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Website settings for more useful Google search listings:

In Google Search indexes, Adelaide MRI appears with the following tagline:

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Change in Settings / General Settings / Tagline

Change to: Bulk-billed radiology services

Change Slider messages

Current slider messages:

1. Committed to Excellence in Imaging and High-Quality Care
2. Experience You Can Trust
3. Helping You Take Control of Your Health
4. We Invest in the Latest State of the Art Technology

Suggested new slider messages:

- Bulk-billed radiology services means no gap payments
- Personal service, locally-owned business, run by doctors
- Expertise and state-of-the-art equipment
- Convenient Adelaide locations with parking and proximity to bus stops

Boilerplate text in the website footer

Adelaide MRI is an Adelaide-owned, doctor-run provider of diagnostic and interventional radiology services. We're committed to ensuring our services are accessible to all South Australians by bulk-billing all Medicare-eligible services – and offering competitive prices for those not covered by Medicare.

CHANGE About Us TO About Adelaide MRI https://adelaidemri.com/about-us/

- Change CAPITALS to Upper And Lower Case To Improve Legibility

Adelaide MRI is committed to excellence in patient care and imaging

Founded in 2003, Adelaide MRI is a locally-owned provider of affordable diagnostic and interventional radiology services. We bulk-bill all scans covered by Medicare.

We aim to maintain a friendly and professional environment, with a team of highly-trained radiologists, sonographers, radiographers and support staff. We will provide the experience and expertise you need when seeking diagnostic and interventional radiology services, and ensure your results are returned to you promptly and in the highest quality.

Our guarantee:

1. All patients deserve access to affordable high-end diagnostic and interventional services. We bulk-bill all scans covered by Medicare, and charge a competitive and reasonable rate for services that are not covered.
2. Your care will be delivered with respect and professionalism at all times.

3. We listen to your needs as our patient and work closely with your referring doctor to give you the best health outcomes and personal treatment.
4. We invest in the latest, state-of-the-art equipment and training to deliver diagnostic accuracy and greater patient comfort.

Where can I find Adelaide MRI?

Our practices are distributed at four locations throughout Adelaide and surrounds, at Payneham, Kings Park, Woodville South and Elizabeth East, all with parking on-site and easy access via standard public transport routes. The contact details for each site are as follows:

Adelaide MRI East
Phone: (08) 8342 9249
Fax: (08) 8342 9250
298 Payneham Rd,
Payneham SA 5070
Insert Google Map links here

Adelaide MRI
Phone: (08) 8244 2850
Fax: (08) 8244 4858
6/850 Port Rd,
Woodville South SA 5011
Insert Google Map links here

Goodwood Diagnostic Imaging
Phone: (08) 8440 7711
Fax: (08) 8440 7712
6/311 Goodwood Rd,
Kings Park SA 5034
Insert Google Map links here

Elizabeth Diagnostic Imaging
Phone: (08) 8255 4868
Fax: (08) 8255 4867
34-36 Oldham Rd,
Elizabeth Vale SA 5112
Insert Google Map links here

Our Doctors **https://adelaidemri.com/our-doctors/**

CHANGE Remove click pages and public following text on the main Doctors page

Associate Professor Roger Davies

Adelaide MRI Director

MBBS, FRACR, FRANZCR, MoHS Management, MoH Law

Dr Roger Davies has an extensive background in assisting patients with pain management and interventional radiology. This includes more than 30 years of experience as an interventional radiologist and 20 years of paediatric imaging. Dr Davies co-founded Adelaide MRI in 2003. Over the past 16 years he has performed more than 100,000 radiological interventions for pain assessment and management. Dr Davies has an interest in sports injury prevention and management and an appointment as Associate Professor in Clinical Radiology at the Sydney University School of Medicine. He has published more than 50 research papers in various scientific publications across his career.

Outside of radiology, Dr Davies is a father of five, a music enthusiast and an innovator in the renewable energy space through his work at Fluid Solar. He is prolific in his research into the field of solar thermal energy, holding more than 50 patents and Intellectual Property registrations worldwide, including in the US, Europe, India and China.

Dr Jacqueline Kew

Adelaide MRI Director

MBBCh, BSc(Hon), FFRad (D)SA, FRCR, FRANZCR

Insert photo of Dr Jacqueline Kew

Dr Jacqueline Kew is a highly-regarded radiologist with over 20 years of experience. She served as Assistant Professor and Associate Professor at the Chinese University of Hong Kong from 1994-1999 before coming to Australia and serving as Radiology Consultant at The Queen Elizabeth Hospital and Lyell McEwin Hospital in 2000. In 2003, she co-founded Adelaide MRI and continues to bring her passion and dedication to thousands of patients each year. Dr Kew has a strong interest in research and is widely published across several prestigious journals. She specialises in interventional radiology and pain management with an interest in Musculoskeletal (MSK) Radiology and imaging of the head and neck.

Careers https://adelaidemri.com/careers/

Adelaide MRI employs a team of highly-experienced radiologists, sonographers, radiographers and support staff in an Adelaide-owned healthcare business. Due to steady annual growth, we regularly seek new staff to fill positions in medical, technical and administrative areas.

We invite you to submit your resume or curriculum vitae along with a covering letter either by post to the Human Resources Manager, Adelaide MRI East, 298 Payneham Road, Payneham SA 5070 or by email using the form below in anticipation of vacancies.

MRI https://adelaidemri.com/services/mri/

CHANGE: List the hyperlinked questions at the top of the page, linking to the question and answer further down the page. This allows visitors to read all the questions at once and to print the entire page contents in one action.

What is an MRI scan?

MRI (Magnetic Resonance Imaging) scanning is one of many imaging techniques used in diagnostic imaging. The process uses powerful magnets, radio waves and sophisticated computer imaging to create detailed pictures of internal body structure.

An MRI machine uses rapidly varying magnetic fields to excite hydrogen atoms in the water and fat molecules in the patient's body, allowing them to be used as weak radio transmitters. Coils in the MRI machine receive these radio waves, which are reconstructed by computer software accurately reflect the composition of a patient's body tissue. This produces well-defined images of internal structures including soft tissue in the brain, breasts, spine and abdomen as well as joints such as the hip, knee, ankle, shoulder, elbow, and wrist, and other areas.

What are MRI scans used for?

An MRI scan can precisely detect structural abnormalities of the body. This makes these scans useful to diagnose various health problems, or identify how well your body is responding to treatment.

How do I prepare for an MRI scan?

While preparation varies with the type of MRI examination, most MRI scans do not require any preparation. You may be required to fast prior to your scan, but for most appointments this is not the case. Our friendly staff will advise you of any preparation required when you make your appointment. You are welcome to ask questions regarding your examination at any time. Please bring your doctor's

MRI scan request form, your Medicare card and any previous X-rays, scans, reports and films each time you visit us.

What happens during an MRI scan?

A standard MRI examination takes approximately 40–60 minutes. During the MRI scan, the patient lies on the scanner table with the part of the body to be examined positioned in the scanner's gantry. Patients can hear a noise as the MRI images are obtained, but will not be touched by any moving parts. There is no discomfort. A continuous tapping sound occurs during the scan, which can be startling at first, but often lulls people to sleep. You will be offered earplugs for hearing protection. Some patients may experience claustrophobia, but the MRI room layout is designed to minimise this as much as possible.

During the scan, the technician can see and hear you at all times via a camera and two-way microphone built into the scanner. Patients also have a buzzer that allows them to communicate with our staff during the scanning process.

Depending on the area under examination, some patients may receive an intravenous injection of contrast material. The contrast can provide valuable information by highlighting certain organs and blood vessels on the MRI images.

Is MRI scanning a safe process?

An MRI scan is a painless process that has the benefit of obtaining images of inside your body while avoiding exposure to x-ray radiation. MRI scans have no known side effects.

However, there is potential danger in some cases due to the powerful magnetic field of the scanner. Patients who have had recent surgery, or any metallic devices, implants or other material within the body MUST notify their physician prior to the examination and inform the Adelaide MRI staff. This is because metallic chips, surgical clips, artificial joints, metallic bone plates or prosthetic implants can distort images obtained by the MRI scanner, or interact with the magnet in the machine. To avoid the risk of the magnet moving metal contained in the body, it **will not** be safe for you to be scanned if you have a:

- Cardiac pacemaker
- Cochlear Implant
- Neurostimulator

It may not be safe for you to be scanned if you have one of the following:

- Cerebral Aneurysm Clip
- Metal in your eyes
- Artificial Heart Valve
- Pregnancy (in first 3 months)
- Infusion Pump.

Please ensure you advise our booking staff if you have a pacemaker, cochlear implant, or another surgical device in your body when you book, or if you have ever been exposed to metallic foreign bodies around your eyes. If you are pregnant, you must inform our staff prior to your examination.

While some patients can experience fear of confined spaces (claustrophobia), the MRI room layout and décor is designed to minimise this. If you have any concerns about having an MRI scan, please discuss these with our friendly staff before undergoing the process.

