



Wide-bore MRI means no more claustrophobia

Patients can now breathe easier and relax—having an MRI is not the snug experience it used to be.

Now available at the Village Hospital, a wide-bore MRI offers more space and comfort than traditional MRI scanners. This new technology offers extra-wide openings, clear and accurate images and more precise diagnoses.

Being claustrophobic or having a large or broad frame, which includes many athletes, used to be a major obstacle for many facing this valuable, non-invasive procedure. MRIs reveal delicate structures in the spinal cord, head and brain, soft tissues around and in joints, and many other organs, such as the heart, kidneys and liver.

Before wide-bore technology, claustrophobic patients or those too large to fit inside the opening would have their imaging exam performed in an MRI system that used low-field strength magnets and, therefore, received lower-quality images.

The benefits of wide-bore MRI scanners include:

- Nearly a half foot more space in diameter, providing room for lying on your side or raising your knees
- A shorter bore so less of you is in the machine
- Accommodation of larger people and those with claustrophobia
- Breathing room, providing a more relaxing experience
- The same advanced technology and exceptionally clear imaging results as other MRI scanners
- Accurate, high-resolution images that can lead to a more precise diagnosis

Other Village Hospital imaging services

Magnetic Resonance Imaging (MRI) uses radio frequency and a magnetic field to create detailed digital images of organs and tissues. MRI is used to diagnose a wide variety of conditions in all areas of the body.

Magnetic Resonance Angiography (MRA) is a non-invasive procedure that provides detailed imaging of blood vessels.

Computed Tomography, also referred to as a CT or CAT scan, uses special X-ray technology to create computer-generated digital images of the body's tissues and organs. CT scans can be used to diagnose injuries, find structural abnormalities in certain tissues and confirm the presence and/or types of tumors.

Nuclear medicine images are created by the movement of a radioactive substance given by mouth or IV as it moves through the body. Nuclear medicine can be used to analyze kidney function, determine whether cancer has spread and evaluate blood flow problems in the heart.

Diagnostic imaging, also referred to as X-ray technology, provides a variety of imaging procedures: chest, abdomen, skull, spine, pelvis, upper and lower extremities, etc.

Bone densitometry is a quick, painless method of evaluating bone loss. It is used to diagnose this condition and predict the risk of bone fractures due to osteoporosis. Bone densitometry can be done on men and women but mostly done on people that might have multiple fractures to determine their bone density.



Vascular ultrasound is a painless method of identifying blood flow problems. It uses ultrasound technology to create real-time images of the body's circulatory system. It can detect blockages, plaque and other obstructions within the circulatory system.

Ultrasound is a non-invasive imaging procedure that uses high-frequency sound waves to create real-time imaging. These images provide visualization of the movement of internal organs and blood flow.

Village Hospital Imaging Services has the most advanced digital imaging technology in a convenient location. All radiologists are board-certified physicians who specialize in imaging technology. The technologists have an advanced MRI registry and are nationally registered by the ARRT (American Registry of Radiologic Technologists).

For more information, please call 864-849-9270, or for an appointment, please call 864-849-9399.



VILLAGE HOSPITAL

A division of Spartanburg Regional Healthcare System

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Greer, South Carolina 29651

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Featured Events

As part of our commitment to keeping you healthy, active and informed, the Village Hospital offers a wide selection of health education classes, seminars and events. Register today at villageatpelham.com or call 864-849-9470. Programs are held in the Village Hospital Community Center (located within the Medical Office Building), unless otherwise noted.

NICOTINE ANONYMOUS

Tuesdays, 6 p.m.

Village Hospital Meeting Room One

Nicotine Anonymous is a weekly support group dedicated to those who have a desire to stop using tobacco. This casual meeting is free and open to the public. No registration is required. For more information, please call the Joe R. Utley Heart Resource Center at 864-560-4472.

DIABETES SELF-MANAGEMENT EDUCATION

Wednesday, August 17 • 9 a.m.–4 p.m.

Medical Office Building Community Center

Diabetes affects every organ in your body, so that means learning as much as you can about how to control it. Join Carolina's Center for Diabetes and Endocrinology to gain the skills you need to accomplish this. You must have a physician referral to participate and insurance will be filed for program cost. Participants receive a free blood glucose meter and diabetes reference book. Please contact Erica Moore at 864-560-6465 for more information and to register.

FACE, BREAST AND BODY: PLASTIC SURGERY FOR YOU

Tuesday, August 30

12-1 p.m., lunch provided

6:30 p.m., coffee and dessert

What type of plastic surgery is right for you? Shawn Birchenough, M.D., of Magnolia Plastic Surgery, discusses non-invasive, minimally invasive and surgical techniques in aesthetic plastic surgery. Please register at villageatpelham.com. These are free events.

PROSTATE CANCER AND PERIPHERAL ARTERY DISEASE SCREENINGS

Thursday, September 8 • 6-8 p.m.

Village Hospital and Spartanburg Regional Heart Center

Gibbs Cancer Center will host a prostate screening and a screening for peripheral artery disease. The prostate screening is for men, and the peripheral artery disease screening is for men and women. Please call 864-560-7999 to register.

MY ACHING FEET: COMMON ORTHOPAEDIC FOOT PROBLEMS

Thursday, September 15 • 12 p.m., lunch provided

Medical Office Building Community Center

Charles Thomas, M.D., of Village Orthopaedic Surgery will present common foot problems and treatments available. Please register at villageatpelham.com. This is a free event.

DIABETES SELF-MANAGEMENT EDUCATION

Wednesday, September 21 • 9 a.m.–4 p.m.

Community Center

Diabetes affects every organ in your body, so that means learning as much as you can about how to control it. Join Carolina's Center for Diabetes and Endocrinology to gain the skills you need to accomplish this. You must have a physician referral to participate and insurance will be filed for program cost. Participants receive a free blood glucose meter and diabetes reference book. Please contact Erica Moore at 864-560-6465 for more information and to register.

Community Health Talk

Toni Conner, R.N. | community resource nurse,
the Village Hospital



Do you ever look in the mirror and think "Gosh, I am getting old"? That happened to me recently and sent me in search of ways to slow down this aging process which seems to be moving in fast-forward.

Here are some of the top recommendations that I found:

1. Eat more fruits and vegetables every day. Fruits and vegetables are packed with helpful vitamins and minerals. The 2010 Dietary Guidelines for Americans recommends two to four servings of fruit per day and three to five servings of vegetables each day. With the abundance of summer vegetables and fruit, now is a perfect time to be sure you are eating your best to look and feel your best.
2. Increase physical activity. Exercise increases blood flow throughout your body and helps your muscles stay strong and supple. The American Heart Association recommends 30 minutes of some kind of exercise each day.
3. Wear sunscreen. Protect your skin every day!

4. Do not smoke. Smoking can speed up the normal aging process of your skin, causing it to sag and wrinkle prematurely.

5. Drink six to eight cups of fluid daily. Adequate fluid intake helps maintain healthy skin and flush out wastes. Water is the best choice for us all.

6. Manage your stress. Stress accelerates the aging process. Stress causes damage to hormone secretion, cell repair and collagen production.

7. Get undisturbed, quality sleep every night. Good sleep allows your body to rejuvenate and repair itself.

If you are like me, you want to look your best no matter your age. I hope these simple ideas might help us all, not only look better, but feel better too. Here at the Village Hospital, we are dedicated to helping people live their best and healthiest life. Give us a call if we can help you.