

WAVELENGTHS

American Chiropractic Registry of Radiologic Technologists

ACRRT

WINTER 2011

PRESIDENT'S MESSAGE:

Happy Holidays!! Did you like the email we sent of the X-rayed Christmas tree and gifts?

In this issue, we explore soft tissue causes of lower back pain.

UTERINE FIBROIDS : Unusual Cause of Lower Back Pain

Uterine fibroids are smooth muscle tumors growing inside of the uterus.

Who gets fibroids?

- **AGE** - more common in women in their 30s & 40s.
- **FAMILY HISTORY**– if a woman's mother had fibroids, her risk of having them is 3x higher than average.
- **ETHNIC ORIGIN** - African-American women are more likely to develop fibroids.
- **OBESITY** - overweight woman are at a higher risk for fibroids.
- **EATING HABITS** - red meats – beef and pork, are linked to a higher incidence of fibroid formation.

What causes fibroids?

No one knows what causes fibroids. Hormonal factors, including estrogen & progesterone levels may contribute to fibroid formation as well as genetic factors.

What are the symptoms of fibroids?

- Most fibroids are asymptomatic
- Heavy bleeding
- Feeling of fullness in pelvic area
- Enlargement of lower abdomen
- Frequent urination
- Pain during intercourse
- Lower back pain
- Complications during pregnancy
- Reproductive problems

How do I know whether I have fibroids?

- Your doctor may have found a fibroid on a routine pelvic exam.
- Your chiropractic physician may have detected a fibroid - that has been infiltrated with calcium - on a routine lumbar spine x-ray.

If the fibroid is producing symptoms, further diagnostic tests may be required, including:

1. Pelvic Ultrasound
2. MRI Scanning

Can fibroids turn into cancer?

These lesions are generally non-aggressive. Rarely, < 1 in 1000 cases behaves abnormally and becomes an aggressive cancer.

What is new?

The "Digital Corner" is intended for offices using digital technology.

Please forward comments and suggestions to:

fldacbr@gmail.com.

Study Guides Available

Study guides can be purchased for \$65.00 (including shipping and handling) through the ACRRT office.

Please send a check or money order to:

ACRRT
52 Colfax Street
Palatine, IL 60067

You can order your Study Guide online using Paypal. (service fee applies)

Go to www.acrrt.com and click on the Study Guide.

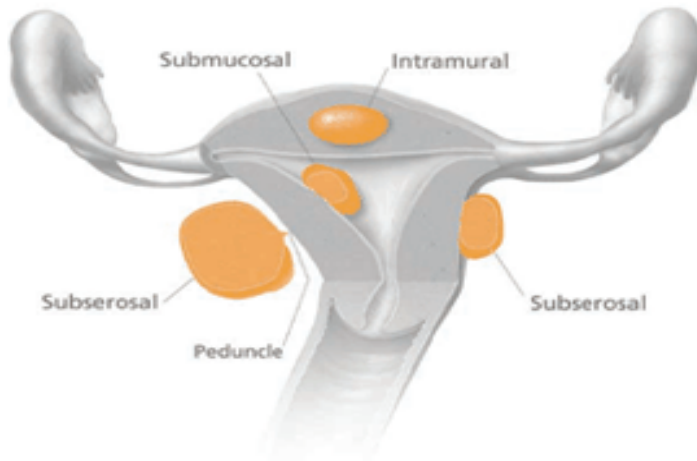
Any questions?
Call (847) 705.1178

Inside this issue:

UTERINE FIBROIDS	1
STUDY GUIDE	2
RECERTIFICATION	2
DIGITAL CORNER	3
2011 MEMBERSHIP	3

WWW.ACRRT.COM

FIG. 1 UTERUS - FIBROID LOCATIONS



Womenshealth.gov

The most common locations for fibroids to grow inside the wall of the uterus:

1. **Sub Mucosal**
- into the uterine cavity.
2. **Intramural**
- within the wall of the uterus.
3. **Subserosal**
- on the outside of the uterus.

REFERENCES:

1. www.WOMENSHEALTH.GOV p. 1-8
2. www.Livestrong.com

RADIOLOGY BLOOPERS

Heard in medical offices ...