How much does an MRI scan cost?

We bulk bill **all** Medicare-eligible MRI scans as part of our commitment to providing affordable and accessible healthcare. Bulk billing means no gap payment and no unexpected out-of-pocket expenses. Please check if your scan is Medicare-eligible when booking. The Medicare schedule has very specific guidelines about which examinations are eligible.

- Medicare covers the following MRI scans when a GP refers patients **older** than 16 years of age: Head, spine, and knees (applies to certain conditions).
- Medicare covers the following MRI scans when GP refer patients **younger** than 16 years of age: Head, spine, hips, elbows, and wrists (applies to certain conditions).
- Your specialist doctor can also refer certain adult patients for Medicare-eligible MRI scans (applies to a limited number of conditions).

It is your choice where to have your MRI scan. Call us for an appointment with any referring doctor's imaging request form.

Sometimes your doctor may require traditional large-format plastic images ('hard films'). If so, let us know and we will print these for you – a flat fee of $20 applies for these copies.

Fees apply where an MRI scan is not Medicare-eligible. Please ask our reception staff when booking if you are unsure about the eligibility of your scan.

What happens to my MRI scan results?

Your scan results are treated with strict confidentiality. Our radiologist or technician will talk to you before, during and after the examination, but may not be able to give you precise information about your condition prior to the finalization of the written report. A second radiologist may review your scan images. Adelaide MRI will issue your final report within 48 hours and send the results to your referring doctor, along with a digital copy of the scan. As the images are digital, they are stored on our computer system for future reference. You should always discuss your results with your doctor.

CT https://adelaidemri.com/services/ct/

What is a CT scan?

CT (Computed Tomography, also referred to as Computed Axial Tomography or CAT) scanning is a medical imaging technique that uses X-rays and sophisticated computer imaging to create detailed two- or three-dimensional images of what is happening inside the body. A CT scan can create an image of every type of body structure, including bone, blood vessels and soft tissue.

CT scanning produces cross-sectional images of any part of your body by passing low levels of X-ray radiation through the body. The radiation is produced by a shielded X-ray tube, mounted in a round gantry. Adelaide MRI now operates 160-slice, low-dose Toshiba CTs at each of our practice locations. The CT scan is a painless, non-invasive, and relatively safe procedure that requires no recovery time.

What are CT scans used for?

A CT scan can precisely detect structural abnormalities in the body. As such, doctors often order CT scans to assist with diagnosis of a health problem or to identify how well you have responded to treatment. CT scans provide more detailed images of more types of tissue than traditional X-rays do,

which allows your doctor to detect and locate many potential medical conditions, including problems in the blood vessels.

How do I prepare for a CT scan?

While preparation varies with the type of examination, most CT scans do not require any preparation. You may be asked to fast prior to your examination. Our friendly staff will advise you whether this applies to your scan when you make your appointment. Please review the next section for guidelines about fasting based on scan type. You are welcome to ask questions regarding your examination.

If you are on medications for diabetes, you may be asked to withhold your medications for up to 48 hours after the CT scan, or be re-booked for part of the scan on another day. If you are not sure if this applies to you, please ask us before the examination.

If you are pregnant, you must let our staff know prior to your CT scan.

Please bring your doctor's CT scan request form, your Medicare card and any previous X-rays, scans, reports and films each time you visit us.

If it's necessary, how much should I fast before a CT scan?

The following steps are offered as a general guideline. Our friendly staff will advise on your specific fasting process when you make your appointment.

- **CT scan of the head, neck, chest:** Eat nothing for two hours before your CT scan. You may drink a small amount of water. Continue all normal medications.
- **CT angiogram:** Avoid consuming coffee, tea or chocolate for eight hours before your CT scan.
- **CT scan of the abdomen and pelvis:** Avoid eating or drinking anything for four hours before your CT scan.
- **CT scan of the abdomen (with colon views):** Avoid eating or drinking anything for four hours before your CT scan.

- **CT-guided injections and other CT scan examinations** do not require any preparation. An injection of local anaesthetic is available for use with some injections, but you may refuse this.

What happens during a CT scan?

A standard CT examination takes anywhere from 15–60 minutes, which includes preparation, patient information confirmation, positioning and planning. The actual scan time for each acquisition is typically less than 10 seconds, but multiple acquisitions are required to build a map of internal structures. During the CT scan, the patient lies on the scanner table with the part of the body to be examined positioned in the scanner's gantry. The X-ray tube moves within the gantry on a circular rail, travelling around the central hole and the patient on the table. An arc-shaped band of detectors is positioned opposite the X-ray tube. As the tube and detectors rotate around with the gantry, these detectors record changes in the density of parts of the body as X-rays pass through them. You will not experience any discomfort from the radiation.

During the scan, the technician observe you at all times via a camera and two-way microphone built into the scanner. Patients also have a buzzer that allows them to communicate with our staff during the scanning process.

Depending on the area under examination, some patients may receive an intravenous injection of contrast material. The contrast can provide valuable information by highlighting certain organs and

blood vessels on the CT images. Local anaesthetic is available prior to contrast injections, but is not mandatory, and patients should experience hardly any discomfort.

Is CT scanning a safe process?

CT scans briefly expose the patient to a small, targeted amount of ionising radiation, to help create an image of structures inside your body. While the intensity of X-rays used by a CT scanner is more than is used for a traditional X-ray examination, this low dose of radiation creates no reliably measurable increased risk of cancer or any other radiation-related injury. However, because of the potential for increased risk, X-ray imaging such as CT scans are only performed where there is a clear medical benefit. Also, during CT scans, the amount of radiation used is kept to the As Low As Reasonably Achievable (ALARA) standard that applies to all medical imaging.

CT scans - along with other medical imaging scans - are directly linked to longer life expectancy and declining cancer death rates as medical imaging is generally safer and more affordable than invasive procedures such as surgery. If your doctor recommends a CT scan, ask about the potential benefits to your health, which generally greatly outweigh any small potential risk from radiation.

While some patients can experience fear of confined spaces (claustrophobia), the CT room layout and décor is designed to minimise this. If you have any concerns about having an CT scan, please discuss these with our friendly staff before undergoing the process.

What sort of CT scanners does Adelaide MRI use?

Adelaide MRI has installed 160-slice low-dose Toshiba CT scanners to provide our patients with the highest quality imaging. All our CT scanners use raw data acquisition with a slice thickness of only 0.5 mm - the thinnest detector elements available in any commercial scanner sold in Australia. This means tiny structures inside the body, such as small blood vessels or the bones of the ear, can be accurately imaged. The industry-best low-contrast resolution creates consistent soft tissue imaging at the lowest achievable dose. The result is the best achievable imaging, coupled with the lowest achievable X-ray exposure.

The Toshiba 3-D Quantum *'denoising'* system (patent-pending) enables us to reduce patient doses by as much as 40 per cent. Quantum de-noising gives us the choice of reducing dose without loss of image quality or improving image quality at our usual low dose settings. Importantly, the lowest suitable radiation dose is always used, including for paediatric imaging.

How much does a CT scan cost?

We bulk bill **all** Medicare-eligible CT scans as part of our commitment to providing affordable and accessible healthcare. Bulk billing means there is no gap payment and no unexpected out-of-pocket expense. Please check if your scan is Medicare-eligible when booking. The Medicare schedule has very specific guidelines about which examinations are eligible.

It is your choice where to have your CT scan. Call us for an appointment with any referring doctor's imaging request form.

Sometimes your doctor may require traditional large-format plastic images ('hard films'). If so, let us know and we will print plastic images for you – a small charge of $20 applies for these copies.

Fees apply where a CT scan is not Medicare-eligible. Please ask our reception staff when booking if you have questions about the eligibility of your scan.

What happens to my CT scan results?

Your scan results are treated with strict confidentiality. Our radiologist or technician will talk to you before, during and after the examination and explain the images being taken, but may not be able to provide precise information about your condition prior to the finalisation of a written report. A second radiologist may review your scan images. Adelaide MRI will issue your final report within the next 48 hours and send the results to your referring doctor as well as a digital copy of your images. As the images are digital, they are stored on our computer system for future reference. You should always discuss the results with your doctor.

Ultrasound https://adelaidemri.com/services/ultrasound/

What are Ultrasound scans?

Adelaide MRI offers ultrasound examinations at each of our practices as a safe diagnostic imaging technique to produce detailed images of some parts of the body using high-frequency sound waves - much higher than human hearing can detect.

Ultrasound scanning was developed from the SONAR mapping used by submarines. The sound is produced by a small hand-held device known as an ultrasound probe (transducer), which is placed on the skin of the patient. Gel is put on the skin surface under the probe to help the sound waves enter the body. These waves are reflected by the internal structures of the body. The reflected sound waves are detected by the probe and used to generate an image that is displayed on the screen of the ultrasound machine.

What are Ultrasound scans used for?

