The Most Complete Picture

PET/CT Shows what no other test can

Oncology (Cancer)
- Shows if a tumor is benign (harmless) or malignant (cancerous), so that the proper treatment can be determined
- Shows the aggressiveness of tumors
- Shows how treatment affects tumor size and presence
- Shows if cancer has spread in the body

Cardiology (Heart Conditions)
- Shows what portion of the heart is still healthy following a heart attack, so that the proper treatment can be determined
- Shows the success of angioplasty (balloon) or bypass surgery
- Shows if a person has coronary artery disease, years before the condition appears on traditional medical tests

Neurology (Brain Disorders)
- Shows the potential for Alzheimer's Disease, years before symptoms occur
- Shows if a person has epilepsy, and in which region of the brain it is located
- Shows if a person has Parkinson's Disease

Bone Conditions
- Shows formation of bone metastases
- Shows if a lesion is benign (harmless) or malignant (cancerous)

Southwest PET/CT Institute at Yuma Regional Outpatient Center offers:
- Immediate appointments available
- Rapid report turnaround (24 hours or less)
- Web based reports available to physicians
- Convenient location and easy access for patients
- Insurance pre authorizations provided
- Most insurance plans accepted
- Private and calming atmosphere
- Respectful and compassionate staff
- Telephone notification to your physician on all clinically significant results
- Advanced integration of diagnostic PET/CT with radiation therapy planning
- Accredited by the American College of Radiology

Conveniently located at Yuma Regional Outpatient Center
1320 W. 24th Street
(24th Street and Elks Lane)
Yuma, AZ 85364
Phone: 928-314-4800
Fax: 928-314-4833

Accuracy in detecting lung cancer*:

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*Both PET and CT findings were considered.
Preparing for Your PET/CT Scan

What You Need to Know

What is a PET/CT scan?
• PET/CT is the most advanced medical imaging technique available today, combining Positron Emission Tomography with Computed Tomography.
• PET/CT combines the fine structural detail of CT with PET’s ability to detect changes in cell function. This combination allows for earlier and more accurate detection of disease than either CT or PET alone.
• A PET/CT scan helps your physician diagnose a problem, determine the best approach to treatment or monitor your progress.

How does PET/CT work?
• Cancer cells grow at a very fast rate.
• Growing cells use glucose as a primary source of energy. The faster cells grow, the more glucose is consumed.
• A form of glucose called FDG, which emits particles called positrons, is injected into the patient.
• The FDG molecules are consumed more in fast-growing cancer cells than in normal cells, resulting in concentrations of FDG and positrons in areas of cancer.
• A PET/CT scan detects where positrons are being emitted from within a patient and provides images that map the locations.
• PET FDG mapping is combined with a CT image’s structural detail in order to identify both the presence of disease and its precise location.

Preventing for Your PET/CT Scan

• For 6 hours before your test, do not eat or drink (except water). Do not even chew gum or have breath mints, lozenges, etc.
• For 6 hours before your test, do not take diabetic or diuretic medication
• Your last meal before the scan should be high in protein and low in carbohydrates.
  For example
  • Dinner: steak, baked chicken, fish, cheese, asparagus, broccoli, mushrooms. No pasta, potatoes, rice or bread.
  • Breakfast: eggs, bacon, sausage. No breakfast should be eaten if you have an appointment before noon.
• Avoid heavy exercise for 24 hours prior to your exam.
• If you are, or think you may be pregnant, discuss this with your physician. Generally, PET/CT is not performed on pregnant women.

What to bring and wear
• Bring with you:
  • Insurance cards
  • Previous CT scans, X-rays and prior PET exams
  • Medical history
  • Pathology reports
• Wear warm, comfortable clothes, since the scanner room is cool.
• Avoid clothes with heavy buckles or metal components.

Arrival time and what to expect
• Please arrive 20 minutes before your scheduled appointment. Allow 1.5 to 2 hours for the entire PET/CT process.
• If you must cancel or reschedule, please do so at least 24 hours before your appointment.
• After registering, you will go to a preparation area where a PET technologist will access a vein in your arm.
• A small amount of FDG, a form of glucose, will be injected through the vein without side effects.
• You will rest quietly for 60 minutes after the FDG injection to allow distribution throughout your body.

After your scan
• You can leave immediately.
• Your activity will not be restricted. You may drive if you wish, resume your normal diet, exercise and take all prescribed medications.
• The PET/CT scan will be reviewed by a physician who will send a report to your doctor.
• Your doctor will contact you about the results of your PET/CT scan.

The Importance of Requesting A PET/CT Scan Cannot Be Overemphasized