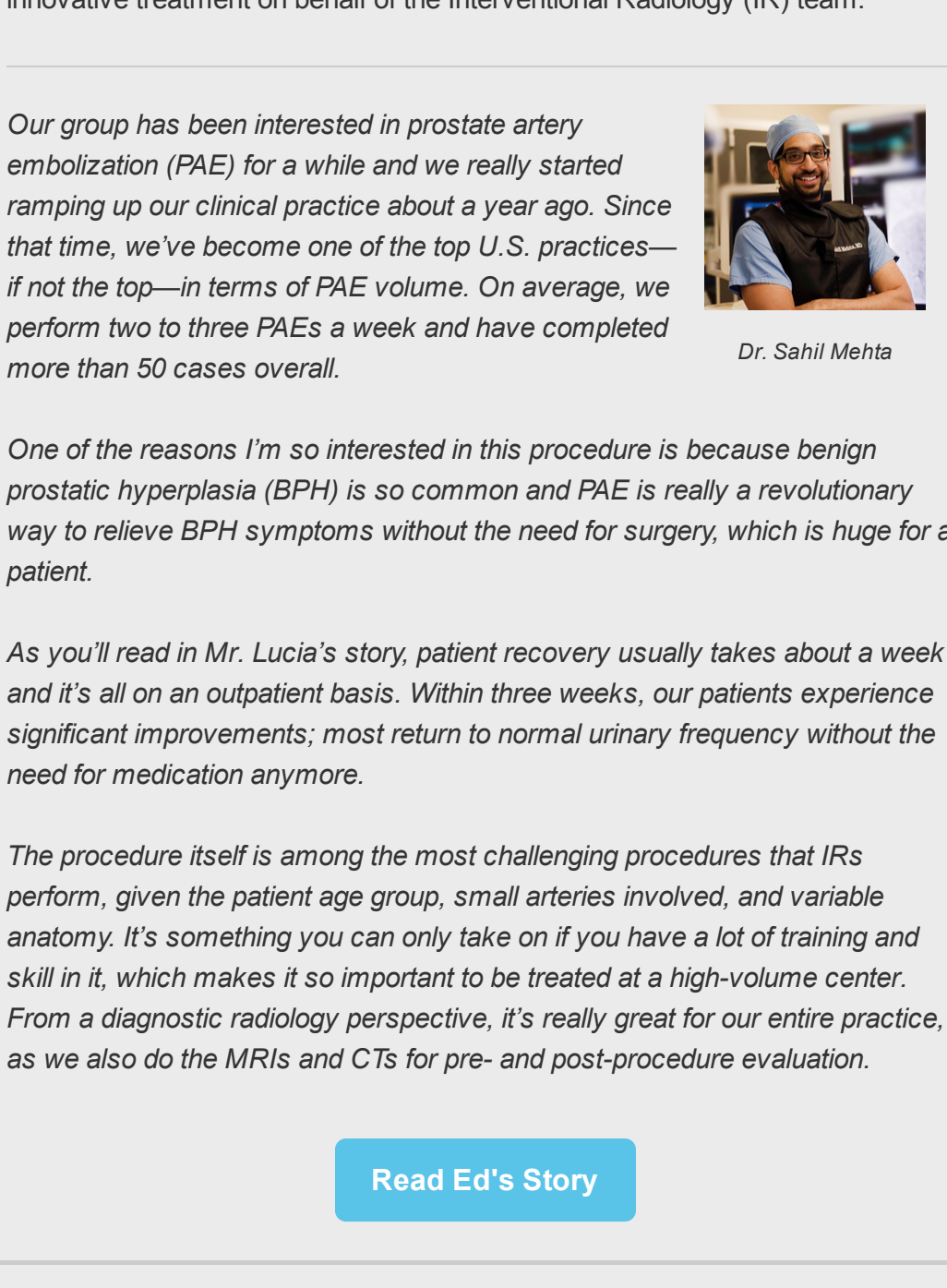


# The Inside View

## BIDMC Department of Radiology

February 20, 2020 | Volume 2 | Issue 2

## Minimally Invasive Procedure Improves Patient's Quality of Life



Sherry and Ed Lucia enjoying a Maine meal and view

Ed Lucia lived with enlarged prostate gland symptoms for years, but thanks to a minimally invasive procedure last fall with **Sahil Mehta, MD**, Lucia is back to taking spontaneous road trips with his wife Sherry.