Ultrasound can reveal information about a range of medical conditions including pregnancy, gallstones, and varicose veins. An ultrasound that shows blood flow is alternatively called a Doppler, Colour Flow Doppler or Duplex Scan.

Ultrasound scans cannot obtain images from parts of the body obscured by gas or bone. Imaging is best in the lower pelvis and upper abdomen, the musculo-skeletal system, the breasts (for some breast abnormalities), parts of the male reproductive system, kidneys and bladder, the thyroid, the gall bladder and pancreas, the uterus in pregnancy (for foetal development), and the blood vessel (vascular) system.

What are interventional Ultrasound procedures?

Interventional radiology involves the interpretation of images that reflect the body's internal structures, diagnosing injury or disease, and then performing an interventional procedure as treatment. Your doctor may have referred you for an interventional ultrasound procedure such as a steroid injection, contrast injection, biopsy, or aspiration. The sonographer will explain the procedure to you. After receiving your consent, the radiologist will perform the interventional procedure. Adelaide MRI always applies strict sterile procedures at our practices to ensure infection control.

We often offer local anaesthesia along with our injections, but you may decline this.

Recognised complications of interventional ultrasound procedures may include bruising or infection after any needle puncture. Please consult your doctor if you notice any redness, heat, or pain at the injection site after the procedure.

What is a Pelvic Ultrasound?

A pelvic ultrasound is a non-invasive diagnostic scan used to assess organs and structures within the female pelvis. A pelvic ultrasound visualises the female pelvic organs and structures including the uterus, cervix, vagina, fallopian tubes and ovaries.

You may request for a female sonographer for this examination.

A pelvic ultrasound scan requires a full bladder. For some investigations, further scans may require a transducer placed in the vagina - called a transvaginal ultrasound. This method is employed when visualisation of the pelvic organs by the scan performed through the full bladder is incomplete. A transvaginal ultrasound can be superior to a pelvic scan conducted through the bladder. Ultrasound images are more detailed when the probe is closer to the area of examination.

It is your choice to have a transvaginal ultrasound. It will be performed only with your consent. The sonographer will explain the procedure to you. A sterilized probe with a protective sheath and sterile gel is inserted into the vagina, and then manipulated gently to assess the pelvic organs.

How should I prepare for an Ultrasound scan?

Please bring your doctor's ultrasound scan request form, your Medicare card and any previous X-rays, scans, reports and films each time you visit us. You may be asked to either fast from food or to have a full bladder prior to your examination. While preparation varies with the type of ultrasound examination, most examinations do not require any preparation. Our friendly staff will advise you what preparation is required, such as fasting, when you make your appointment. You are welcome to ask questions regarding your examination. Please see below for rough preparation guidelines based on the target area of the scan.

- **Ultrasound Upper Abdomen: Do not** eat, drink or smoke for six hours before your appointment.
- **Ultrasound of renal organs, pelvis, or in early pregnancy**: As you require a full bladder for this scan, please drink one litre of water at least one hour before your appointment.

What happens during an Ultrasound scan?

A standard ultrasound examination takes approximately 30 minutes but may take up to one hour. Your name and date of birth will be checked prior to your examination. You are then escorted to our ultrasound room, which has low light to reduce glare on the ultrasound TV monitor. You will then be asked to lie on a bed or sit on a chair. The sonographer will explain the examination procedure to you before acquiring the necessary images.

During the examination, you will not be aware of the sound waves. You should feel no discomfort, only some pressure on the skin from the transducer. A sonographer specialises in acquiring the images which are interpreted and reported by the radiologist. The radiologist may enter the room and assess the images while you are there. You will sign a Medicare bulk bill form after the examination is complete.

Is Ultrasound scanning a safe process?

Yes. Ultrasound scans are entirely safe because they use sound waves or echoes to create an image rather than radiation. Although the body absorbs this sound energy as minute amounts of heat, the energy levels required for diagnostic imaging do not produce noticeable warming effects inside the body. There are no known harmful effects at the levels used, although excessive scanning of the

growing foetus is not recommended. Studies have shown ultrasound to be a safe technique with no harmful side effects. It can be performed on a wide range of body parts.

How much does an Ultrasound scan cost?

We bulk bill **all** Medicare-eligible ultrasound scans as part of our commitment to providing affordable and accessible healthcare. Bulk billing means there is no gap payment and no unexpected out-of-pocket expense. Please check if your scan is Medicare-eligible when booking. The Medicare schedule has very specific guidelines about which examinations are eligible.

It is your choice where to have your ultrasound scan. Call us for an appointment with any referring doctor's imaging request form.

Sometimes your doctor may require traditional large-format plastic images ('hard films'). If so, let us know and we will print plastic images for you – a small charge of $20 applies for these copies.

Fees apply where an ultrasound scan is not Medicare-eligible. Please ask our reception staff when booking.

What happens to my Ultrasound scan results?

Your scan results are treated with strict confidentiality. Our radiologist or technician will talk to you before, during and after the examination and can explain the ultrasound images we produce, but may not be able to give you precise information about your condition prior to the finalisation of a written report. A second radiologist may review your scan images. Adelaide MRI will issue your final report within the next 48 hours and send the results to your referring doctor with instructions for digital access of the images. As the images are digital, they are stored on our computer system for future reference. You should always discuss the results with your doctor.

X-ray https://adelaidemri.com/services/x-ray/

What is an X-ray scan?

An X-ray examination - also referred to as a computed radiograph, digital radiograph or radiograph - is a diagnostic imaging technique where low levels of X-ray radiation produced by a shielded X-ray tube pass through the body. A detector or film is positioned on the far side of the body. The X-ray image created by the detector displays internal structures including bones, stones, and body parts containing air such as the lung and bowel.

Adelaide MRI offers X-ray scans at each of our practice locations.

What are X-ray scans used for?

X-rays are often used to examine problems in the bones, joints and chest, and thereby diagnose injury or disease.

How do I prepare for an X-ray scan?

Please bring your doctor's X-ray scan request form, your Medicare card and any previous X-rays, scans, reports and films each time you visit us. While preparation varies with the type of examination, most X-ray examinations do not require any preparation. Our friendly staff will advise you of any

preparation is required when you make your appointment. You are welcome to ask questions regarding your examination at any time.

What happens during an X-ray scan?

A typical X-ray examination takes 15-20 minutes. We will check your name and date of birth prior to your examination. In the X-ray room, the radiographer (a medical imaging technician) will explain the examination procedure to you. You will either sit or lie down on a bed, where you will be positioned to obtain the correct images on the X-ray plate. These scans are then transferred into a computer for image printing and reporting.

You will not experience any discomfort during the examination. The radiographer is responsible for acquiring the images, which interpreted and reported by the radiologist. You will be asked to sign a Medicare bulk-bill form when the examination is complete.

Is X-ray scanning a safe process?

By referring you for an X-ray scan, your doctor has decided that the medical benefit to you is much greater than any small risk posed by exposure to diagnostic X-rays. X-rays are a naturally occurring type of radiation. While X-rays are classified as a carcinogen, the scientific and health industry consensus is that the benefits of X-rays far outweigh any potential negative outcomes.

If you are pregnant, you must let our staff know before the examination.

How much does an X-ray scan cost?

We bulk bill **all** Medicare-eligible X-ray scans as part of our commitment to providing affordable and accessible healthcare. Bulk billing means there is no gap payment and no unexpected out-of-pocket expense. Please check if your scan is Medicare-eligible when booking. The Medicare schedule has very specific guidelines about which examinations are eligible.

It is your choice where to have your X-ray scan. Call us for an appointment with any referring doctor's imaging request form.

Sometimes your doctor may require traditional large-format plastic images ('hard films'). If so, let us know and we will print plastic images for you – a small charge of $20 applies for these copies.

Fees apply where an X-ray scan is not Medicare-eligible. Please ask our reception staff when booking.

What happens to my X-ray scan results?

Your scan results are treated with strict confidentiality. Our radiologist or technician will talk to you before, during and after the examination and can explain the X-ray images we produce, but may not be able to give you precise information about your condition prior to the finalisation of a written report. A second radiologist may review your scan images. Adelaide MRI will issue your final report within the next 48 hours and send the results to your referring doctor with instructions for digital access of the images. As the images are digital, they are stored on our computer system for future reference. You should always discuss the results with your doctor.

BMD / DEXA https://adelaidemri.com/services/bone-density-or-dexa/

What is a BMD / DEXA scan?

Bone Mineral Density (BMD) - also known as DEXA-dual energy X-ray absorptiometry - scanning is a painless and non-invasive examination that uses a very low intensity X-ray machine to measure the bone mineral content in various parts of the body, such as the. spine, hip or wrist.

Adelaide MRI offers BMD / DEXA scans at its Woodville practice.

What are BMD / DEXA scans used for?

Bone densitometry is used to diagnose and measure osteoporosis, a condition that often affects women after menopause but also affects around one third of men. They can also be used to evaluate other conditions which cause bone loss.

How do I prepare for an BMD / DEXA scan?

