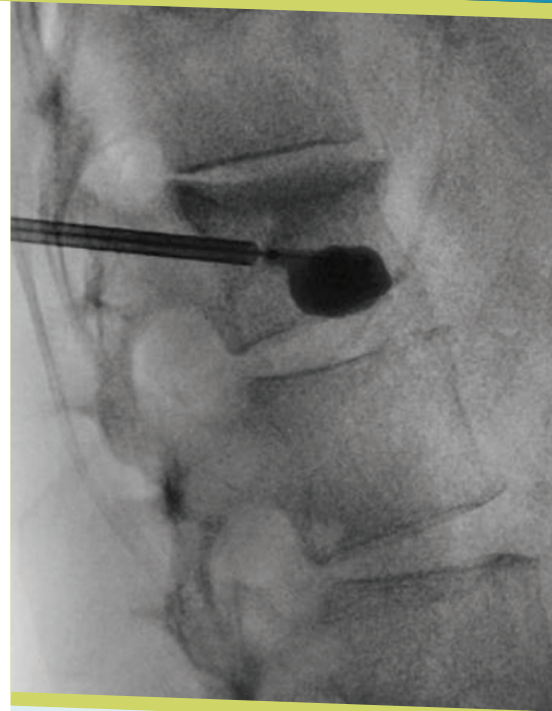
During the UFE procedure, the interventional radiologist guides a catheter through a small nick in the skin (usually in the groin or the wrist) and advances it to the artery that is feeding the fibroid within the uterus. Thousands of tiny microspheres are then released into the artery, which collect in the microvasculature to effectively block the flow of blood to the fibroid. This causes it to shrink, and symptoms disappear within a few days.

**"THIS KIND OF INNOVATION CAN SAVE THE U.S. HEALTHCARE SYSTEM BILLIONS OF DOLLARS," SAYS DR. SABIR. "WHILE IMPROVING THE QUALITY OF LIFE FOR MANY, MANY WOMEN."**

New IR procedures offered include:

- Angioplasty
- Kyphoplasty
- Atherectomy
- Varicose Vein Therapy
- Uterine Fibroid Embolization

For more information about the Interventional Radiology procedures, please visit [imaginghealthcare.com/minimally-invasive-treatments](https://imaginghealthcare.com/minimally-invasive-treatments).



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disease from inside the body

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Dr. Sharjeel Sabir



# THE IHS HIGH-RISK ASSESSMENT PROGRAM

## A FREE SERVICE FOR WOMEN WHO MAY BE AT HIGH-RISK FOR BREAST CANCER

When it comes to breast cancer, early detection is the key to survival. But for women at high-risk, early detection may be more challenging than it is for women at low- or intermediate-risk. .

Why? For one thing, women at high-risk may not actually know it. Our High-Risk Patient Navigator works with patients to assess their risk using the Tyrer-Cuzick Risk Assessment Model. This estimates the likelihood of a woman developing breast cancer in 10 years and over her lifetime. It can also help determine if she may benefit from genetic testing and counseling.

Another reason is that high-risk women can improve their chances for early detection with supplemental screening tests in addition to mammography. These include 3D mammography (tomosynthesis), breast MRI and breast ultrasound. It is important that women at high-risk understand these options, so that she can talk with her doctor and determine the most appropriate modalities and screening frequency for

her unique risk factors. If a woman's lifetime risk is greater than 20%, she will likely have supplemental screening tests covered by her insurance.

"The High-Risk Assessment Program at IHS is designed to help women understand their risk for breast cancer and provide recommendations to help them reduce their risk and live longer, healthier lives," says Beth Najera, RT, IHS' High-Risk Patient navigator. "The process is very simple, takes just a little bit of time and can even be conducted over the phone. We prepare a report specifically for the patient's doctor, to make sure that every member of her care team is on the same page when it comes to her breast health."

