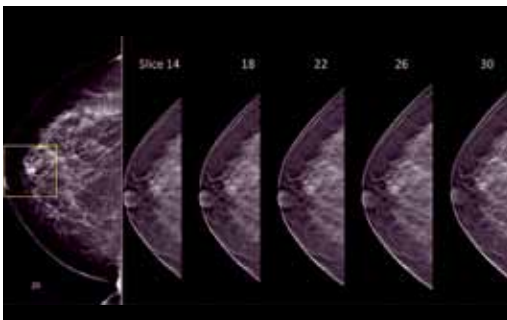


SYNERGY REPORT

DIGITAL BREAST TOMOSYNTHESIS

Available at Memorial Hermann Greater Heights, Southeast

Advanced 3D mammography, also known as Digital Breast Tomosynthesis, is available at Memorial Hermann Imaging & Breast Care Center - Greater Heights and Memorial Hermann Southeast Hospital & Outpatient Imaging Center.

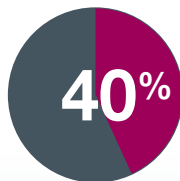


The advanced imaging technology behind tomosynthesis allows radiologists to view the breast in a series of thin slices, while standard digital mammographic views are produced at the same time. This blending of technologies allows for improved cancer detection and decreased false positives. Additionally, radiation dosage remains very low with these exams.

Research shows that 3D breast tomosynthesis combined with 2D mammography provides:

- A greater than 25 percent improvement in overall cancer detection rates, finding invasive cancers 40 percent earlier than conventional 2D mammography alone
- Better visualization of masses, tissue distortions within the breast, and differences when comparing both breasts
- A more than 40 percent reduction in false-positive recall rates (false positive means results indicate cancer when there actually is no cancer)

3D mammography achieves an up to **40% IMPROVED DETECTION RATE**



with **15% FEWER RECALLS AND FEWER FALSE POSITIVES¹**

and the **LOWEST EFFECTIVE DOSE** of all tomosynthesis systems, comparable to standard 2D FFDM.²



SYNERGY
RADIOLOGY ASSOCIATES®
an affiliate of **MEDNAX**®

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Supporting Our Community: Synergy Marketing Team Supports Houston Women's Center Employee Health Fair

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BREAST TOMOSYNTHESIS (continued)

We also offer breast cancer risk stratification for all eligible patients who come for a screening mammogram. This means that information obtained from routine patient history is used to calculate a woman's lifetime risk of developing breast cancer using the NCI/NSABP risk assessment tool (www.cancer.gov/bcrisktool).

Patients with a lifetime **RISK GREATER THAN**
20% are considered high risk and will be
NOTIFIED VIA A LETTER



The letter encourages the patient to discuss her risk level with her physician. It also informs the patient that her physician may recommend additional screening such as contrast-enhanced breast MRI, genetic counseling and/or referral to an oncologist to learn more about breast cancer risk reduction strategies.

At Greater Heights and Southeast, our board-certified radiologists exclusively provide imaging interpretation for all mammogram screenings. All Synergy radiologists are fellowship trained, dedicated breast radiologists and/or have developed a practice specialization with at least 16 years of breast imaging experience. All our breast radiologists have also received specialized FDA certification to interpret breast tomosynthesis. 

KYPHOPLASTY: A Minimally Invasive Procedure to Treat Spine Fractures

Osteoporosis is a major health problem in the U.S., causing more than 700,000 fractures per year, according to the Society for Interventional Radiology.¹ It's estimated that about 10 million Americans have osteoporosis – a condition that increases the risk of bone fractures – and about 43 million Americans have low bone mass, a condition that can lead to osteoporosis.²

Studies show that about half of all women and up to one in four men age 50 and older will break a bone due to osteoporosis.³ Although Caucasian women are most at risk, osteoporosis and low bone density are also common among other groups of women, including African Americans, Asians and Latinas. Men can also develop the disease.³