Please bring your doctor's BMD scan request form, your Medicare card and any previous X-rays, scans, reports and films each time you visit us. These examinations do not require any other preparation. You are welcome to ask questions regarding your examination at any time.

What happens during an BMD / DEXA scan?

A typical BMD examination takes about 20 minutes. We will check your name and date of birth prior to your examination. In the X-ray room, the radiographer (a medical imaging technologist) will explain the examination procedure to you. You will either sit or lie down on a bed, where you will be positioned to obtain the correct images on the X-ray plate. These scans are then transferred into a computer for image printing and reporting.

You will not experience any discomfort during the examination. The radiographer is responsible for acquiring the images, which interpreted and reported by the radiologist. You will be asked to sign a Medicare bulk-bill form when the examination is complete.

Is BMD / DEXA scanning a safe process?

By referring you for a BMD scan, your doctor has decided that the medical benefit to you is much greater than any risk posed by exposure to diagnostic X-rays. The X-rays used to obtain BMD scans are a naturally occurring type of radiation. While X-rays are classed as a carcinogen, the scientific and health industry consensus is that the benefits of X-rays far outweigh any potential negative outcomes. The intensity of X-rays used in BMD is very low.

If you are pregnant, you must let our staff know before the examination.

How much does an BMD / DEXA scan cost?

We bulk bill **all** Medicare-eligible BMD / DEXA scans as part of our commitment to providing affordable and accessible healthcare. Bulk billing means there is no gap payment and no unexpected out-of-pocket expense. Please check if your scan is Medicare-eligible when booking. The Medicare schedule has very specific guidelines about which examinations are eligible.

It is your choice where to have your BMD / DEXA scan. Call us for an appointment with any referring doctor's imaging request form.

Sometimes your doctor may require traditional large-format plastic images (‘hard films’). If so, let us know and we will print plastic images for you – a small charge of $20 applies for these copies.

Fees apply where a BMD / DEXA scan is not Medicare-eligible. Please ask our reception staff when booking.

What happens to my BMD / DEXA scan results?

Your scan results are treated with strict confidentiality. Our radiologist or technician will talk to you before, during and after the examination and can explain the BMD / DEXA images we produce, but may not be able to give you precise information about your condition prior to the finalisation of a written report. A second radiologist may review your scan images. Adelaide MRI will issue your final report within the next 48 hours and send the results to your referring doctor with instructions for digital access of the images. As the images are digital, they are stored on our computer system for future reference. You should always discuss the results with your doctor.

Paediatric Imaging https://adelaidemri.com/services/paediatric-imaging/

What is Paediatric Imaging?

Paediatric imaging is a subspecialty of diagnostic radiology focused on children, from babies through to young adults.

Adelaide MRI offers a comprehensive and child-friendly environment for Paediatric Imaging at Adelaide MRI East in Payneham. Our radiologist is qualified with a Paediatric Imaging Fellowship and has extensive experience working with children.

What are Paediatric Imaging scans used for?

Paediatric Imaging techniques are used to diagnose injury or disease and in some cases may help avoid the need for exploratory surgery.

How do I prepare my child for a Paediatric Imaging scan?

Please bring your doctor’s scan request form for your child, your Medicare card and any previous X-rays, scans, reports and films for your child. Preparation will vary depending on the type of scan and area of the body to be examined. Our friendly staff will advise you what preparation is required, for example, withholding food or drink from your child, when you book your appointment. You are welcome to ask questions regarding the examination at any time. Please see the list below for more information about the various types of procedure your child may undergo.

What happens during a Paediatric Imaging scan?

Paediatric imaging radiologists employ a range of techniques such as:

- MRI (Magnetic Resonance Imaging) scans;
- CT (Computed Tomography) scans;
- Ultrasound scans; and
- X-ray scans.

Click on a scan type above to read a more detailed description of the processes, risks, and preparation.

Is Paediatric Imaging scanning a safe process?

Adelaide MRI takes all measures to ensure Paediatric Imaging scans are safe and carried out properly, including assessment for MRI readiness. Our paediatric radiologists are trained to understand which tests are most appropriate for a child at various ages, so that your child is given care that is relevant, appropriate and safe.

How much does a Paediatric Imaging scan cost?

Adelaide MRI is committed to ensuring its imaging services are affordable, which means that it bulk-bills **all** Medicare-eligible Paediatric Imaging scans. Bulk billing means you have no gap payment and face no large unexpected out-of-pocket expenses. Please check if your scan is Medicare-eligible when booking. The Medicare schedule has very specific guidelines about which examinations are eligible. This will vary based on scan type.

In regards to MRI scans, General Practitioners can refer patients younger than 16 years for Medicare-eligible MRI including: MRI Head (for unexplained headache, seizure, or non-responsive sinus disease), MRI Spine (any region, for significant trauma or pathology suspected with unexplained pain), MRI Hip (for suspected septic arthritis, slipped capital femoral epiphysis or Pethes' disease), MRI Elbow (for suspected fracture or avulsion injury), MRI Knee (for internal joint derangement), and MRI Wrist (for suspected scaphoid fracture).

It is your choice where you bring your child for a Paediatric Imaging scan. Call us for an appointment with any referring doctor's imaging request form.

Sometimes your doctor may require traditional large-format plastic images ('hard films'). If so, let us know and we will print plastic images for you – a small charge of $20 applies for these copies.

Fees apply where a Paediatric Imaging scans are not Medicare-eligible. Please ask our reception staff when booking.

What happens to my Paediatric Imaging scan results?

Your child's scan results are treated with strict confidentiality. Our radiologist or technician will talk to you before, during and after your child's examination and can explain the images we produce, but may not be able to provide precise information about your child's condition until the finalisation of a written report. A second radiologist may review the scan images. Adelaide MRI will issue your final report within the next 48 hours and send the results to your referring doctor with instructions for digital access of the images. As the images are digital, they are stored on our computer system for future reference. You should always discuss these results with your doctor.

Interventional Procedures and Pain Management
https://adelaidemri.com/services/interventional-and-pain-management/

What are Interventional Procedures?

Interventional pain management includes a range of specialised, minimally-invasive techniques for diagnostics and treating pain that are used by interventional radiologists. This usually consists of using a fine needle to deliver a treatment or take a sample from the target area. To ensure that the procedure is properly targeted, interventional procedures may be guided with the aid of a CT or Ultrasound scan.

What are Interventional procedures used for?

Interventional procedures usually involve the injection of a target area in order to relieve pain and/or improve mobility.

These procedures can delay or help avoid more invasive procedures such as surgery.

Interventional procedures are also used to aid imaging diagnosis. An injection of contrast can help to better reveal abnormalities and confirm a diagnosis such as examining a joint (CT arthrogram).

A fine needle aspiration biopsy can be used to take a sample of cells which can provide information on the treatment options for a patient.

The types of procedures offered at Adelaide MRI include:

- **Lumbar spinal epidural steroid injection**. These procedures involve the injection of steroids to the lower back in order to relieve pain and improve mobility. They are guided with a CT scan.
- **Cervical spinal nerve root steroid injections.** These procedures involve the injection of steroids to the cervical spine (neck) in order to relieve pain and improve mobility. They are guided with a CT scan.
- **Thoracic spinal joint injections.** These procedures involve the injection of steroids to the thoracic spine (mid back) in order to relieve pain and improve mobility.They are guided with a CT scan.
- **Joint injections.** These procedures involve the injection of steroids and anaesthetic into joints including the shoulder, wrist, hip, and knee in order to relieve pain and improve mobility. They are usually guided with an ultrasound scan.
- **Bursae ligament and tendon sheath injections.** These treatments involve the injection of steroids to relieve the symptoms of bursitis and inflammation in bursae and tendons including the shoulder, wrist, hip, knee and ankle. They are guided using an ultrasound scan.
- **Carpal tunnel and ulnar nerve perineural injections (wrist).** These procedures involve the injection of steroids and anaesthetic into the space around inflamed nerves. They are guided with an ultrasound scan.
- **Fine needle aspiration biopsy.** In these procedures, a needle is used to obtain a sample of cells from a mass or organ. Fine needle aspiration biopsies can be taken from areas including the breast and thyroid. They are guided with an ultrasound or CT scan.

Adelaide MRI offers Interventional procedures at each of our practice locations. Fine needle biopsy is currently available at our Elizabeth practice due to restrictions on availability of a Pathologist on-site to review samples as they are obtained.

How do I prepare for Interventional procedures?

You must ring and book an appointment to ensure you are correctly prepared. Please bring your doctor's request form, your Medicare card and any previous latest INR (Interventional neuroradiology) or APPT result. While preparation varies with the type of examination, most examinations do not require any preparation. Our friendly staff will advise you if any preparation is required. You are welcome to ask questions regarding your examination at any time.

Let our staff know if you are on blood-thinning medications or if you are being treated for a kidney problem or are a diabetic. Discuss the procedure with your referring doctor, as you may need to stop your warfarin or other blood-thinning medication prior to the procedure.

