

## NEWSLETTER

Summer 2017

### WE ARE ON SOCIAL MEDIA!

If you haven't already, you can follow us on Instagram, Twitter, and Facebook.

There you will find information on interesting topics, MRI news, clinic news, what's going on in Kelowna that excites us, and what the clinic is up to in the community.

If you want to see more, please send us a message, we would love to hear from you!



### WHAT WE'VE BEEN UP TO:

#### ISMRM 26<sup>th</sup> Annual Meeting

In April one of our technologists, Corinne, attended the International Society for Magnetic Resonance in Medicine's 26<sup>th</sup> annual meeting. With the knowledge she gained, we can keep our technology and protocols up to date with the latest techniques.

#### Bike 'n Braai

Some of the Image One MRI team had a great time riding in the Bike 'n Braai event on June 4<sup>th</sup>. This is the 11<sup>th</sup> year Bike 'n Braai has raised money for the Kelowna General Hospital Foundation. It was a great ride and BBQ once again!

#### Pusher Mitchell Okanagan Symposium on Brain Injury

We had the pleasure of attending the Brain Trust Canada annual symposium. The symposium addressed several topics regarding brain trauma research and the journey patients face after trauma. The support of Brain Trust plays a very important role in many patients' lives on their road to recovery.

---

*Did you know? Approximately 1.5 million Canadians are living with a brain injury. -Brain Trust Canada*

---

When imaging for brain trauma, at Image One MRI we perform a routine brain protocol to get a detailed look at all brain structures and add an additional sequence called SWAN (Susceptibility Weighted Angiography). SWAN is a specialized brain sequence that helps clearly delineate small blood vessels, microbleeds, and large vascular structures, as well as iron or calcium deposits in the brain.

SWAN can help improve and characterize hemorrhage in traumatic brain injury and suspected non-accidental brain trauma.

### UPCOMING EVENT HIGHLIGHT:

#### Across the Lake Swim

July 15, 2017

This year will mark the 69<sup>th</sup> annual Across the Lake Swim in Kelowna. This event is the largest annual open water event in Canada and draws out over 1200 swimmers each year. We are proud to support it as the profits are donated to Learn to Swim programs in the Okanagan. If you love swimming and want to get involved, check it out at [www.acrossthelakeswim.com](http://www.acrossthelakeswim.com).



*MRI demonstrating supraspinatus tendonitis*

## MRI AND SHOULDERS

Speaking of swimming across the lake, we want to share how MRI may be helpful to those who suffer from swimmer's shoulder and want to get back in the water. Swimmer's shoulder is one of the most common swimming injuries, especially in those that predominately swim freestyle. Overuse can lead to inflammation and pain due to rotator cuff impingement or biceps tendonitis. Ways to avoid these injuries would be to ensure proper technique while swimming, and incorporating stretching and strength work into your routine. Always rest when you feel an injury present itself. Chronic conditions can be an indication for MRI when conservative methods of treatment have failed. If you need to get a closer look, we are here to help.

Shoulder MRI scans take a very detailed look at the shoulder joint, including the rotator cuff muscles and tendons. Associated soft tissue and bone injuries are also demonstrated. We will be able to detect tearing and inflammation within the tissues that have become damaged and offer a great deal of information to expedite your treatment plan. Many tendon injuries are better shown on MRI than ultrasound.

Getting answers fast is a great way to get back on track. It could help you and your doctor choose the most appropriate course of action. If you have any questions about how an MRI might help you, please give us a call.

## WHAT'S YOUR REASON?

Have you seen our new TV commercial or heard us on the radio? Our new ads are inspired by the many reasons a patient might come to our clinic. Each day we see patients with such diverse backgrounds, but one thing everyone has in common is that they want to get back to doing what they love. Many are looking to get back to work, some want to gain peace of mind when they don't feel quite right, and others are looking to get back to their regular lifestyle and want to wake up feeling pain free.

We are grateful that you've decided to choose us to be a part of your journey to recovery. We make it our goal to provide patients with the best MRI experience we can. We hope that by coming to Image One MRI, you will be able to get one step closer to wherever it is you want to be.

If you have come to Image One MRI and have a success story you would like to share, we would be happy to showcase your journey on our BLOG. Anonymous or not, it's always inspiring and wonderful to hear if we have made a positive difference in the lives of our patients.



## Contact Us

### Image One MRI

101-3320 Richter Street

250-860-4848

info@imageonemri.ca

[www.imageonemri.ca](http://www.imageonemri.ca)

@imageonekelowna

