

The Newest Life-Saving Medical Tests

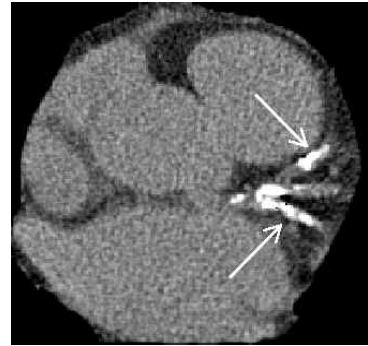
Seven Screening Tests Well Worth Paying For

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Thank you for signing up to receive free, life-saving information. The seven screening tests listed below could save your life. Each section is linked to related articles and reliable web sites to give you more in-depth information. One suggestion: before pursuing any screening tests, I refer you to my article on the possible pitfalls of screening. It contains important precautions and will help you, with the help of your physician, to take charge of your health screening responsibly and safely. [Click Here](#) to download *The Dangers of Screening*.

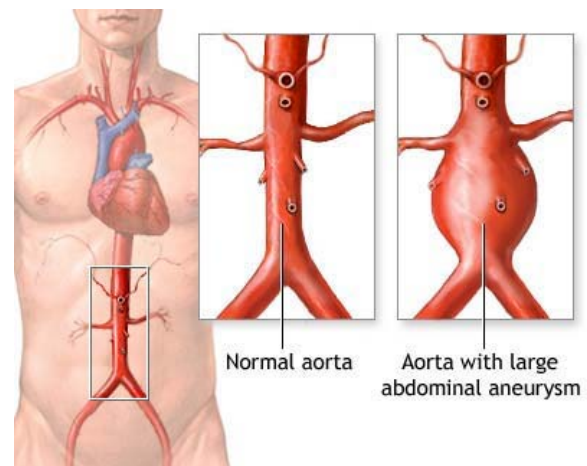
1. Ultra Fast CAT Scan of the Heart to detect Atherosclerosis

(Also called EBT or rapid *multi-detector* CAT scan.) These scanners are fast enough to create a clear picture of a moving heart and allow us to determine whether or not a person is developing “hardening of the arteries” in their coronary arteries. Unlike most cardiac screens such as cholesterol or blood pressure levels, which are very *indirect*, this test looks directly at YOUR heart. In apparently healthy people the results correlate 100 times more closely with the likelihood of having a heart attack than does any other single risk factor. It truly identifies who needs to be aggressively treated and who does not. Many web sites describe this well-studied screening test. [Click Here](#) to find a lot more information and to locate a screening site near you.



2. Ultrasound of the Abdomen to screen for Aortic Aneurysm.

This benign and relatively inexpensive study is highly sensitive for detecting aortic aneurysms. Fatal rupture of Abdominal Aneurysms is finally becoming recognized as a major source of preventable death in American patients. This catastrophic event stole the life of actor George C. Scott at the early age of 71. Abdominal Ultrasound has the benefit of screening for other intra-abdominal problems as well. It needs be performed only about every five years for people over the age of 40 and costs about \$200. It uses no dangerous radiation and is completely painless. The first such test for any individual may find some common and benign abnormalities such as kidney cysts or small liver irregularities. In such cases it is important NOT to over-react and perhaps just repeat the test in 6 months. Bad things (very rare) will have progressed during that time, but the common benign abnormalities will be stable. Here's a couple of web sites for more information and screening locations:



[Lifeline Screening](#) and [Inovia Specialty Care](#).

3. **Extended Lipid Testing for patients with Atherosclerosis.**

Lipoprotein particles, (the “floating containers” for cholesterol and triglycerides) come in all different shapes and sizes. The state-of-the-art in treating patients with either known heart disease or an EBT scan showing “hardening of the arteries” relies on understanding not only a person’s cholesterol, good and bad, but also the size and shape and buoyancy properties of these particles. At my office we use the [Berkeley Heart Lab](#) in California as our standard in this special testing. We use it to individualize treatment plans for reducing the risk of heart attack. If you or a loved one has a history of heart disease or a coronary calcium score other than zero, it makes sense to discuss the Berkeley Heart Lab with a physician who knows and understands the issues surrounding LDL and HDL size, buoyancy and oxidation states – usually a “preventive cardiologist.”