What happens during an Interventional procedure?

You may have been referred for an ultrasound-guided interventional procedure, such as a steroid injection, contrast injection, biopsy, or aspiration. The sonographer will explain the procedure to you. The radiologist will perform the interventional procedure and answer any questions to ensure that you can provide fully-informed consent.

An interventional radiology procedure involves the placement of a fine needle through your skin and into a designated location. We often use local anaesthesia along with our injections, but you may decline the use of local anaesthesia. Following insertion, the needle will be guided into position, using either a CT scan or ultrasound.

The position of the needle may be confirmed by the injection of contrast material (“dye”) and/or removal of fluid. If contrast material is injected into one of your veins, you may be asked to hold your breath for several seconds as some pictures are taken. During the injection of the X-ray contrast material, you may experience a warm feeling or a strange taste in your mouth. These sensations are temporary and will go away soon.

It may be necessary to make more than one pass of the needle to achieve the proper location and/or to acquire sufficient material to complete the procedure.

Are Interventional procedures safe?

Adelaide MRI always observes strict sterile procedures at our practices to maintain infection control. We often use local anaesthesia along with our injections, but you may decline the use of local anaesthesia.

Recognised complications include: pain or discomfort at the needle insertion site, bruising or infection after any needle puncture. Please consult your doctor if you notice any redness, heat, or pain at the injection / procedural site after the procedure. While risks are rare, various allergic reactions or a temporary reduction in kidney function are associated with contrast material (“dye”).

How much do Interventional procedures cost?

Adelaide MRI is committed to ensuring its imaging services are affordable, which means that it bulk-bills **all** Medicare-eligible Interventional procedures. Bulk billing means you have no gap payment and face no large unexpected out-of-pocket expenses. Please check if your scan is Medicare-eligible when booking. The Medicare schedule has very specific guidelines about which examinations are eligible.

It is your choice where to have your Interventional procedures including scans and X-rays. Call us for an appointment with any referring doctor’s imaging request form.

Sometimes your doctor may require traditional large-format plastic images. If so, let us know and we will print plastic images for you – a small charge of $20 applies for these copies.

Fees apply where Interventional procedures are not Medicare-eligible. Please ask our reception staff when booking.

What happens to my results?

Your results are treated with strict confidentiality. If a treatment has been administered immediately following a scan, details of the treatment and the patient's reaction to it will be included in the written report sent to the GP. These reports are returned within 48 hours. This also applies in the case of contrast injections.

In the case of fine needle biopsies, we routinely arrange for a pathologist to be on site looking at the samples we obtain at the time of biopsy and we will need to arrange a time appropriate for you and the pathologist. Samples are processed in the pathology laboratory and results are sent to your doctor. This will take a few days. You will be required to sign a pathology form.

PREVENTATIVE IMAGING

Whole Body MRI https://adelaidemri.com/services_group/research-center/

What is a Whole Body MRI scan?

A Whole Body MRI scan is based on Magnetic Resonance Imaging, a process that uses powerful magnets, radio waves and sophisticated computer imaging to create detailed pictures of what is happening inside your body.

An MRI machine uses rapidly varying magnetic fields to excite hydrogen atoms in the water and fat molecules contained in the patient's body - momentarily causing them to become weak radio transmitters. Coils in the MRI machine receive these radio waves, which are then reconstructed by computer software to produce well-defined images of many internal structures including soft tissue in the brain, breasts, spine and abdomen, as well as joints such as the hip, knee, ankle, shoulder, elbow, and wrist.

What are Whole Body MRI scans used for?

A Whole Body MRI scan is useful for individuals who are asymptomatic but want an overview of their current health. Whole Body MRI examines as many as four sections of concern to identify cancers, inflammation or obstructive processes in the body:

- An MRI of the head can show brain masses, shrinkage, old strokes, and detail of the sinuses and nasal cavities.
- In the neck, MRI can detect abnormalities in the lymph nodes, thyroid masses or arthritis in the cervical spine.
- MRI of the chest can obtain an overview of heart enlargement and cancer in the lungs.
- The abdomen section can capture information of the pelvis area, kidneys, liver, spleen, adrenal glands, pancreas and bladder for tumours or inflammation.

Early detection of cancers can radically change the type of treatment options available to patients. Other areas of concern might benefit from simple changes in lifestyle such as eating habits or exercise.

Who can benefit from a Whole Body MRI?

In general, screening is useful where some improvement in your health outcomes can be achieved by early detection. A Whole Body MRI may benefit anyone with concerns about cancer, heart disease or their general health that does not have pronounced symptoms. For those with a family history of

disease or fears about developing cancer in the future, the procedure can provide peace of mind in one appointment with no exposure to radiation. This procedure is intended for those who are not currently presenting signs of an illness – if you are experiencing any symptoms, contact your GP.

You can select as many as four areas to scan at a visit of one-hour duration, with each area taking from 15-30 mins. It is advisable to select the areas within a category, for example, Brain: Dementia, Multiple Sclerosis (MS), CVA (cerebrovascular accident) and CV (cerebrovascular).

NOTE: Some scans require more time and precision, and are equivalent to two standard scans. These are highlighted below with an asterixis (*) so that you can make an informed choice about how many areas we will be able to review.

Brain

- Dementia Screening
- Multiple Sclerosis (MS) Screening
- Sinuses Screening
- Pituitary Screening
- Brain Vascular(CVA) Screening
- Brain Cardio-Vascular Screening
- Tinnitus Screening

Neck

- Cervical Vascular Screening
- Neck Soft Tissue Screening

Spine

- Cervical Spine screening*
- Thoracic Spine Screening*
- Lumbar Spine Screening
- Sacro-coccygeal Screening

Chest

- Chest CT for lung cancer
- Chest Wall/Axilla Screening
- Breast Cancer Screening*
- Breast Silicon Screening*
- Breast Ultrasound Screening

Abdomen*

- Adrenal Screening*
- Liver Screening*
- Kidney Screening*
- Pancreas Screening*
- Vascular Screening*

Pelvis*

- Prostate Screening*
- Testes Screening*

- Pelvis/Hips OA Screening*
- Congestion Screening*
- Ovary Screening*
- Uterus Screening*

How much does a Whole Body MRI scan cost?

A Whole Body MRI scan is **not** eligible for a Medicare rebate and will incur a fee, variable based on your individual treatment plans. Contact us and explain your requirements to receive a competitive quote. When you have decided to proceed with the scan, you can pay by phone when you make your booking or pay in person when you arrive. We accept cash, card and cheque, but do not accept AMEX.

What are the risks of a Whole Body MRI scan?

An MRI scan is a painless process that has the benefit of obtaining images of inside your body while avoiding exposure to x-ray radiation. MRI scans have no known side effects.

However, there is potential danger in some cases due to the powerful magnetic field of the scanner. Patients who have had recent surgery, or any metallic devices, implants or other material within the body MUST notify their physician prior to the examination and inform the Adelaide MRI staff. This is because metallic chips, surgical clips, artificial joints, metallic bone plates or prosthetic implants can distort images obtained by the MRI scanner, or interact with the magnet in the machine. To avoid the risk of the magnet moving metal contained in the body, it **will not** be safe for you to be scanned if you have a:

- Cardiac pacemaker
- Cochlear Implant
- Neurostimulator

It may not be safe for you to be scanned if you have one of the following:

- Cerebral Aneurysm Clip
- Metal in your eyes
- Artificial Heart Valve
- Pregnancy (in first 3 months)
- Infusion Pump.

Please ensure you advise our booking staff if you have a pacemaker, cochlear implant, or another surgical device in your body when you book, or if you have ever been exposed to metallic foreign bodies around your eyes.

If you are pregnant, you must inform our staff prior to your examination.

While MRI scanning is a widely-used and accurate method for the detection of abnormalities, it should be noted that false negatives, where a scan appears normal but cancer is present, sometimes occur. False positives, where the patient presents abnormalities that bear the characteristics of cancer when cancer is not present, will also occasionally be returned. Any signs of abnormality which suggest cancer or other diseases will be followed by further tests to ensure your diagnosis is as accurate and complete as possible.

While some patients can experience fear of confined spaces (claustrophobia), the MRI room layout and décor is designed to minimise this. If you have any concerns about having an MRI scan, please discuss these with our friendly staff before undergoing the process.

Want more information about MRI scans?

Beyond preventative imaging, MRI scans are used as a diagnostic technique for patients with a variety of symptoms. If your doctor has referred you for an MRI scan, or if you would like to know more about the preparation for an MRI scan, follow the link below to our general information page about MRI.

https://adelaidemri.com/services/mri/

HEART HEALTH

Coronary Artery Calcium Scoring
https://adelaidemri.com/services/coronary-artery-calcium-scoring/

What is Coronary Artery Calcium scoring?