*The Inside View* connected with Dr. Mehta to hear his perspective on this innovative treatment on behalf of the Interventional Radiology (IR) team.

*Our group has been interested in prostate artery embolization (PAE) for a while and we really started ramping up our clinical practice about a year ago. Since that time, we've become one of the top U.S. practices—if not the top—in terms of PAE volume. On average, we perform two to three PAEs a week and have completed more than 50 cases overall.*



Dr. Sahil Mehta

*One of the reasons I'm so interested in this procedure is because benign prostatic hyperplasia (BPH) is so common and PAE is really a revolutionary way to relieve BPH symptoms without the need for surgery, which is huge for a patient.*

*As you'll read in Mr. Lucia's story, patient recovery usually takes about a week and it's all on an outpatient basis. Within three weeks, our patients experience significant improvements; most return to normal urinary frequency without the need for medication anymore.*

*The procedure itself is among the most challenging procedures that IRs perform, given the patient age group, small arteries involved, and variable anatomy. It's something you can only take on if you have a lot of training and skill in it, which makes it so important to be treated at a high-volume center. From a diagnostic radiology perspective, it's really great for our entire practice, as we also do the MRIs and CTs for pre- and post-procedure evaluation.*

[Read Ed's Story](#)

## Capital Equipment News

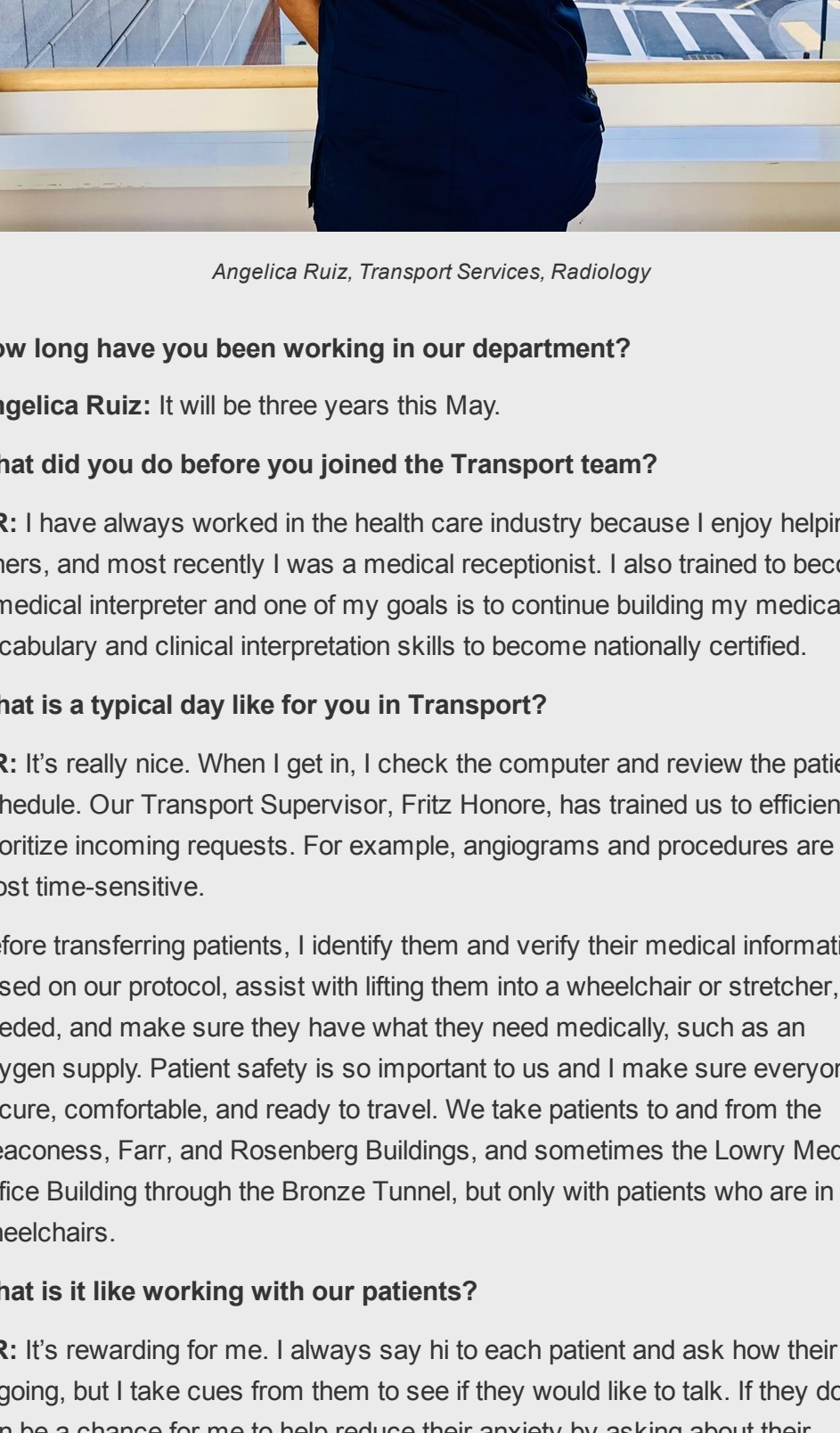
Since our last equipment update in October, we are excited to announce the installation of three new units for our Breast Imaging patients on the fourth floor of the Shapiro Clinical Center.



