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There is no greater gift than that of your health and the ability to maintain it at an optimal level.

Beyond diet and exercise, there are ways to stay healthy and head off disease before it affects your body.

Living Longer is dedicated to continued health through comprehensive wellness involving imaging technology and education.

As technology and medicine evolve, medical imaging is consistently being used to help people live longer, healthier lives.

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Your Quest To Live Longer

Designed to raise awareness for long term health through imaging technology, Living Longer encourages routine screening exams throughout an individual's life as well as diagnostic screening exams for high risk individuals.

Living Longer is a program of ProScan Imaging - a family of companies committed to providing health care professionals and their patients with exceptional medical imaging services. Coupled with ProScan's radiological expertise and prevention outlook, Living Longer provides superior service to enhance your quality of life through screening and early treatment of potentially life threatening medical conditions.

ProScan Imaging offers patients substantial cost-saving benefits by charging significantly lower out-of-pocket fees compared to area hospital or hospital-affiliated imaging facilities for the same exams – up to 65% less for CT and up to 23% for MRI.*

**Although costs vary depending on personal coverage, most patients with private insurance will experience lower out-of-pocket expenses when going to an independent imaging center versus a hospital. For more specific cost and coverage information, please contact your insurer.*

Our services provide screening and preventative exams including the following:

- Virtual Colonoscopy
- Full Body MR
- Breast MRI
- Screening Mammogram
- Diagnostic Mammogram
- Breast Ultrasound
- DEXA Bone Density
- Lung Screen CT
- Vascular Ultrasound
- Cardiac Score CT
- CCTA

Our goal is to increase your longevity through knowledge, education, and an innovative approach to preventative medicine.



Lower Out of Pocket Expenses

PROSCAN
imaging.

**MRI • CT
ULTRASOUND**



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DEXA

Actively participating in a long term health plan will enable you to maintain the quality of life you deserve.

Through ProScan Imaging's Living Longer, patients can experience true peace of mind knowing more about their bodies and how to take care of themselves to optimize health performance and life expectancy.

Living Longer is at the forefront of using new imaging procedures and technology to deliver the best possible diagnostic care to our patients. Interpreted by world-renowned ProScan Imaging radiologists, Living Longer is fully committed to excellence in customer service and the clinical interpretation of MRI, CT, ultrasound, mammography, and X-ray images.

Our medical imaging services include the following:

Full Body MRI

FULL-BODY MRI SCAN is a comprehensive health screening exam that allows our radiologists to non-invasively examine the inside of your body in detail to look for early stages of disease. Full-body MRI is a fast, reliable, safe, and accurate means of detecting disease throughout the entire body.

A Full-Body MRI Scan can help detect and identify early signs of many conditions, including:

- Cancer and tumors
- Emphysema
- Heart disease
- Spinal disease
- Aneurysms
- Osteoporosis
- Ovarian disease
- Endocrine tumors

The Procedure: A Full-Body MRI Scan includes imaging from the neck down through the pelvis area, including the heart, lungs, colon, kidneys, liver, pancreas, ovaries, spleen, prostate, gall bladder, and uterus. No x-ray radiation or injections are involved. You will experience advanced health screening with cutting-edge technology and the latest imaging techniques – and gain a new perspective on your health.

For more information on a full-body MRI scan, [click here](#).

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Lung Screen CT

A new study published in the New England Journal of Medicine (October 2006) indicates that annual computed tomography (CT) lung screening detects cancer that is curable in a significant proportion of individuals. Using state-of-the-art CT scanning devices, highly detailed images of your lungs are produced. This non-invasive test does not require any needles or contrast agents, and patients do not have any special preparations or need to fast in advance. Once the scan is complete, which takes about 15 minutes, you can go on with your day.

Your primary care physician or specialist can determine whether this test is appropriate for your case.

Indications include:

- A history of smoking or exposure to second-hand smoke.
- Exposure to known or suspected carcinogens on the job (such as asbestos, beryllium, radon, or uranium).

For more information on the lung CT exam, [click here](#).

For more information on the lung CT exam, [click here](#).

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Cardiac Score

According to the American Heart Association, 50 percent of all sudden cardiac events - heart attacks or sudden death - occur in people with no previous symptoms of heart problems.

A Cardiac Score is a fast, painless screening test that might save your life. This non-invasive outpatient procedure will determine whether you have heart disease that requires further evaluation. The test - which takes about ten minutes to perform - uses computed tomography (CT) scan of the chest to identify the location and extent of calcified plaque deposits in the arteries leading to the heart. These deposits lead to the narrowing of the arteries, which can reduce or block blood flow to the heart. When combined with your personal risk factors, this highly predictive exam will provide your total risk for heart disease - long before any cardiac-related signs or symptoms occur.

For more information on the cardiac score exam, [click here](#).

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Cardiac Computer Tomography Angiography (CCTA)

For patients who are known to be at higher risk of heart disease, or those with symptoms, a more comprehensive CT examination is performed. Coronary Computed Tomographic Angiography, or CCTA, is one of the most dramatic breakthroughs in coronary artery disease detection in decades. An advanced, 64-slice CT scanner is used to produce amazing three-dimensional, high-resolution images of the coronary arteries.

Coronary CTA is similar to the CT calcium score, but in addition to identifying calcified "hard" plaque, it can also visualize the walls of the coronary arteries in great detail and detect the location and severity of fatty "soft" plaque build up there. This soft plaque within the artery wall, also known as "vulnerable plaque," can leak into the bloodstream without warning and cause a heart attack by causing the blood to collect or clot at the site of the rupture.