Because osteoporosis affects bone density, those with this condition can more easily develop spine fractures, which can lead to other serious health problems. A spine fracture – also called a vertebral compression fracture – happens when one of the bones within the spinal column weakens and collapses. Studies have shown that individuals with spine fractures are at a much higher risk of having more fractures, reduced lung function, bladder or bowel control difficulty, decreased quality of life and even death.^{4,5,6}

Spine fractures, which are twice as common as hip fractures,¹ can also occur in: patients on steroid therapy; in accident victims; in patients with brittle bone disease, multiple myeloma or undergoing chemotherapy; and in cancer patients with bone metastasis in the spine.



SPINE FRACTURE SYMPTOMS TO LOOK FOR INCLUDE:

- Back pain, possibly with additional pain in the hip, abdomen or thigh
- Numbness, tingling and weakness
- Loss of height or a hunched appearance
- Difficulty breathing
- Urinary incontinence

If you experience any of these symptoms, it's important to talk to your healthcare provider to ensure proper diagnosis and management of osteoporosis and of any possible spinal fractures. Your provider will review your complete medical history and may order a bone density test and medical imaging exams such as MRI, CT or X-ray. Being proactive with your health may also help prevent or reduce the chances of future problems.

Other imaging services available at our facility include:

- Screening mammography
- Diagnostic mammography
- Breast ultrasound
- Breast MRI
- Breast needle biopsy
- Bone densitometry

For more information on breast imaging, visit www.synergyrad.org/our-services/breast-imaging or contact our breast imaging team at (713) 621-1103. To schedule an appointment, Greater Heights patients may call (713) 867-3336, and Southeast patients may call (281) 929-6485.

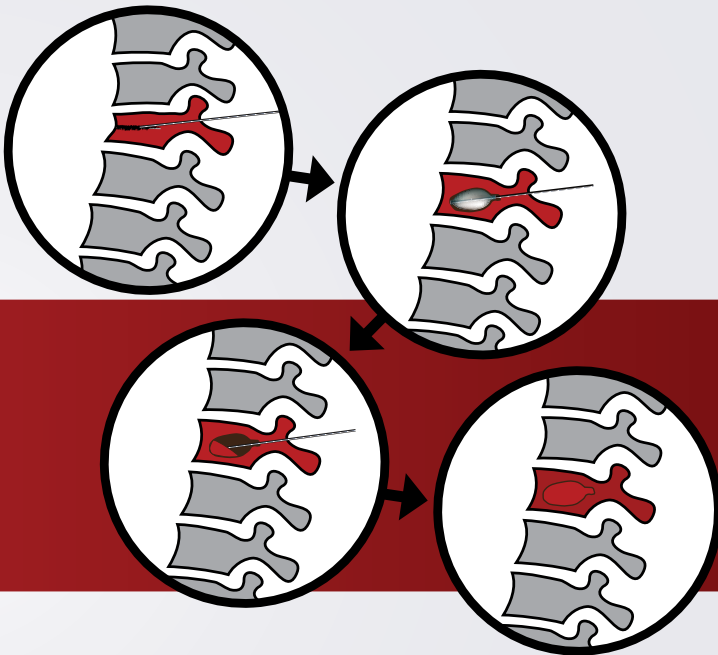


www.synergyrad.org/our-services/breast-imaging

¹ Skaane P, Bandos et al (reference on file SFI flyer)

² GE screening protocol consists of 3D CC/MLO + V-Preview CC/MLO, V-Preview is the 2D synthesized image generated by GE Seno Iris mammography software from GE DBT images. FDA PMA P130020 <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfPMA/pma.cfm>, Data on file. Average glandular dose in digital mammography and digital breast tomosynthesis: comparison of phantom and patient data. Bouwman, R. W. et al. 2015, Physics in Medicine & Biology, pp. 7893-7907.