1. She is to keep her legs up to her knees in tap water and Epsom salts.
2. He lives alone and cooks himself.
3. She had recent blood work because of some "boozing" (bruising)
4. The patient lives at home with his mother, father and pet turtle who is presently enrolled in day care 3 times a week.
5. Bleeding started in the rectal area and continued all the way to the Los Angeles.
6. The lab test indicated abnormal lover function.
7. Has had no more chest pain except one time when she ate a hell of a lot of Mexican food.
8. The gastroenterologist told him he had been taking too much medicine and his stomach looks like a garbage can.

TREATMENT OF UTERINE FIBROIDS

If a woman is asymptomatic, no treatment may be needed.

During your regular exams, your physician will check whether any growth has occurred.

SURGERY

If moderate or severe symptoms are present, the following surgical options are available.

1. **Myomectomy** – remove fibroids without removing healthy uterine tissue.
2. **Hysterectomy** - an option only if further child bearing is **NOT** anticipated.
3. **Uterine Fibroid Embolization (UFE)**
- a thin tube is introduced via the femoral artery to the fibroid site. Tiny plastic gel particles are injected via this tube to block the blood supply of the tumor - which will shrink.

THE DIGITAL CORNER

For those offices using digital technology, whether **Computed Radiography (CR)** or **Direct Radiography (DR)**, the following points should be considered:

1. **PART CENTERING** - the body part being radiographed should be in the center of the cassette of the CR plate or DR detector. If the body part is at the periphery of the image receptor (IR) the image cannot be adequately formed by the computer.
2. **SPLIT CASSETTES** - if a CR plate is split into 2 parts, the side not receiving the exposure should be covered by a lead shield. Storage phosphors in the CR plate are extremely sensitive to low levels of exposure and may cause a "pixilated" effect.
3. **COLLIMATION** - in digital systems, the computer software becomes inundated with information from the phosphor crystals at the edges of the image receptor as well as the area of the central ray. At the very least, the collimated field should be placed so that all four margins are placed on the image receptor (IR).
4. **OPEN CASSETTES** - with CR plate technology, the latent image is stored in the phosphor crystal and accidentally opening the cassette starts the erasure process, but a lag time of 15 seconds is normal.
5. **GRIDS** - Image Receptors (IR) are more sensitive to scatter radiation.

Merrill's Atlas of Radiographic Positioning & Procedures 11 Ed. 2007

RECERTIFICATION PROGRAMS — 2012

While prior approval of all programs is required, it is impossible for us to maintain all dates, places and faculty of all program presentations.

It is suggested that you contact your state chiropractic association or nearest chiropractic college for information on programs available in your area.

Applications for program approval are being received on nearly daily basis.

All dates of presentations are subject to change:

FLORIDA CHIROPRACTIC ASSOCIATION

Contact: FCA
Phone: 407 . 290 . 5883
www.fcachiro.org

NCCA

X-ray Recertification (6 hours) Dec. 2012
Charlotte, NC
Contact: Heather Wrenn, Education Director
Phone 919 . 832 . 0611
www.ncchiropractic.com

ACRRT
EXECUTIVE HEADQUARTERS
52 W. COLFAX STREET
PALATINE, ILLINOIS 60067-5048
PHONE/FAX: 847 . 705 . 1178
www.ACRRT.COM



You will need to send a check for
Membership Dues
and continuing education certificate prior to
December 31, 2012.
Go to www.acrrt.com for further information.

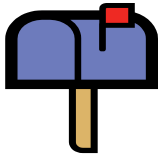
Self Instructed Readings (SIRs) - Available now for those needing six (6) hours of continuing education.

These are articles that you have 30 days to read, answer corresponding questions and return to our office for credit.

SIRs are available for \$21.00 per hour or \$126.00 for the required six (6) hours.

Please contact our office: 847 . 705 . 1178 to order.

ACRRT



ACRRT
52 West Colfax
Palatine, IL. 60067



TO:

EXECUTVE DIRECTOR'S MESSAGE...

Dear members,

We thank many of you for getting your SIR's and dues back to us quickly and early. While a certificate of attendance for a course that you attended for CE's is helpful, please include an outline of the subject matter and topics that were presented. The subject matter for the courses that you attend has to directly deal with your position and function as an X-ray technologist. Without an outline or syllabus of the course material, your CE's will be pended until additional information is received.

Dr. L. Pyzik

ACRRT Executive Director