



THE HCI SPOTLIGHT



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LIKE US ON FACEBOOK AND JOIN THE CONVERSATION!

Dear Colleague—

The healthcare community's quick adoption of the latest information technology, mobile technology, & continued healthcare reforms is drastically changing the future of healthcare delivery. Further adding to the frenzy is that medical imaging is under constant pressure to do more with less. Things like "mobile apps," such as the first new Radiology App approved by the FDA, are allowing for more efficient care in a quicker time frame. See the article below.

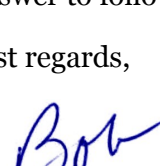
Our goal with each monthly newsletter is to keep you well-versed within medical community. HCI will continue to evolve and provide answers that make practicing medicine simpler. Along those lines we have a new Facebook & Twitter page to help our clients stay in touch with what is happening. Our hope is that, while providing important information, we will be able to get to know one another better and develop our relationships whether they are personal, professional, or both.

Test your knowledge. In continuing on with the concept addressed in one of this month's articles, the pop quiz question this month relates to women and nuclear stress testing. According to the AUC guidelines, is radionuclide imaging APPROPRIATE in this case?

- 62 year old woman
- Seeks cardiac risk assessment after friend has an MI
- Asymptomatic, no health complaints
- 15% 10 year CHD risk based on ATP III
- Equivocal ECG

Answer to follow in next month's newsletter.

Best regards,



Health bill to approach 20 percent spending by 2020

The U.S. health bill will account for 19.8 percent of the nation's spending by 2020. The report, published online in the Journal Health Affairs, looked at projected U.S. health spending through 2020 and estimated about 30 million people will gain health insurance by the start of the next decade due to President Barack Obama's healthcare overhaul.

<http://www.reuters.com/article/2011/07/28/us-spending-idUSTRE76R18720110728>

Dealing With Insurers Costly for U.S. Practices

Medical practices in the U.S. spend nearly four times as many hours a week dealing with insurers than do practices in Canada, at nearly four times the cost. In July, the Department of Health and Human Services proposed a rule that would require insurers to provide uniform information and use uniform formats when communicating claims and coverage information to doctors.

<http://www.medpagetoday.com/PracticeManagement/Reimbursement/27893>

Survey: Some employers may end health coverage after overhaul expands in 2014

Nearly one of every 10 midsized or big employers expects to stop offering health coverage to workers after insurance exchanges begin operating in 2014 as part of President Barack Obama's health care overhaul. Such a move could lead to more taxes for both companies and employees, since health benefits currently are not taxed, and companies could be fined for dropping coverage.

<http://www.orlandosentinel.com/business/nationworld/sns-bc-us--overhaul-employeebenefits,0,1161756.story>

Roche Seeks \$6.8 Billion Win on Heart Pill Where Pfizer Failed

Roche Holding AG (ROG) may get the first signs at a cardiology conference this month that the Swiss drugmaker can garner \$6.8 billion in sales with a pill to combat heart disease by raising so-called good cholesterol. The drug, dalcetrapib, may reap that much in annual revenue by 2020.

<http://www.bloomberg.com/news/2011-08-19/roche-seeks-6-8-billion-win-on-heart-pill-where-pfizer-failed.html>

Women Have More Inappropriate Cardiac Nuc Scans

Women are more likely than men to undergo a SPECT myocardial perfusion imaging study classified as inappropriate by appropriate use criteria, researchers found. With all other factors being equal, a woman had a nearly threefold greater risk of having an inappropriate test (RR 2.69, 95% CI 1.26 to 5.74), the researchers reported in the July/August issue of the Journal of Nuclear Cardiology.

<http://www.medpagetoday.com/Radiology/NuclearMedicine/28014>

Low-Radiation CT Scanner May Help Detect Reversible Myocardial Ischemia

A protocol using a second-generation, 128-slice dual-source computed-tomography (CT) scanner (Somatom Definition Flash, Siemens Healthcare, Forchheim, Germany) accurately detected reversible myocardial ischemia while exposing patients to lower doses of radiation than current CT scans.

<http://www.theheart.org/article/1267347.do>

Hospitals are much faster at opening blocked arteries for heart attack patients

Hospitals are treating almost all major heart attack patients within the recommended 90 minutes of arrival, a new study finds. Just five years ago, less than half of them got their clogged arteries opened that fast.

http://www.washingtonpost.com/national/health-science/hospitals-are-much-faster-at-opening-blocked-arteries-for-heart-attack-patients-study-finds/2011/08/22/gIQAIRCwWJ_story.html

Low Cath Lab Radiation Exposure May Be Protective

Interventional cardiologists receiving regular low doses of radiation showed upregulation of processes -- including antioxidant release and triggers for cellular apoptosis -- that may serve to mitigate the exposure's harmful effects.

<http://www.medpagetoday.com/PublicHealthPolicy/HealthPolicy/28171>

Being a patient is an unforgettable form of medical education

In his online essay, This Won't Hurt A Bit, cardiologist Dr. Eric Van De Graaff tells his own story of being a hospital patient after surviving a motorcycle accident while he was in med school. His experiences as a patient will sound very familiar to heart patients, and the lessons he learned while on the other end of the stethoscope may very well have made him a far better doctor.

<http://www.kevinmd.com/blog/2011/08/patient-unforgettable-form-medical-education.html>

Processed Meat Linked to Increased Stroke Risk

The largest study to date on the relationship of stroke to red meat consumption suggests higher intake of processed meat, but not fresh red meat, is associated with an increased risk for stroke, including cerebral infarction. Are Sodium, Nitrites the Culprits?

<http://www.medscape.com/viewarticle/748324?src=emailthis>

Men Who Sleep Light Have Increased Risk of High Blood Pressure, Study Says

Men who spent the least amount of time in slow-wave sleep, marked by synchronized brain waves and a deep sleep from which it's hard to wake up, were 83 percent more likely to develop hypertension during the three-year study. Men are more likely to have high blood pressure than women, and poor sleep quality may help explain why.

<http://www.bloomberg.com/news/2011-08-29/men-who-sleep-light-have-increased-risk-of-high-blood-pressure-study-says.html>

Sprint, Not Saunter, Is Key to Longer Life: Study

Intense exercise adds more years to your life than more moderate activity. Men who described themselves as vigorous cyclists lived 5.3 years longer than self-described dawdlers in a 5,106-person study.

<http://www.bloomberg.com/news/2011-08-29/sprint-not-saunter-is-key-to-longer-life-study.html>

A Little Chocolate Goes a Long Way in Keeping Healthy Heart, Study Finds

When they pooled results, that people who consumed the most chocolate carried a 37 percent lower risk of developing heart disease and were 29 percent less likely to suffer a stroke than those who ate the least. The researchers found no link between cocoa intake and heart failure.

<http://www.bloomberg.com/news/2011-08-29/a-little-chocolate-goes-a-long-way-in-keeping-healthy-heart.html>