Coronary Artery Calcium (CAC) scoring is a non-invasive method of measuring coronary artery calcification using Computed Tomography (CT). It estimates, with good statistical correlation, the amount of atherosclerotic plaque in your heart's arteries. This can predict the chance of future myocardial infarction (heart attack) and mortality from cardiovascular disease. Patients will receive a risk score graded from 'high' to 'low' reflecting the levels of plaque, and potential lifestyle changes to reduce this score may be suggested.

Please note, while you may make an appointment for this scan without a referral, Adelaide MRI would advise that you discuss your concerns with your GP and consider obtaining a referral first.

What is CAC scoring used for?

Finding out early about a potentially fatal disease, such as coronary artery atherosclerosis, before you experience any symptoms, can profoundly influence your future behaviour and significantly reduce your risk of heart attack and premature death if you adopt healthier lifestyle choices.

Multiple studies show patients change their risk profile, by changing what they eat, obtaining regular exercise, ceasing smoking, and losing weight. Patients are more likely to stick to medications that lower cholesterol or blood pressure, if these are needed. Sometimes patients can make a choice not to start medications, if their calcium score predicts a low risk of heart attack or stroke.

For some patients in their 40s or 50s, the first sign of heart disease may be a fatal heart attack. Survivors of acute infarction are frequently left with disabling, life-changing symptoms because the heart muscle is often permanently damaged or even destroyed when the first symptom is a heart attack. As such, detecting disease before the onset of symptoms benefits both the patient and the community. Early detection of heart artery atherosclerosis can save lives, if a high risk profile is changed over time.

Coronary Artery Calcium scoring as a screening test is backed by good quality evidence to inform both doctors and patients. Latest recommendations have been included in the Expert Consensus Statement released by the Society of Cardiovascular Computed Tomography in 2017.

What does a CAC scoring scan show?

A Coronary Artery Calcium scan can identify if your calcium grading is high, which can indicate that you have an increased chance of a heart attack or stroke. The higher your calcium grading, the greater your risk over the next five to ten years.

How long does a CAC scoring scan take?

The Coronary Artery Calcium scoring scan itself lasts approximately 10 minutes. Your total appointment may take slightly longer to allow for a short waiting period, giving the technician time to explain your scan to you, and payment. A written report based on your scan will be finalised over the next 48 hours and returned to you or your referring doctor.

How much does a CAC scan cost?

A Coronary Artery Calcium Scoring scan is **not** covered by Medicare, but can be requested by your family doctor. The cost is $150. You can pay by phone when you make your booking or pay in person when you arrive for your scan. We accept cash, card, Eftpos or cheque, but do not accept AMEX.

Where can I get my CAC scan done?

Adelaide MRI offers the Coronary Artery Calcium Scoring service at all our practice locations.

BRAIN HEALTH

Structural MRI (detection of Alzheimer's and Dementia)

What is structural MRI?

Alzheimer's Disease is, currently, the leading cause of dementia. It is a progressive neurodegenerative disease. Structural MRI can assess degenerative changes in the brain that are associated with the onset of Alzheimer's Disease. By evaluating regions of the patient's brain for these changes, it can be hypothesised whether an individual is likely to develop symptoms of Alzheimer's Disease.

If neurodegeneration has occurred, it is sometimes possible that the patient can undertake early treatment to delay the onset of Alzheimer's and possibly reverse the effects that it has had, if caught in the earliest stages.

What makes a good candidate for structural MRI?

Those who are not currently experiencing symptoms but have a family history of Alzheimer's Disease, Dementia, or who have general concern for their brain health may order a structural MRI to assess their brain health.

Those over the age of 60 are ideal candidates.

If you are experiencing symptoms, contact your GP.

How should I prepare for my structural MRI scan?

Most MRI examinations do not require any preparation. Our friendly staff will advise you of any preparation required when you make your appointment. You are welcome to ask questions regarding your examination at any time. Please bring your doctor's MRI scan request form, your Medicare card and any previous X-rays, scans, reports and films each time you visit us.

Are there risks associated with structural MRI?

MRI has already been proven to be a safe and widely-accessible method of medical imaging, and is used in the detection of various types of pathology including in the brain. For more information about MRI, please see here.

What is the cost for a structural MRI?

Preventative scans, including structural MRI scans, are not covered by Medicare. Please ring any of our sites to obtain current pricing information. You can pay over the phone when booking your appointment or in person after your scan. We accept cash, card, Eftpos or cheque, but do not accept AMEX.

FAT ASSESSMENT

Visceral Fat assessment https://adelaidemri.com/services/visceral-fat-assessment/

What is a Visceral Fat assessment?

When people talk about burning "belly fat", they are technically referring to two different types of fatty tissue: Visceral fat (sometimes called active fat) and subcutaneous fat.

A Visceral Fat assessment uses ultrasound scanning to identify excess visceral fat, which is strongly associated with an increased risk of developing heart disease, stroke, dementia, asthma, diabetes mellitus, insulin resistance, metabolic syndrome, fatty liver, and several forms of cancer. It surrounds your liver, kidneys, pancreas and intestines. While visceral fat is frequently increased in obese individuals, many patients in the BMI range 23-30 can also have an excess of unhealthy visceral fat. Patients who complain to their doctor of "bloating" will often have excessive visceral fat.

Subcutaneous fat is stored directly below your skin and is the type of fat where you can "pinch an inch" from your belly, arms, thighs or other places on your body. Adelaide MRI offers a safe cosmetic procedure to reduce the appearance of this excess fat with no needles, surgery or downtime - click here to investigate CoolSculpting®.

What are Visceral Fat assessment used for?

Ultrasound testing will directly measure dangerous visceral abdominal fat in all age groups, including the elderly, teenagers, and in pregnant women. Even if you are fit and in a healthy weight range, you will only know how much visceral fat you have by measuring it.

We offer you a direct, safe, ultrasound measurement of visceral fat so that you can stay within, or get into, the ‘safe range’ by losing excess visceral fat. Studies have shown that reducing visceral fat has clear health benefits. A clear measure of your visceral fat level may also motivate you more to work to achieve a healthy amount of visceral fat.

Visceral fat can be absorbed by the body because it’s more readily metabolized into fatty acids, and responds to diet and vigorous (anaerobic) exercise. You can check in three or six months to see how your belly fat is responding to the changes you make in diet and exercise.

How much does a Visceral Fat assessment cost?

This test is not eligible for a Medicare rebate. Please ring any of our clinics to obtain current pricing information. You can pay by phone when you make your booking or pay in person when you arrive for your scan. We accept cash, card, Eftpos and cheques, but do not accept AMEX.

How long will a Visceral Fat assessment take?

Your total appointment should take no longer than an hour. A written report of your results will be finalised over the next 48 hours and sent to you or your referring doctor.

Are there risks from a Visceral Fat assessment?

Visceral Fat assessments use ultrasound scanning to deliver your risk level. Ultrasound scans are entirely safe because they use sound waves or echoes to create an image rather than radiation. Although the body absorbs this sound energy as minute amounts of heat, the energy levels required for diagnostic imaging do not produce noticeable warming effects inside the body. There are no known harmful effects at the levels used.

What happens to the results of my Visceral Fat assessment?

If you have been referred, we will transmit the written results of your assessment to your referring doctor. If you did not obtain a referral, the results will be conveyed directly to you.

DEXA Fat Composition Assessment

What is a DEXA Fat Composition Assessment?

DEXA (Dual Energy X-ray Absorptiometry), also used to measure Bone Mineral Density, is a painless and non-invasive scanning procedure using a very low intensity X-ray machine to measure fat composition in relation to your whole body. Your fat composition can reveal your risk factors for numerous diseases, and can provide information for reassessment of your diet and exercise habits if they are putting you at risk. A DEXA assessment can reveal your fat as a percentage of your overall body mass, and categorise your associated risk levels. Information about central abdominal fat is particularly important to health and disease prevention, as at a critical level, excess fat can impact vital organ function.

Scans can also provide you with individualised information about your ideal weight, as well as your resting metabolic rate - your individual calorie requirement per day - and a suggested calorie intake in different nutritional categories so that you can develop a custom plan to improve or maintain your health.

This assessment is offered at our Woodville practice.

What happens during a DEXA Fat Composition Assessment?

A standard DEXA screening takes approximately 20 minutes. Your name and date of birth will be checked prior to commencing your scan. You will then either be asked to lie down on a bed or sit on a chair. The radiographer will explain the examination procedure to you before acquiring the necessary images.

During the examination, you will not experience any discomfort. A radiographer technician will be with you acquiring the images; these are then interpreted and reported by the radiologist. You will sign a billing form once the examination has been completed.

How should I prepare for my assessment?

Bring your request form, Medicare Card and any relevant previous reports every time you visit us. DEXA scans don't require any preparation. You will be given further information at the time of booking your appointment.

It's your choice where you have your Scan or X-ray. Call us with any practice's Imaging request form for an appointment If your doctor has requested an X-ray or scan, you can use our request form at any radiology practice.

Are there any risks for DEXA assessments?

The intensity of X-rays used in BMD is very low, and therefore the risks posed by exposure to diagnostic radiation are also low.