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For more information about the IHS High-Risk Assessment Program, please contact Beth Najera at **858-658-6411** or [bnajera@imaginghealthcare.com](mailto:bnajera@imaginghealthcare.com).

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# DR. SHARJEEL SABIR

## RADIOLOGIST SPOTLIGHT



Dr. Sabir is board certified in both diagnostic and interventional radiology. He received his medical degree from Baylor College of Medicine in Houston, Texas. His clinical internship was completed at Methodist Hospital in Houston and residency in radiology at Massachusetts General Hospital in Boston. He received fellowship training in interventional radiology at the University of Texas MD Anderson Cancer Center.

He served as both Interventional Radiology Database Director and research biopsy director while at MD Anderson Cancer Center, as well as the lung ablation service line lead where he honed his skills in minimally invasive oncology treatment.

For IHS, Dr. Sabir performs the full range of interventional radiology and interventional oncology therapies. He has won numerous honors and awards throughout his career, participated or led numerous clinical research projects and is author or co-author of more than two dozen peer-reviewed original research articles, abstracts and editorials. He lectures on various interventional radiology subjects, including microwave ablation, endovascular therapies, renal mass ablation and more.

## WE'VE EXPANDED!

IHS is pleased to announce that our new National City imaging center officially opened on March 22. We are now scanning patients on our GE Signa Excite HDxt 23x 1.5T MRI system, and we offer 3D mammography and diagnostic breast ultrasound at this location.

**With the addition of this new center, we now have 11 diagnostic imaging and interventional radiology centers serving the communities of San Diego... from Oceanside to Chula Vista.**



### LOCATIONS

#### Vista

(Ultrasound Services Only)  
1000 Vale Terrace Drive  
Vista, CA 92084

#### Oceanside (Tri-City)

3601 Vista Way, Bldg A, Ste 101  
Oceanside, CA 92056

#### Encinitas

477 N. El Camino Real, Bldg A,  
Ste 102  
Encinitas, CA 92024

#### Poway

12620 Monte Vista Road, Ste A  
Poway, CA 92064

#### La Jolla (Golden Triangle)

4150 Regents Park Row, Ste 195  
La Jolla, CA 92037

#### Kearny Mesa

(MRI Services Only)  
3939 Ruffin Road, Ste 102  
San Diego, CA 92123

#### San Diego (Alvarado)

6386 Alvarado Court, Ste 121  
San Diego, CA 92120

#### Hillcrest

150 W. Washington Street  
San Diego, CA 92103

#### Logan Heights

(X-ray/Ultrasound Only)  
1809 National Avenue, Ste 2104  
Logan Heights, CA 92113

#### Chula Vista (South Bay)

333 H Street, Ste 1095  
Chula Vista, CA 91910

#### National City

(MRI/Ultrasound/Mammography)  
2427 Transportation Avenue  
National City, CA 91950



150 W. Washington St,  
San Diego, CA 92103

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## IMPORTANT CURES ACT INFORMATION

Earlier this year the Office of the National Coordinator for Health Information Technology (ONC) Cures Act Final Rule established new regulations supporting “seamless and secure access, exchange, and use of electronic health information (EHI)”. Under the new regulations, delaying the availability of results to patients is considered an interference.

There was a 4 day delay on reports populating within the Imaging Healthcare Specialists patient portal, providing the ordering clinician time to review the results of an exam and personally inform the patient of the results before a patient can electronically access such results on their own. The ONC Cures Act requires the removal of any delay of the patient receiving their report, making EHI available to the ordering provider and patient simultaneously.

We are providing this notification as a courtesy to inform you that the delay of report results being available to patients. While we must remain compliant with established regulations, we also value our relationship with you as a referring provider and welcome your feedback and questions in advance of this change.

Should you have any questions or concerns please contact Sarah Woroniecki at 858-658-6566 or send email to [marketing@imaginghealthcare.com](mailto:marketing@imaginghealthcare.com).

Additional details and FAQs on the ONC Cures Act Final Rule may be accessed by the QR code.