Once a spinal fracture has been diagnosed, Synergy subspecialty-trained radiologists can effectively treat spinal fractures using an advanced interventional radiology treatment called kyphoplasty. This is a minimally invasive treatment that results in less pain, quicker recovery and lower infection rates compared with major surgery.



Kyphoplasty is often called “balloon kyphoplasty” because it uses orthopedic balloon technology to expand or “open up” the space in a fractured vertebra. It is followed by the injection of medical-grade bone cement to stabilize the fracture. Kyphoplasty is effective in relieving pain and other symptoms, preventing further loss of body height and halting progression of kyphotic deformity – a rounding of the upper back. Vertebroplasty, an alternative procedure, involves the injection of the bone cement into the vertebral bone fracture; however, it does not use a balloon to create a cavity inside the fractured vertebra.

Kyphoplasty is performed on an outpatient basis under local or general anesthesia. The procedure typically takes about 30 minutes for each fracture, and the patient is usually able to return home the same day. Most patients report immediate pain relief and improved quality of life.

For more information on Synergy's broad range of minimally invasive capabilities and expertise, visit our Vascular and Interventional page at www.synergyrad.org/our-services/vascular-and-interventional.



Interventional Radiology



www.synergyrad.org/our-services/vascular-and-interventional

¹ Vertebral compression fractures. Society of Interventional Radiology. <https://www.sirweb.org/patients/vertebral-compression-fractures>. Published 2018.

² 54 Million Americans Affected by Osteoporosis and Low Bone Mass. National Osteoporosis Foundation. <https://www.nof.org/news/54-million-americans-affected-by-osteoporosis-and-low-bone-mass/>. Published 2018. Accessed July 26, 2018.

³ What Osteoporosis Is and What It's Caused by. National Osteoporosis Foundation. <https://www.nof.org/patients/what-is-osteoporosis>. Published 2018.

⁴ Lindsay R, Silverman SL, Cooper C, et al. Risk of new vertebral fracture in the year following a fracture. JAMA. 2001 Jan 17;285(3):320-3.

⁵ Kado DM, Browner WS, Palermo L, Nevitt MC, Genant HK, Cummings SR. Vertebral fractures and mortality in older women: a prospective study. Study of Osteoporotic Fractures Research Group. Arch Intern Med. 1999 Jun 14;159(11):1215-20.

⁶ Huang MH, Barrett-Connor E, Greendale GA, Kado DM. Hyperkyphotic posture and risk of future osteoporotic fractures: the Rancho Bernardo study. J Bone Miner Res. 2006 Mar;21(3):419-23.

⁷ What Women Need to Know. National Osteoporosis Foundation. <https://www.nof.org/preventing-fractures/general-facts/what-women-need-to-know>. Published 2018.

COMMUNITY INVOLVEMENT

Synergy on the Streets

This past summer, we took to social media and the streets of Houston to educate the community about radiology in a fun yet informative way. During the “Synergy on the Streets” campaign in June, July and August, we posted educational radiology trivia questions on our Facebook page.

Synergy Facebook Fans who correctly answered the trivia questions were entered into a monthly drawing for prizes, which included water park tickets, a “smart” video doorbell and soft-sided cooler bag. The campaign included questions about interventional radiology, various imaging procedures, and the kinds of diseases and conditions radiologists can help diagnose.

As part of the campaign and our community education efforts, our marketing staff hit the streets with these same Facebook trivia questions, sharing video responses on Twitter, Pinterest and YouTube in addition to Facebook. This made for a fun and educational way to interact with the community we serve.

Winners and awards for this year’s campaign were:

June: Diana Vera – video doorbell from Ring

July: Ami Higginbotham – four-pack of tickets to Typhoon Texas water park

August: Kimberly Ann Knight – RTIC soft-sided cooler bag

To learn more about how Synergy Radiology Associates engages with our local community, visit our website at www.synergyrad.org and click on the social media properties. To see videos of the “Synergy on the Streets” campaign, check out our Pinterest Synergy on the Streets page at www.pinterest.com/synergyrad.