If you are pregnant, you must let our staff know before the examination.

How much does a DEXA Fat Composition Assessment cost?

Preventative scans are not Medicare eligible. Please ring any of our clinics to obtain current pricing information for DEXA Fat Assessment Scans.

What happens to my DEXA assessment results?

Your results are treated with confidentiality. A radiologist will interpret and report on the DEXA images. The results will be sent to you or your referring doctor in the form of a digital written report within the next 48 hours. As the images are digital they will be kept on our computer system for future reference. You should always discuss your results with your doctor.

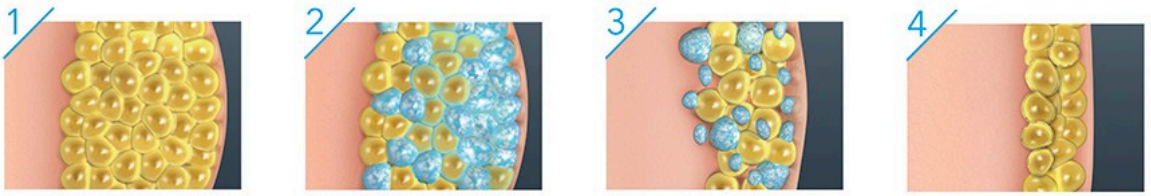
COSMETIC TREATMENTS

Non-surgical fat removal -- CoolSculpting® https://adelaidemricosmetics.com/coolsculpting/

What is CoolSculpting®?

CoolSculpting® eliminates fat cells from your body with no surgery, no needles and no downtime. This fat-freezing procedure is the only non-surgical fat-reduction treatment that uses controlled cooling to eliminate stubborn fat that resists all efforts through diet and exercise. The results are proven, noticeable, and lasting, and can help you achieve your ideal body with minimal discomfort.

Please note: This procedure is only available at our Payneham and Goodwood locations.



Many of us have stubborn fat despite diet and exercise.

CoolSculpting® technology uses controlled cooling to target and kill only these fat cells.

In the weeks to follow, your body naturally processes the fat and eliminates these dead cells.

CoolSculpting procedure results are long-term,[1] as treated fat cells are gone for good.

Reference: 1. Data on file. ZELTIQ Aesthetics, Inc.

How does CoolSculpting® work?

Because fat cells have a higher freezing temperature than skin cells or muscle fibres, they can be safely targeted by the CoolSculpting® applicator without any damage to the surrounding tissues or the surface of the skin. By cooling the subcutaneous fat just under the skin, the cells are crystallised (frozen). The body will naturally metabolise and eliminate these dead cells over the course of the next several weeks or months. The result is a safe, effective treatment, and a reduction in your total number of fat cells. After your appointment, this process should occur without the patient feeling anything out of the ordinary, but the fat in the target area will slowly begin to shrink and disappear.

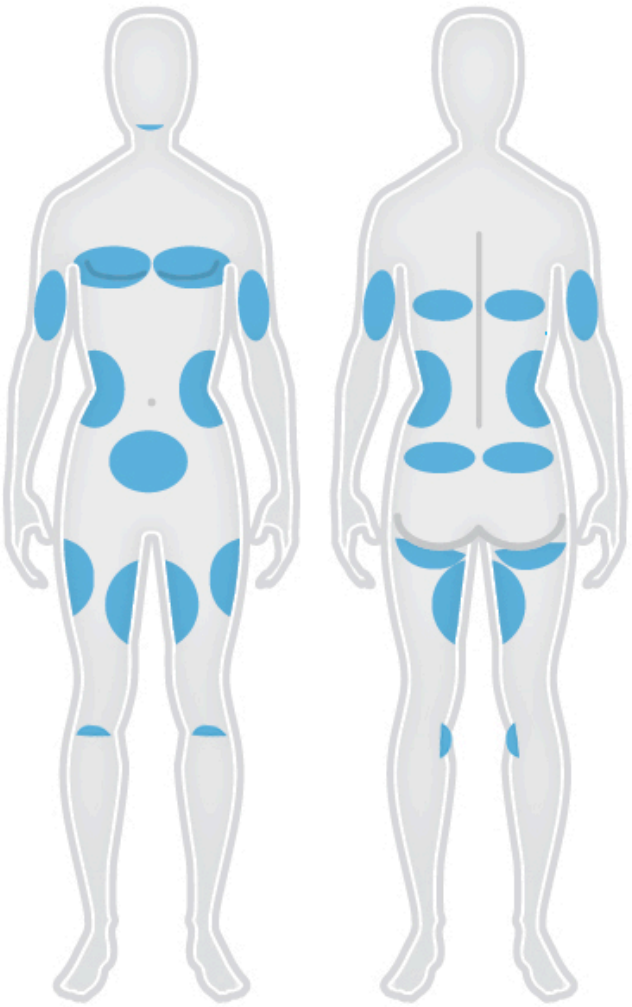
Who is a suitable CoolSculpting® patient?

Due to the targeted nature of the CoolSculpting® applicators, this process will be most effective for those with isolated pockets of unwanted fat. Rather than the alteration of the whole body at once, CoolSculpting® is focused on specific areas to ‘sculpt’ your existing body shape.

Because every potential patient is different and has a different ideal result, we offer a free, personal consultation before you book an appointment. Our staff can explain in more detail what is achievable with CoolSculpting®, develop a personal treatment plan, and work with you to decide which areas you would like to target and how many treatments will be best for you.

WHERE WOULD YOU LIKE TO CHANGE YOUR BODY?

- Chin
- Chest
- Flanks
- Stomach
- Upper back
- Lower back
- Inner thighs
- Outer thighs
- Knees



What happens during the CoolSculpting® treatment process?

You are entitled to a free, no-obligation consultation prior to booking your treatment. Your body and its needs are unique, so Adelaide MRI will work with you to develop a customised treatment plan to address your specific areas of concern. You may decide that multiple visits are required to achieve your ideal results.

During your treatment, a gel pad or gel and the applicator(s) are applied and secured to the targeted area. A Vacuum applicator draws the tissue into an applicator cup. The applicator will deliver controlled cooling to the targeted fat without damage to the tissue or surrounding skin. After your appointment, the applicators are easily removed, and you can resume normal activities immediately after the CoolSculpting® procedure. The targeted area may be left with a blanched, red or swollen appearance from the applicator suction, but this should disappear within 24 hours or even sooner.

Adelaide MRI will schedule follow-up appointments to evaluate your results, take photos and discuss additional sessions, if needed. Your body will begin to naturally eliminate the targeted fat cells over the following weeks, and your results will slowly be revealed.

What does the treatment feel like?

During the procedure, patients might initially experience feelings of minor discomfort, tugging, pinching and a brief sensation of extreme cold, but most patients do not experience any pain. After a few minutes, the cold will naturally numb the treatment area. Many patients choose to read, watch TV, respond to emails or even take a nap. After the applicator is removed, the cold feeling may briefly return, and the targeted area may be blanched, red, or swollen. However, these side-effects are temporary, and should disappear within 24 hours or even sooner.

When will I see results?

You can notice results as early as three weeks after your treatment, but you will see the most dramatic improvement after 8-12 weeks. Please note that weight gain after treatment will prevent you from appreciating your full results, so you should work on maintaining at least a steady diet and exercise.

One CoolSculpting® treatment may eliminate up to approximately 20% of fat in a treated area. Many patients are satisfied with their first treatment, but return for a second or third treatment on the same or a related area to achieve a unified result and get even closer to their ideal body.

Please see our photo gallery for examples of results from real patients.

Is CoolSculpting® safe?

Yes. In Australia, the CoolSculpting procedure is TGA-cleared, safe and effective. CoolSculpting treatments offer patented Freeze Detect ® technology that ensures superior safety.

What sort of improvements does CoolSculpting® provide?

Insert photo gallery

How much does CoolSculpting® cost?

CoolSculpting® is not eligible for a Medicare rebate. The total cost of your treatment will vary based on your target area and ideal end result, and so your personal pricing options can be discussed at your complimentary consultation session. A rough estimation only may be available when you call to book this consultation.

Laser Skin Rejuvenation -- ResurFX™

What is ResurFX™?

ResurFX™ by Lumenis is a non-ablative laser resurfacing treatment for damaged or discoloured areas of the skin. Through the application of gentle, targeted treatment, the laser will stimulate your body's natural ability to heal by promoting the growth of new collagen and elastin in the deep layers of your skin. By invoking this natural healing process, you can reduce the appearance of wrinkles, spots, scars or blemishes in almost any area of the body.

What can it treat?

ResurFX™ can be used to reduce the appearance of:

- Fine lines and wrinkles

- Preorbital wrinkles (crows feet)
- Sun and age spots
- Hyper-pigmentation (discolouration)
- Enlarged pores
- Mild sagging or laxity
- Scars, including acne scarring
- Mild rosea (redness of the skin)
- Deepened nasolabial fold (smile lines)
- Stretch marks and striae

How does it work?