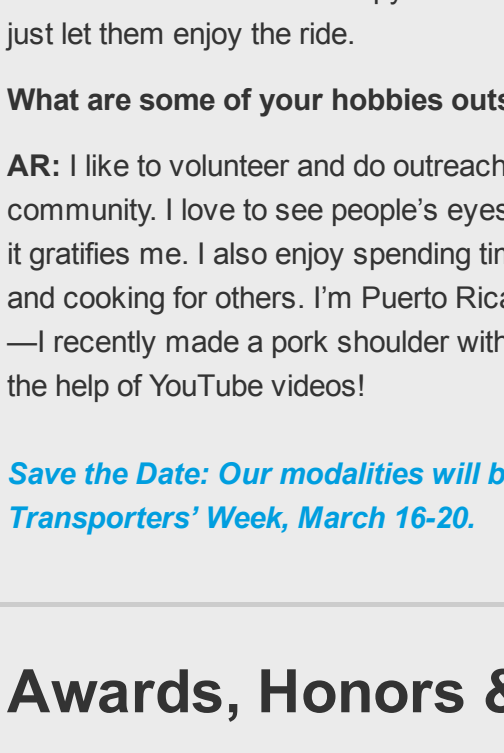
**2D/3D Tomosynthesis Mammography Unit:** This state-of-the-art, combination breast imaging technology is for both our screening (asymptomatic) and diagnostic (symptomatic) patient populations.

**Prone Table Stereotactic Biopsy System:** With stereotactic and 3D imaging capabilities, this unit provides radiologists with improved visibility and sampling accuracy during minimally invasive breast biopsies of subtle findings first observed on a diagnostic mammogram.

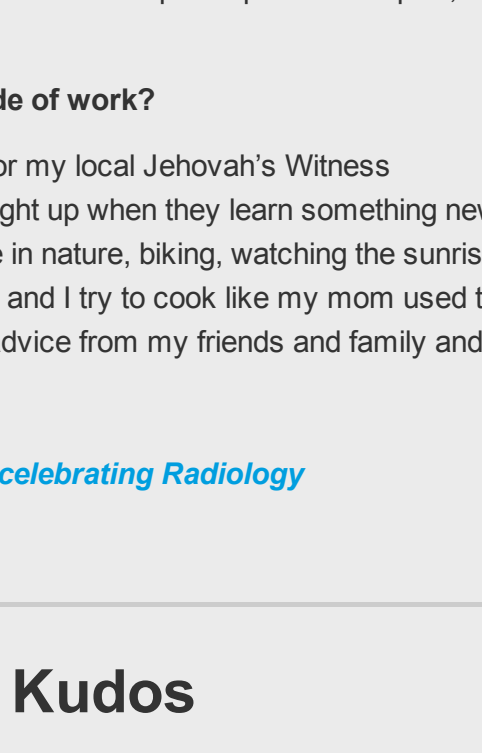
**Specimen Imaging Unit:** This system digitally images specimen tissue post-biopsy and/or breast tissue post-surgical excision, providing the radiologist and/or surgeon with confirmation that the area of abnormality has been sampled. In surgical cases, the radiologist will interpret the image and inform the surgeon that the area has been included in the excised tissue. This unit is also a resource for the Breast Imaging pathologists, allowing them to use acquired images to confirm the presence of "clips" in processed tissue slices.



