

## CELEBRATING OVER 30 YEARS OF LEADERSHIP

As one of the largest medical group practices in the region, Community Radiology Associates (CRA) is proud of its long tradition of excellence. Founded in 1980 by Dr. Sid Pion, our first office was located in Olney, Maryland. The practice soon expanded and CRA now operates more than 20 imaging centers located throughout three counties in Maryland. All of CRA's physician members are board-certified in diagnostic radiology.

### COMMUNITY RADIOLOGY ASSOCIATES IS DEDICATED TO PROVIDING PATIENTS WITH:

- Diagnostic expertise and timely, accurate reports to your referring physicians.
- Convenience and respect for your time in a clean and comfortable setting.
- Compassionate care from our team members, from scheduling through treatment and if necessary, follow-up.
- A network of doctors at multiple locations that consult with each other to provide superior patient care.
- Community support through donations to local charities and service organizations.



## OUR SERVICES

Community Radiology Associates offers a full range of imaging services, including:

- MRI/MRA (3T & Wide-Open available)
- CT/CTA
- PET/CT
- Nuclear Medicine
- Digital Mammography (3D available)
- Ultrasound (4D available)
- DEXA (Bone Density)
- Fluoroscopy
- Digital X-Ray
- CT Lung Screening
- Calcium Cardiac Scoring

## OUR LOCATIONS

For your convenience, Community Radiology Associates has more than 20 imaging centers located throughout three counties in Maryland:

- Frederick
- Montgomery
- Prince George's

*All referrals and most insurances accepted.*

*Foreign language interpretation services available upon request.*



*All locations are accredited by the American College of Radiology.*

For information and scheduling  
call 888-601-0943



## A PATIENT'S GUIDE TO ULTRASOUND

## WHAT IS ULTRASOUND?

An ultrasound, sometimes called a sonogram, is an imaging test that uses sound waves to look inside the body and create images of organs and blood vessels or detect abnormal masses such as tumors. Performed by a sonographer, it is a safe, non-invasive examination as prescribed by your doctor.

## HOW DOES ULTRASOUND WORK?

Ultrasound works by using an electronic hand-held instrument called a transducer to send out high-frequency sound waves to the body. A gel is placed on your skin to help the transducer move smoothly and assist with the best sound conduction. As the sound waves bounce off internal organs, fluids and tissue, the transducer receives returning echoes that are converted to images that are displayed on a monitor, and then stored for a radiologist to view.

## HOW DO I PREPARE FOR MY ULTRASOUND EXAM?

Please wear comfortable and loose-fitting clothing for your ultrasound examination.

Preparation varies depending on the part of your body being examined. For some exams, you may be asked to not eat or drink before your appointment.

For other exams that require a full bladder, you will be instructed to drink water beforehand and to not use the bathroom.

Some examinations need no preparation at all.



## WHAT WILL I EXPERIENCE?

### BEFORE YOUR ULTRASOUND

- Please arrive 15 minutes ahead of your appointment.
- You may be asked to change into a gown.
- Expect the exam to take about 30 minutes to 1 hour.

### DURING YOUR ULTRASOUND

- You will rest on the exam table and gel will be applied to your skin over the area to be tested.
- The transducer will be placed against your skin and moved across the area to be examined. You will not hear or feel the sound waves.
- If Doppler ultrasound is used, you may hear either a “whooshing” or a pulsing sound.
- If 3D or 4D technology is used, you will feel a slight vibration from the transducer.
- In some instances, a vaginal transducer is used to provide detailed information about pelvic structures or an early pregnancy.

### AFTER YOUR ULTRASOUND

- The radiologist will review your images and send the results to your physician.
- Urgent findings will be called in to your doctor immediately.

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## PLEASE ASK YOUR SCHEDULING REPRESENTATIVE ABOUT SPECIFIC PREPARATIONS FOR YOUR SCAN.

## BRING WITH YOU

- Prescription or referral from your physician.
- List of medications you take.
- Insurance cards and photo ID.
- Images from any previous, relevant imaging exams (films or CDs) if from another facility.
- Medical history.
- Pathology reports.



## COMMON USES OF ULTRASOUND

An ultrasound examination is commonly used to look at:

- The organs and blood vessels in the abdomen (liver, kidneys, spleen, gallbladder, bile ducts, aorta, and pancreas)
- The pelvis (uterus, ovaries, bladder, and prostate)
- Breast, thyroid, scrotum, or other soft tissue mass
- Arteries and veins in the neck, abdomen, or legs
- A fetus (to check for gestational age and diagnose any abnormalities)

## 3D/4D ULTRASOUND

3D/4D technology is often used in obstetrics because it produces highly-detailed images AND captures fetal movement in real-time, allowing the patient to see her baby yawn, smile, and blink. Many experts believe this interaction creates a positive bonding experience between mother and baby.



Traditional (2D Image)



3D Image

With your doctor's prescription for an obstetric ultrasound, CRA offers 3D/4D technology and a complimentary DVD of your baby's images. When making your appointment, ask which locations offer 3D/4D ultrasound nearest you.