Unlike ablative lasers, which strip away the skin, ResurFX™ lasers use a pattern of pinpricks in the target area to stimulate regrowth in the deeper dermal layers. As a fractional treatment, it only targets a percentage of your skin cells, while preserving a healthy upper layer and protecting against infection and excess pain while you heal.

What is the treatment process?

We would first recommend a complimentary consultation with our friendly, professional laser technicians. You can book a consultation over the phone as you would any other procedure. ResurFX™ treatments are available at our Goodwood site, but you can book your initial consultation at any of our locations.

The treatment itself is fast, and most patients experience minimal discomfort. A typical facial treatment takes less than 15 minutes to complete, although your total appointment time may be longer to allow for a brief waiting period, consultation, properly protecting your skin and answering any questions you may have (up to 60 minutes). Patients receive topical numbing prior to treatment, and forced air cooling is used to make sure that patients are as comfortable as possible. ResurFX™ only requires one pass per treatment, reducing the strain on your skin.

You will be able to return to normal activities immediately, with some changes to your skincare regime. You should begin to see results a few weeks after your treatment, with further improvement over the next few months. Multiple treatments may be recommended for you to achieve your ideal result.

What does it feel like?

ResurFX™ is a quick and easy treatment. The use of numbing cream and air cooling is incorporated so that patients remain comfortable and relaxed during their procedure. With these preparations, most of the treatment is not felt. In some areas, the sensation of sparklers may be felt as the laser treatment occurs.

After your treatment, the area may retain a sensation of heat for 1-3 hours, and you may experience minor swelling, itching or discomfort. However, these feelings are temporary and should disappear within two to three days at a maximum. You should be able to return to normal activities with no downtime, if proper precautions are taken to care for your skin.

Is ResurFX™ safe?

Yes. The ResurFX™ treatment is quick, and usually has minimal associated discomfort. The great advantage of this treatment is minimal downtime, and great safety, without the risks of more aggressive treatments that strip the skin. You will be provided with information about how to protect

and care for your skin following treatment, and when this is followed, there should be minimal chance of infection, abnormal healing, or excess discomfort.

When will I see results?

You can expect to see the initial results of your first treatment in as little as 2-3 weeks. However, your target area will continue to improve as the body completes the healing process, with best results becoming visible in 8-12 weeks or a few months.

The photo gallery below displays real results from real patients before and after their treatment process.

Insert photo gallery.

How much does ResurFX™ cost?

The total cost of treatments will depend on the areas to be treated and number of procedures. For three sessions targeting one region (which may be the full face, neck, décolletage areas or a spot treatment up to 10 x 10 cm2) the introductory price is $750. However, special offers and price deals are frequently available. ResurFX™ is not eligible for a Medicare rebate.

You can pay over the phone when you make your booking or pay in person when you arrive for your appointment. We accept cash, card, Eftpos and cheque, but do not accept AMEX.

Want more information?

For a detailed overview exactly what will happen before, during and after your treatment, as well as preparation and after-treatment care instructions and what to expect from your skin, download the following PDF.

Make an Appointment https://adelaidemri.com/appointment/

Adelaide MRI invites you to make an appointment by calling one of our four conveniently located practices. You can request an appointment through the online form below and one of our friendly team members will be in touch shortly. You are also welcome to telephone the most suitably located practice for an appointment:

- **Adelaide MRI East**, Payneham: Phone: (08) 8342 9249
- **Adelaide MRI**, Woodville South: Phone: (08) 8244 2850
- **Goodwood Diagnostic Imaging**, Kings Park: Phone: (08) 8440 7711
- **Elizabeth Diagnostic Imaging**, Elizabeth Vale: Phone: (08) 8255 4868

Before your appointment https://adelaidemri.com/before-your-appointment/

How do I prepare for my scan?

Please bring your doctor's referral form, your Medicare card and any previous X-rays, scans, reports and films each time you visit us. While preparation varies with the type of examination, most examinations do not require any preparation. Our friendly staff will advise you what preparation is required, such as fasting, when you make your appointment. You are welcome to ask questions regarding your examination at any time, and more information about your procedure can be found at the page for each of the following scan types:

- X-ray
- Ultrasound
- CT
- MRI
- Interventional/pain management procedure.

How do I prepare for a cosmetic procedure?

CoolSculpting, our non-invasive fat reduction procedure, requires little to no preparation except for your complimentary consultation to discuss your treatment plan.

For ResurFX, our non-ablative laser treatment, preparation will also be discussed at your complimentary consultation. However, please come wearing no makeup on the treatment area. Full preparation instructions are available at the ResurFX information page.

For all cosmetic procedures you must come ready to pay for your treatment - we accept cash, card, Eftpos and cheque, but do not accept AMEX.

What sort of radiology request form do I require?

It is your choice where to have your X-ray scan. Your doctor may have referred you to Adelaide MRI at Woodville South, Elizabeth Diagnostic Imaging, Goodwood Diagnostic Imaging, Adelaide Paediatric Imaging at Payneham, or AdelaideMRI East at Payneham. You may choose to go to another Radiology provider with your request form. You can also use any other Radiology, Xray, Ultrasound, MRI or CT Scan request form at any one of Adelaide MRI's four conveniently located practices.

Will I be required to pay at the time of my appointment?

We bulk-bill ALL Medicare-eligible procedures. If your procedure is eligible, you only need to bring your Medicare card. When your treatment is not eligible, you will be expected to pay at the time of your scan. For information about which procedures are eligible and how to pay when your treatment is not covered, please see our Billing Policy.

Billing Policy https://adelaidemri.com/billing-policy/

General Policy

We bulk-bill all Medicare eligible treatments. Bulk billing means no gap payment and no unexpected out of pocket expense. Where a scan is not Medicare eligible, payment will be required at the time of your appointment.

Appointments usually covered by Medicare include:

- Most diagnostic X-rays, CT scans, Ultrasound scans, where referred by a GP

- Some MRI scans, where referred by a GP (please see list further below)
- Interventional Pain Treatments, where referred by a GP
- Some treatments referred by Physio, Chiropractors and Podiatrists. Check with your specialist when obtaining your referral or call any of our practice locations to obtain pricing information.

Appointments generally not covered by Medicare include:

- Preventative imaging – where the patient is not experiencing symptoms but would like to investigate their risk of developing disease. This includes Whole Body MRI, Visceral Fat Assessments, Advanced Dementia Screenings, and CAC Scoring.
- Cosmetic procedures – CoolSculpting® fat reduction and ResurFX™ skin rejuvenation.

This list does not account for all possible appointment conditions and types. Please ensure you check whether you will owe a gap payment at the time of booking and be prepared to pay (where necessary) at the time of your appointment. We accept payment over the phone when you make your appointment, or on the day via cash, card, Eftpos or cheque. We do not accept AMEX.

Which MRI scans are Medicare-eligible?

Medicare has very specific guidelines about which examinations are eligible.

- For patients older than 16 years of age, Medicare will cover MRI scans of the brain, spine, and knees where GP referred. This applies only to certain conditions.
- For patients younger than 16 years of age, additional scans are eligible for a rebate, where GP referred. These include scans of the head (brain and sinus), spine (cervical, thoracic, and lumbar), hips, elbows, and wrists. This applies only to certain conditions.
- Your specialist doctor can also refer certain adult patients for Medicare-eligible MRI scans. This applies to a limited number of conditions.

Fees apply only where an MRI scan is not Medicare-eligible. Please ask your doctor or speak to our reception staff when booking if you are unsure about the eligibility of your scan, and they will be able to provide current pricing information.

My scan is Medicare eligible. What will I pay?

We bulk-bill all Medicare eligible scans. Bulk billing means no gap payment and no unexpected out of pocket expense.

Only when a scan is not Medicare eligible will payment will be required.

You can check if your scan is Medicare-eligible when booking. Medicare has very specific guidelines about which examinations are eligible for rebate.

Will you charge if my referral form is for a different provider?

It is your choice where you have your scan or procedure. You may book an appointment at any Adelaide MRI practice with any request form at no additional charge. Fees apply only where the requested service is not Medicare-eligible.

My doctor has requested physical copies of the images. Do you charge for these?

Sometimes your doctor may require traditional large-format plastic images (‘hard films’). If so, let us know and we will print plastic images for you – a surcharge of $20 applies for these copies.

How much do Interventional & Pain Management Treatments cost?

We bulk bill ALL Medicare eligible interventional treatments. Please check at the time of your appointment whether your procedure will be eligible for a rebate.

Do you bulk bill cosmetic treatments?

No. These services are not covered by Medicare. To obtain up to date information on our competitive pricing, please call any of our practice locations.

Adelaide MRI bulk bills the cost of all eligible examinations to Medicare on the day of the examination in most circumstances. Medicare rules are very strict. Where patients are not eligible to claim a Medicare rebate, these patients are required to pay a fee at the time of consultation. If you are unsure please ask at the time of booking.