2D/3D Tomosynthesis Mammography Unit



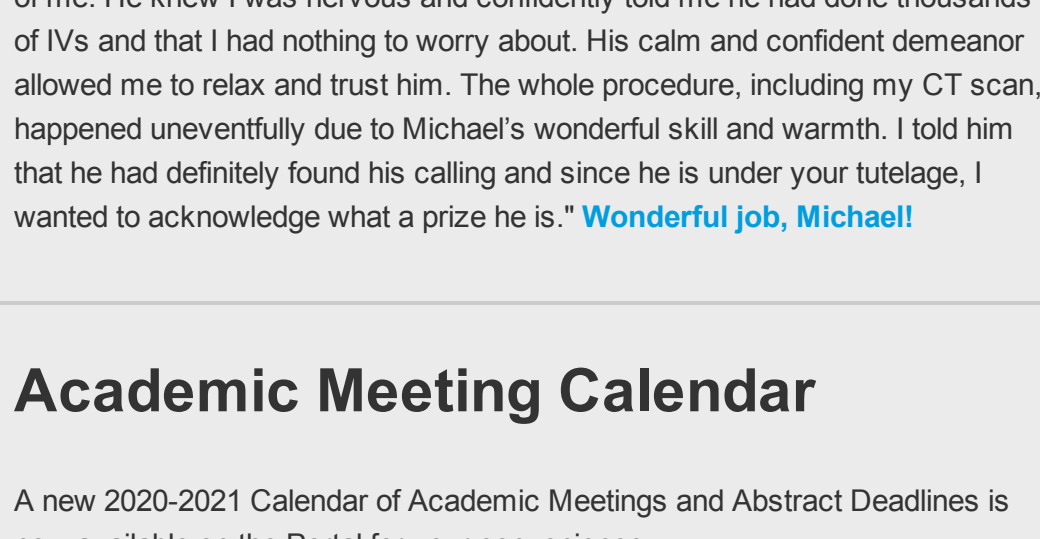
Prone Table Stereotactic Biopsy System



Specimen Imaging Unit

## The Research Roundup

The latest news and information as it relates to our pursuit of radiology research advancements.



### Morris Simon Research Day

Thursday, May 28, 2020, 4-8 p.m.

**Save the date for the 4th Annual Morris Simon Research Day!**

Thursday, May 28, 2020, 4-8 p.m.

The Inn at Longwood Medical

342 Longwood Ave.

Boston, MA 02215

*More details to come.*

**Artificial Intelligence/Machine Learning Symposium:**

Thursday, Feb. 27, 1-5 p.m., East Campus. For additional information, including a registration link, [visit the Portal](#).

## Getting to Know:

### Transport Services

This Q&A series highlights the people of Radiology, the work that they do, and a fun fact or two about themselves. In this first feature, The Inside View caught up with **Angelica Ruiz of Transport Services**.



Angelica Ruiz, Transport Services, Radiology

**How long have you been working in our department?**

**Angelica Ruiz:** It will be three years this May.

**What did you do before you joined the Transport team?**

**AR:** I have always worked in the health care industry because I enjoy helping others, and most recently I was a medical receptionist. I also trained to become a medical interpreter and one of my goals is to continue building my medical vocabulary and clinical interpretation skills to become nationally certified.

**What is a typical day like for you in Transport?**

**AR:** It's really nice. When I get in, I check the computer and review the patient schedule. Our Transport Supervisor, Fritz Honore, has trained us to efficiently prioritize incoming requests. For example, angiograms and procedures are the most time-sensitive.

Before transferring patients, I identify them and verify their medical information based on our protocol, assist with lifting them into a wheelchair or stretcher, if needed, and make sure they have what they need medically, such as an oxygen. Patient safety is so important to us and I make sure everyone is secure, comfortable, and ready to travel. We take patients to and from the Deaconess, Farr, and Rosenberg Buildings, and sometimes the Lowry Medical Office Building through the Bronze Tunnel, but only with patients who are in wheelchairs.

**What is it like working with our patients?**

**AR:** It's rewarding for me. I always say to hi to each patient and ask how their day is going, but I take cues from them to see if they would like to talk. If they do, it can be a chance for me to help reduce their anxiety by asking about their children or pointing out interesting things to them in the hospital. If their day isn't going well, I listen and try to offer a positive perspective that might resonate with them. It's a little bit like therapy. And for patients who prefer peace and quiet, I just let them enjoy the ride.