The great advantage of CCTA is that it can discover signs of coronary artery disease that could lead to a heart attack, yet are not detectable using other diagnostic tests. Using the CCTA in conjunction with your calcium score, your physician will be able to identify the exact severity level (if any) of coronary artery disease you may have – and will have all the information he or she needs to determine the appropriate course of treatment.

Fast scan, faster results. Unlike more invasive methods of evaluating your heart attack risk, a CCTA scan takes just 15 minutes to perform. Just a few minutes of advance preparation are required, and a specially trained CT radiologist will go over the results of your scan with you within ten minutes of having the examination. This extremely accurate test is covered by most insurance plans, including Medicare.

For more information on CCTA and ProScan's Heart Attack Prevention Institute (HAPI), [click here](#).

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Virtual Colonoscopy

Computed tomographic colonography (CTC), also called virtual colonoscopy (VC), is a non-invasive alternative to conventional colonoscopy. By combining CT technology with sophisticated computer software, CTC creates two- and three-dimensional images of an individual's colon.

This procedure is faster, easier, and more comfortable for the patient than a conventional colonoscopy. CTC is a viable option for the detection of colon and bowel disease, including polyps, diverticulosis, and colorectal cancer (CRC) for many patients. Each year, 65,000 people in the U.S. die from the disease and another 155,000 new cases are diagnosed, making CRC the second most common cause of cancer-related death in the United States.

If CRC is detected in its earliest stage, patients have a five year-survival rate of 85% to 100%. If it is discovered in later stages, the survival rate drops to 50% or below. For these reasons, the AMA strongly recommends colorectal screening every seven years for all individuals over the age of 50, particularly for those with a family history of CRC.

For more information on CTC, [click here](#).

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Vascular Ultrasound

Ultrasound imaging, also called ultrasound scanning or sonography, involves exposing part of the body to high-frequency sound waves to produce pictures of the inside of the body. Ultrasound exams do not use ionizing radiation (as used in x-rays). Because ultrasound images are captured in real time, they can show the structure and movement of the body's internal organs, as well as blood flowing through blood vessels.

In medicine, ultrasound is used to detect changes in the appearance of organs, tissues, and vessels or detect abnormal masses, such as tumors.

Vascular ultrasound provides pictures of the body's veins and arteries. Non-invasive vascular testing allows patients to be examined using Doppler ultrasound techniques, free of the risks and discomforts of injections, dyes, or X-rays. These tests allow for early detection and treatment of life-threatening vascular diseases, including arterial occlusive disease, stroke, and deep-vein thrombosis.

For more information on CT and Ultrasound services, [click here](#).

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Breast MRI

MRI of the breast offers valuable information about many breast conditions that cannot be obtained by other imaging modalities, such as mammography or ultrasound. Breast MRI uses a powerful magnetic field, radio frequency pulses, and a computer to produce detailed pictures of organs, soft tissues, bone and virtually all other internal body structures.

Breast MRI is not a replacement for mammography or ultrasound imaging, but rather a supplemental tool for detecting and staging breast cancer and other breast abnormalities. Breast MRI has unquestionable value as an adjunct to mammography in screening women at high risk for breast cancer - those with dense breasts and evaluation for recurrence in women with history of high-grade cancer. In several studies, the sensitivity of breast MRI for invasive cancer actually has approached 100 percent, proving to be a dramatically more effective tool than mammography for screening this population.

For more information on breast MRI, please [click here](#).

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Screening Mammography

A Screening Mammogram is an x-ray examination of the breasts that includes two views of each breast. This procedure is done when a patient shows NO sign of symptoms. The Screening Mammogram does not require a prescription unless the patient is less than forty (40) years of age. During the time of the examination, the patient does not meet with a radiologist or surgeon.

The American Cancer Society, the American College of Radiology Breast Imaging Commission, the American College of Obstetricians and Gynecologists, the American Medical Association, and the Society of Breast Imaging support the following screening mammogram recommendations:

- Annual mammograms beginning at the age of 40
- Screening mammography every 1 – 2 years for women aged 40 – 49 years
- Screening mammography every year for women age 50 or older
- Monthly breast self-examinations:

To learn more about our women's imaging procedures, please read our "What's Best for My Breasts" flyer by [clicking here](#) or our "Lump Detection" flyer by [clicking here](#).

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Diagnostic Mammography

A Diagnostic Mammogram is an x-ray examination of the breast that includes two or more views of each breast. This procedure is done when a patient shows signs of symptoms such as a lump, change in breast contour, dimpling, bleeding, or discharge from the breast. A diagnostic mammogram does require a script from a referring physician who is able to follow the patient's continued breast health. Additional mammography images or other imaging will also be performed.

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Breast Ultrasound

An ultrasound or sonogram is a medical test ordered by a qualified health-care professional. The actual test is usually performed by a sonographer or physician. It is a method of obtaining images from inside the human body through the use of high frequency sound waves. The reflected sound wave echoes are picked up and converted by a computer into an image that is displayed on a computer screen. No radiation exposure occurs during this test.

An ultrasound test is painless, does not emit ionizing radiation, and is one of the safest diagnostic medical examinations available today. Breast ultrasound is sometimes used to evaluate breast abnormalities that are found during mammography or a physical exam. Ultrasound is useful in determining the composition of a lump.

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DEXA Bone Density

The DEXA (dual-energy X-ray absorptiometry) exam measures the density of a woman's bones and allows for a better diagnosis of osteoporosis. Osteoporosis is a disease that causes bones to become more fragile and more likely to break.

A bone density test uses X-rays to measure how many grams of calcium and other bone minerals are packed into a segment of bone. A bone density test is a fairly accurate predictor of your risk of fracture.

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