

BaylorHealth

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head start

put an end to
migraine pain
today—page 6

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how can
food fight
disease?—page 5

 **BAYLOR**
Regional Medical Center
at Plano

breathe easy

TECHNOLOGY HELPS DIAGNOSE LUNG DISEASE

When air enters our lungs, it travels through bronchi that branch out in 260,000 smaller and smaller levels, finally ending in clusters of air sacs that transfer oxygen and carbon dioxide to and from the blood.

When people have symptoms of lung disease, doctors often start their diagnosis with X-ray, CT scan or PET scan. If these tests prove worrisome, the next step may be a lung biopsy. But two-thirds of the time, doctors can't reach into the tiny bronchi, so people need to undergo more-invasive procedures to help identify the cause of their problem. These procedures can be risky, particularly for people who are already in poor health.

Now, with the inReach System™ by superDimension, doctors can obtain lung tissue for biopsy in the difficult-to-reach recesses of the lungs. The system uses electro-magnetic navigation bronchoscopy to access the lesions and lymph nodes.

Doctors load a CT scan of your lungs onto a computer, and the system creates a 3-D road-map of your lungs. Then, your doctor marks a route so a set of catheters can reach the lesion. For the procedure, you lie on a low-frequency electromagnetic bed. The doctor threads the catheters through your mouth and throat.

With 360-degree steering capability and an electro-magnetic sensor tracking the position, your doctor can steer the catheters right to the lesion in question. Tiny surgical tools can then be passed through the catheter to take a biopsy for testing and diagnosis.

Afterward, you might have a cough or sore throat, but other complications are typically unlikely. With the biopsy details, your doctor can better diagnose your disease and start you on an appropriate treatment program.
By Stephanie Thurrott

■ Be sure to talk to your doctor about any changes in lung function. For a referral to a physician on the Baylor Plano medical staff, call 1-800-4BAYLOR (422-9567) or visit BaylorHealth.com.

LUNG CANCER BY THE NUMBERS

87

Percent of lung cancer deaths attributed to smoking

20 to 30

Percent of increased risk of lung cancer in nonsmokers exposed to secondhand smoke

10 to 14

Percent of lung cancer deaths attributed to radon exposure

350,000

Number of Americans living with lung cancer

1

Rank of lung cancer as a cancer killer of both men and women

3

Percent of cases of lung cancer found in people younger than 45. Average age of diagnosis is 70.