**What are some of your hobbies outside of work?**

**AR:** I like to volunteer and do outreach for my local Jehovah's Witness community. I love to see people's eyes light up when they learn something new; it gratifies me. I also enjoy spending time in nature, biking, watching the sunrise, and cooking for others. I'm Puerto Rican and I try to cook like my mom used to —I recently made a pork shoulder with advice from my friends and family and the help of YouTube videos!

**Save the Date: Our modalities will be celebrating Radiology Transporters' Week, March 16-20.**

## Awards, Honors & Kudos

On Feb. 1, a grateful patient shared on social media: "All hail **Maggie [Cefalo]**, the mammogram tech at 1101 Beacon St. in Brookline, MA. Seriously, don't you want to shout out your favorite mammo techs... because those folks make life so much more comfortable." Later this month, our patient added, "Back to Maggie today! This woman is a radiology tech genius." **Way to go, Maggie!**

Earlier this year, an appreciative patient wrote: "...I have never written a letter about a caregiver until today: **Michael Jones** greeted me in the waiting room and told me he would be taking care of me that day. As we walked down the corridor, he told me he was going to place an IV. I was not prepared for that and I get quite anxious to the point of needing a sedative before coming to the hospital.

Michael quickly reassured me that I was in good hands and he would take care of me. He knew I was nervous and confidently told me he had done thousands of IVs and that I had nothing to worry about. His calm and confident demeanor allowed me to relax and trust him. The whole procedure, including my CT scan, happened uneventfully due to Michael's wonderful skill and warmth. I told him that he had definitely found his calling and since he is under your tutelage, I wanted to acknowledge what a prize he is." **Wonderful job, Michael!**

## Academic Meeting Calendar

A new 2020-2021 Calendar of Academic Meetings and Abstract Deadlines is now available on the Portal for your convenience.

[Download the Calendar](#)

## Selected Publications

Below is a PubMed list of selected Radiology publications from Jan. 1 through Feb. 18.

Faculty names are bolded and trainee names are underlined.

If your publication isn't shown here, please [submit your citation](#) for inclusion in our next newsletter.



Hollanda Martins Da Rocha M, Lee ADW, Marin MLM, **Faintuch S**, Mishaly A, Faintuch J. [Treating short bowel syndrome with pharmacotherapy. Expert Opin Pharmacother.](#) 2020 Feb 14.

Slanetz PJ, Perry H, **Kudla A**, Soto JA. [Building Trust in Radiology Practice. J Am Coll Radiol.](#) 2020 Feb.

Avritscher R, Jo N, Polak U, Cortes AC, Nishiofuku H, Odasio BC, Takaki H, Tam AL, Melancon MP, Yevich S, Qayyum A, Kaseb A, Kichikawa K, Gupta S, **Goldberg SN**, Chang SH. [Hepatic Arterial Bland Embolization Increases Th17 Cell Infiltration in a Syngeneic Rat Model of Hepatocellular Carcinoma. Cardiovasc Intervent Radiol.](#) 2020 Feb.

Nery F, Buchanan CE, Hartevel A, Odudu A, Bane O, Cox EF, Derlin K, Gach HM, Golay X, Gutberlet M, Laustsen C, Lijmani A, Madhuranthakam AJ, Pedrosa I, Prasad PV, Robson PM, Sharma K, Sourbron S, Taso M, Thomas DL, Wang DJJ, Zhang JL, Alsop DC, Fain SB, Francis ST, Fernández-Seara MC. [Consensus-based technical recommendations for clinical translation of renal ASL MRI. MAGMA.](#) 2020 Feb.

Carvalho VND, Hertanu A, Grélaud A, Mchinda S, Soustelle L, Loquet A, Dufourc EJ, **Varma G**, Alsop DC, Thureau P, Girard OM, Duhamel G. [MRI assessment of multiple dipolar relaxation time \(T1ρ\) components in biological tissues interpreted with a generalized inhomogeneous magnetization transfer \(inhMT\) model. J Magn Reson.](#) 2020 Feb.

Liao H, **Ahmed M**, Markezana A, Zeng G, Stechele M, Galun E, **Goldberg SN**. [Thermal Ablation Induces Transitory Metastatic Growth by Means of the STAT3/c-Met Molecular Pathway in an Intrahepatic Colorectal Cancer Mouse Model. Radiology.](#) 2020 Feb.