<https://www.facebook.com/synergyradiology/>



Synergy Supports Houston Area Women’s Center

This past summer, the Synergy marketing team donated a full day of education in support of the Houston Area Women’s Center (HAWC) employee health fair. This valuable organization works to end domestic and sexual violence and supports the community in building safe, healthy lives through advocacy, counseling, education, shelter and support services.

During the employee health fair, the Synergy team set up a booth and spent a full day with HAWC staff, educating them about the benefits of Uterine Fibroid Embolization (UFE) as a possible alternative to traditional hysterectomy. HAWC staff were provided with information about risk factors and symptoms of uterine fibroids along with resources needed to better understand available treatment options.

Through ongoing community involvement, the Synergy team helps fulfill our mission to make a difference in the lives of our patients and the community at large.

SYNERGY REPORT

PHYSICIAN SPOTLIGHT

Synergy Recognized for Support of National Guard and Reserves

Synergy Radiology Associates along with several of its radiologists have been recognized by the U.S. Department of Defense (DOD) for support of the Air Force National Guard and Air Force Reserve.

Four Synergy radiologists received the Patriot Award, which is given to supervisors supporting employees working directly under them.



Scott Allison, M.D.



Kenneth Bryant, M.D.



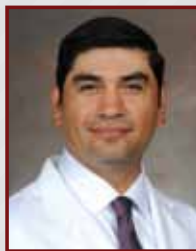
Pictured from left to right: Faraz A. Khan, M.D., Kenneth Bryant, M.D., J. Armando Saenz, M.D., Colonel Heidi Lofton, N.P., Scott Allison, M.D.



Faraz A. Khan, M.D.



Colonel Heidi Lofton, N.P.



J. Armando Saenz, M.D.

As an organization, Synergy was awarded the Above and Beyond Award for its work as a local employer in supporting staff serving in the National Guard and Reserves. Both awards are administered through state committees of the DOD Employer Support of the Guard and Reserve (ESGR) program.


"All of us at Synergy are proud and honored to have received these awards, and our group is privileged to be able to support this country's dedicated military personnel in every way we can." said SRA President Walid Adham, M.D.

The Patriot Award recognizes individual supervisors for support provided to citizen warriors through flexible scheduling, time-off surrounding drill, annual training and deployment, caring for families, granting leaves of absence and other measures.

The Above and Beyond Award recognizes local businesses that have gone above and beyond minimum legal requirements by providing Guard and Reserve employees additional, non-mandated benefits such as differential or full pay to offset lost wages, extended health coverage and other benefits. The award is given in limited numbers to employers who have had at least one of their supervisors/managers recognized with a Patriot Award and who have signed – or agree to sign – an ESGR Statement of Support.

The employer awards were presented by state ESGR Committee volunteers to Synergy and the four radiologists during a July VIP reception at Memorial Hermann The Woodlands Medical Center. The "Statement of Support" signed on Synergy's behalf by Dr. Saenz was also signed by the ESGR National Chair and U.S. Secretary of Defense James Mattis.

Synergy would like to thank Nurse Practitioner Colonel Heidi Lofton, who nominated Synergy and the four radiologists for these prestigious awards. She has been dedicated in her work at Synergy over the past 12 years and to her service in the Reserves during that time. Lofton was recognized as an "Unsung hero" in the Spring 2015 issue of the "Synergy Report" newsletter and continues to receive the full support of the Synergy Radiology Associates team.

The ESGR was established more than 40 years ago to promote cooperation and understanding between Reserve service members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment. For more information, visit www.esgr.mil. 

"All of us at Synergy are proud and honored to have received these awards, and our group is privileged to be able to support this country's dedicated military personnel in every way we can."

– SRA President, Walid Adham, M.D.