

## **“Pre-Op Nightmare” Averted by a HAND-HELD SCANNER**

Updated 12/8/2020 - Originally published in the Journal of Modern Healing (NYCRA-NEWS)

### **THWARTING A METASTATIC NIGHTMARE**

Based on a true story - contributed by Lina Koscinski | Edited by: Carmen R. DeWitt

“After years of procrastinating, my husband Ted finally managed to book a trip to the dermatologist to remove a few annoying skin tags and a tiny mole from his left shoulder. This elective procedure was purely cosmetic, but were also an irritant whenever he wore collared shirts. The dermatologist's office assistant reassured us that it was a quick and standard procedure of freezing and cutting them out, alleviating any concerns that usually comes with invasive procedures or cutting through skin.



photo courtesy of: [www.Clarius.com](http://www.Clarius.com)

We chose to combine the skin doctor visit after my mammogram appointment earlier that day. When we arrived at the radiologist's office, the imaging tech brought us in and chatted us up a bit by showing off one of those new hand-held portable ultrasounds that paired with a cell phone. She was alluding that this was "the future of ultrasound" and an office upgrade to their original

10-year old model. It was actually amazing to see something so small do the kind of diagnostic work that massive machines normally do.

The tech candidly offered to demo this new scanner on my hand, but my husband thought it might be more fun to volunteer his mole out of sheer curiosity. Within a few seconds of probing, an unmistakable look of concern befell on her face as she zeroed in on the mole area clearly stated some kind of new discovery. Her portable scanner revealed irregularities under Ted's skin, calling on the attention of the chief radiologist who entered the exam room. He took over the hand scanner by repeating the probing of my husband's neck, and then re-scanned it with their hospital-sized sonogram appliance that was rolled in from the other end of the room.

He concluded that the mole was a MALIGNANT MELANOMA - a potentially deadly tumor. Ted discussed what would have been our next appointment and it was then that we realized that if the dermatologist would have applied the freezing solution to this mole under 'standard procedure' unaware of what we discovered, the melanoma would have metastasized and fast-tracked to every organ in the body.

Stories like this are apparently not too uncommon- where an unrelated scan would find cancers (or other issues) that could become fatal if remained undetected. Needless to say, I had to reschedule my mammogram -- and also Ted's dermatology appointment, only to get referred to a skin cancer specialist. But this slight detour was worth the lesson learned; getting a pre-op scan before ANY invasive procedure could be a real life-saver!

## Portable POCUS Innovation: A Timely Blessing for the Pandemic Era

By: Dr. Robert L. Bard | Edited by: Graciella Davi, CSW

The hand-held Point of Care Ultrasound Device is commonly known in emergency response calls and hospital bedsides as the "modern stethoscope". Powered by calibrated sound frequencies, this non-invasive scanning solution safely diagnoses the physiological condition of most vital organs and tumors in real time where bulky hospital appliances fail in real-time logistical response. But much more than the ultrasound's portability and safety benefits, this (often) AI-driven device is fast growing in performance, evolving into a portable hand-held "diagnostic lab on-the-go". This makes for the ideal imaging base for the many remote demands and for the new generation of health responders.



### EVOLUTIONARY PARADIGM OF DIAGNOSTICS

Pathology is the analytical study of diseases aligned with identifying conclusive medical definitions. Diagnostic science is based on the thorough and systematic study of a patient that includes: physical examination, physical inspection and lab testing (of blood, fluids or skin samples). Patients may intuitively seek a second opinion if there may be distrust or uncertainty in the initial diagnosis. Modern medicine offers the use of diagnostic imaging to relieve any doubt about the patient's condition from prior determination. Where inconclusive lab testing or other patient studies may fail or conflict in some way, imaging (along with a trained imaging reader) most often resolves this doubt by virtue of presenting visual proof, hence the term "seeing is believing". Imaging supports conclusive assessment as the 'ULTIMATE VALIDATOR'.

Members of Gen-Z are more diverse than any previous generation, and they are recognized to be "on track to be the most well-educated generation yet". They are also digital natives who have little or no memory of the world as it existed before smartphones. This concludes that they are expectant of high speed info access and instant screen-based answers available from any physical location. For this generation, portable devices such as the hand-held ultrasound (with its many applications) aligns with their era of work ethics.

The Gen-Z culture is also the newest professional member of the Covid era, where the global pandemic forced a redesign in patient care protocols, dictating major safety guidelines and heavy dependency to remote technologies. Safety-based conveniences (such as teleradiology) are widely-replacing in-person visits and the potentially risk-filled waiting rooms. A surge of mobile testing labs and a rise in the use of portable diagnostic ultrasound scanners are the latest growing alternatives to doctor visits and physical check ups.

**See complete article: JOURNAL OF MODERN HEALING ([www.NYCRAlliance.org](http://www.NYCRAlliance.org))**