Huang C-W, **Chang YM**, **Brook A**, **Bezuidenhout AF**, **Bhadelia RA**. [Clinical utility of 2-D anatomic measurements in predicting cough-associated headache in Chiari I malformation. Neurosurgery.](#) 2020 Jan 29.

Cheema HS, **Mehta R**, Slanetz PJ. [Imaging and management of fibroepithelial breast lesions on percutaneous core needle biopsy. Breast J.](#) 2020 Jan 10.

**Nakhaei M**, **Faintuch S**, **Brook OR**. [Impact of evaluation in interventional radiology clinic prior to uterine artery embolization: changes in management. Abdom Radiol \(NY\).](#) 2020 Jan 2.

Nicholson AG, Sauter JL, Nowak AK, Kinder HL, **Gill RR**, Remy-Jardin M, Armato SG 3rd, Fernandez-Cuesta L, Bueno R, Alcalá N, Foil M, Pass H, Attanoos R, Baas P, Beasley MB, Bric L, Butnor KJ, Chirieac LR, Chung A, Courtiol P, Dacic S, De Perrot M, Frauenfelder T, Gibbs A, Hirsch FR, Hiroshima K, Husain A, Klebe S, Lantuejoul S, Moreira A, Opitz I, Perol M, Roden A, Roggli V, Scherperleel A, Tirode F, Tazelaar H, Travis WD, Tsao MS, van Schil P, Vignaud JM, Weynand B, Lang-Lazdunski L, Cree I, Rusch VW, Girard N, Galateau-Salle F. [EURACAN/IASLC Proposals for Updating the Histologic Classification of Pleural Mesothelioma: Towards a More Multidisciplinary Approach. J Thorac Oncol.](#) 2020 Jan.

Widick P, **Gill RR**, Mantia C, Costa DB, Rangachari D. [Extensive-Stage Small-Cell Lung Cancer With Sustained Complete Response to Single-Agent Nivolumab and Immune-Related Dermatitis. Clin Lung Cancer.](#) 2020 Jan.

Disel U, Madison R, Abhishek K, Chung JH, Trabucco SE, Matos AO, Frampton GM, Albacker LA, Reddy V, Karadumurs N, Benson A, Webster J, Paydas I, Prasad PV, Robson PM, Nangia C, Ozturk MA, Millis SZ, Pal SK, Wilyk B, Sokol ES, Gay LM, **Soman S**, Ganesan S, Janeway K, Stephens PJ, Zhu VW, Ou SI, Lovly CM, Gounder M, Schrock AB, Ross JS, Miller VA, Klempner NJ, Ali SM. [The Pan-Cancer Landscape of Coamplification of the Tyrosine Kinases KIT, KDR, and PDGFRA. Oncologist.](#) 2020 Jan.

**Nakhaei M**, **Mojtahedi A**, **Faintuch S**, **Sarwar A**, **Brook OR**. [Transradial and Transfemoral Uterine Fibroid Embolization Comparative Study: Technical and Clinical Outcomes. J Vasc Interv Radiol.](#) 2020 Jan.

**Rojas R**. [Artificial intelligence vs human intelligence: will radiologists be needed in the future? Radiologia.](#) 2020 Jan-Feb.

Markezana A, **Ahmed M**, Kumar G, Zorde-Khvaleyevsky E, Rozenblum N, Galun E, **Goldberg SN**. [Moderate hyperthermic heating encountered during thermal ablation increases tumor cell activity. Int J Hyperthermia.](#) 2020.

Slanetz PJ, Perry H, **Kudla A**, Soto JA. [Building Trust in Radiology Practice. J Am Coll Radiol.](#) 2020 Feb.

Nguyen D, O'Connor P, Tran C, **Qureshi J**. [Right hip and pelvic pain. J Fam Pract.](#) 2020 Jan/Feb.

## Share Your News & Ideas



Have something to share in our newsletter? *The Inside View* would love to include it! Here is a list of suggestions to help spark some ideas:

- New colleague welcome messages
- Awards, honors, and kudos content
- Clinical, research, and education news
- Conference and presentation photos
- Information about upcoming radiology events
- Suggestions for our "Getting to Know" profiles
- Photos of and news about our alumni community
- Snapshots of the city or vacation spots

[Submit Your Content](#)**Thanks for reading!**

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*Distributed to the Department of Radiology,  
its Alumni, and BIDMC Colleagues*

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