4. **Colonoscopy to screen for Colon Cancer and Polyps.** What a

nightmare it is to sell this test to patients! Yet, every man *and woman* should really have a colonoscopy as a special treat on their 50th birthday – sooner if you have a family history of colon cancer or polyps. Colon cancer attacks men and women equally and I’m firmly convinced that a single colonoscopy, no later than age 50, can be one of the most life-saving tests a person will undergo. Colon cancer is extremely common but very sneaky. It is slow-growing and plodding, but like the story of the tortoise and the hare, if you drop your guard, it will relentlessly sneak up and overtake you. The downside: The test is embarrassing (but you’re usually too sedated to care) and the prep is a drag (the ultimate laxative.) But the life-saving potential is simply huge. Although other tests are offered (flexible sigmoidoscopy, occult fecal blood tests, virtual colonoscopy with CT scanning) colonoscopy is the *only* test that visualizes the entire colon directly and it must be considered the current gold standard. As a well-known advertising campaign once said, “Just Do It”. Your physician can arrange this screening test for you easily. [Click Here](#) for a great information site about colonoscopy.



5. **CAT Scan screening for Lung Cancer.** This is under

study by Cornell University to see if it saves lives. Taking annual chest X-rays failed to demonstrate any ability to prevent death from lung cancer and has been widely abandoned. However, the newer imaging technologies like EBT and multi-detector CT scanning give such high quality pictures, that very small tumors can be detected and, after follow up scanning and other testing, can be more accurately determined to be malignant or not. A recent study, THE EARLY LUNG CANCER ACTION PROGRAM ([ELCAP I & ELCAP II](#)) demonstrated a ten-year survival rate of 92% for the lung cancer patients who underwent screening. This is attributed almost entirely to the early stages at which the lung cancers were found. More research to confirm these exciting statistics will be needed before we can reliably know how effective this type of screening actually is in saving lives, but these were among the most exciting data published in all of 2006. The test is available now, for smokers and former smokers. [Click Here](#) for a description of the ELCAP in layman’s language.



6. **UroVysion™ screening for bladder cancer.** Bladder cancer strikes 50,000 Americans every year and kills about 11,000 of them. Checking the urine for blood once a year is the only screening currently done in most settings. Enter UroVysion™ – the latest of the high-tech probes now available to screen patients for bladder cancer. This test has been demonstrated to find bladder cancer earlier than any standard screening test. It's pretty expensive (\$250-\$800) and probably won't be widely used as a screen until the price comes down. To learn much more about this exciting new technology, [Click Here](#).



7. **PillCam screening for Esophageal Cancer**

Thankfully, it's not among the most *common* cancers in Americans but occurrence of esophageal cancer has been increasing at an average rate of over 40% per decade. Aggressive debate in the medical literature has gone so far as to suggest routine endoscopic screening (a camera down your throat) of the esophagus, especially in men over fifty. However, it's expensive, somewhat invasive and requires intravenous sedation - all in all, no one's idea of a good time. Now there's a new technology called the **PillCam**, a camera the size of a large vitamin that is simply swallowed by the individual. As it makes its way down the esophagus, it rapidly flashes light and snaps pictures (14 per second) transmitting them to a receiver outside the patient's body. It is important to realize that the PillCam is a screening tool only, used to look for abnormal tissue in the esophagus. Any suspicious finding will mean a follow-up endoscopy to biopsy the area of concern. Check out: <http://www.pillcam.com>



References:

If you have any problems with the hyperlinks in this document, the actual web addresses are listed below.

- Dangers of screening:** http://www.drjohncorso.com/uploads/File/pdf/The_Dangers_of_Screening.pdf
- Coronary Calcium:** <http://www.johncorsomd.com>
- Abdominal Screening**
- Lifeline Screening: http://www.lifelinescreening.com/s_abdominal.asp?src=WGGL-299
 - Inovia Specialty Care: http://www.bendvein.com/vascular_surgery.html#aaa
- Extended Lipid Testing:** <http://www.berkeleyheartlab.com/>
- Colonoscopy:** <http://www.acg.gi.org/patients/ccrk/crcad2.pdf>
- Lung Cancer Screening**
- ELCAP I & ELCAP http://www.ielcap.org/completed_studies.htm
 - Life Score Clinic: <http://www.lifescore.com/lungwhite.htm>
- PillCam** <http://www.pillcam.com>