

Capsule endoscopy: a new diagnostic procedure to aid in evaluation of gastrointestinal disorders

CLINICAL TIP
Physicians can analyze areas of the small intestine that were previously impossible to view and diagnose disorders that had been undetectable.

Mayo Clinic in Scottsdale is one of just a few medical centers in the country now using the capsule endoscope. This new additional diagnostic tool is used with patients who have been suffering from gastrointestinal disorders, such as bleeding, without a definitive diagnosis even after extensive testing.

Capsule endoscopy, which is approved by the U.S. Food and Drug Administration, can also be used to evaluate conditions of the small bowel that cause diarrhea, pain or weight loss, such as Crohn's disease.

Approximately the size of a large vitamin pill, the capsule contains a miniature color video camera, a light, a battery and transmitter. After the capsule is swallowed, images captured by the video camera are transmitted to a number of sensors attached to the patient's torso. Pictures are recorded digitally on a device similar in size to a Walkman that is worn around the patient's waist.

After about eight hours, when the capsule has progressed through the small

intestine, information is downloaded onto a computer for examination. A team of physicians then examines the images to look for abnormalities.

Mayo physicians note that the capsule endoscopy is an excellent imaging modality, but not a substitute for standard tests such as gastrointestinal endoscopy and X-rays. ■



Comprehensive cancer center designation extended to Mayo Clinic in Scottsdale by National Cancer Institute

CLINICAL TIP
Designation means Scottsdale patients have access to more clinical trials and investigational treatments for cancer.

Mayo Clinic in Scottsdale recently became the only medical center in the metropolitan Phoenix area to achieve National Cancer Institute designation as a comprehensive cancer center.

The first multi-site clinic in the United States to be designated a comprehensive cancer center for its entire program, Mayo Clinic's designation includes locations in Scottsdale, Rochester, Minn., and Jacksonville, Fla.

This designation serves as NCI's endorsement of Mayo Clinic plans to reorganize the cancer research, treatment and education programs at its three locations into a single cancer center.

Between its facilities, Mayo Clinic annually conducts approximately 200 clinical trials focused on understanding and treating cancer. Patients in Scottsdale will have access to all of

these Mayo Clinic clinical trials, including the 78 currently being conducted in Scottsdale.

Cancer patients in both the Southwest and Southeast will benefit from enhanced access to clinical trials and investigational treatments in Scottsdale and Jacksonville.

Plans are being developed for new radiation oncology and clinical oncology facilities at a new building to be constructed on the Mayo Clinic Hospital site in northeast Phoenix. Several new cancer researchers will be recruited this year and plans are also being considered to build additional research facilities on the Clinic campus.

For information about active cancer clinical trials at Mayo Clinic in Scottsdale, log on to www.mayo.edu/research/trials/by_specialty.html ■

Referring Physician Service Center established to provide 24/7 telephone consultation

CLINICAL TIP

Mayo Clinic physicians are aware of, and respectful of your relationships with your patients, and are available to join in collaborating on certain patients' treatment plans.

As an extension of an ongoing commitment to provide a responsive and collegial experience for physicians who call upon us to assist in managing an episode of patient care, Mayo Clinic in Scottsdale is now operating a 24 hour/seven day a week telephone consultation service.

Through the Mayo Clinic Referring Physician Service Center (RPSC), physician callers have around-the-clock access to specialists in 17 tertiary care and surgical disciplines.

Physicians are welcome to call and discuss a specific patient or medical issue in any of the following categories:

- Allergic Disease
- Breast Disease
- Cardiovascular Disease
- Cardiovascular and Thoracic Surgery
- General Surgery

- Gynecologic Surgery
- Hematology / Oncology
- Internal Medicine
- Nephrology
- Ophthalmology
- Orthopedic Surgery
- Physical Medicine and Rehabilitation
- Pulmonary Diseases / Sleep Disorders
- Reproductive Endocrinology & Infertility
- Transplantation Medicine (kidney & liver)
- Urology
- Vascular Surgery

If you would find prompt telephone consultation with a Mayo Clinic physician to be helpful, please call (480) 301-6539 within Maricopa County or outside Maricopa County and nationwide, (866) 629-6362. You may also discuss the possible transfer of a patient to Mayo Clinic Hospital at any time by calling the same numbers. ■

Mayo Clinic Hospital approved for pancreas transplantation by United Network for Organ Sharing

Pancreas transplantation now joins the successful kidney and liver solid organ transplant programs at Mayo Clinic in Scottsdale.

In December 2002, the United Network for Organ Sharing (UNOS), the national organization that administers organ procurement and placement, approved Mayo Clinic Hospital's Transplant Center for pancreas transplantation. This procedure can provide patients a surgical alternative for Type I Diabetes Mellitus and its complications.

A pancreas is rarely transplanted alone. Most pancreas transplants are either done in conjunction with, or following, a kidney

transplant. The only time a pancreas is transplanted alone without a prior or simultaneous kidney transplant is if the kidneys are relatively healthy, but diabetes is not responding to conventional treatment.

The goal of Mayo Clinic's multidisciplinary clinical and surgical transplant program is to use pancreas transplantation to prevent, stop or reverse complications from diabetes and improve the patient's quality of life.

Following a successful pancreas transplant, many people with diabetes no longer need to use insulin or take frequent blood sugar measurements. ■

CLINICAL TIP

Pancreas transplantation is often performed in conjunction with a kidney transplant, reversing health problems associated with Type I Diabetes Mellitus.

New Protocol

Mayo Clinic study is recruiting patients.

PROSTATE CANCER STUDY EXPLORES VALUE OF SELENIUM AND VITAMIN E

The prostate cancer prevention clinical research trial, known as SELECT (Selenium and Vitamin E Cancer Prevention Trial) continues its recruitment of male participants at Mayo Clinic in Scottsdale.

Researchers hope to determine if either selenium or Vitamin E can protect study participants against prostate cancer, the second leading cause of cancer death in men, behind lung cancer.

Men may be able to participate in the study, which is sponsored by the National Cancer Institute (NCI), if they:

- are age 55 or older (age 50 or above for African-American men)
- have never had prostate cancer and have not had any other cancer, except non-melanoma skin cancer, in the last five years
- are generally in good health

Men in the study will be followed for seven to 12 years,

depending on when they enroll in the trial.

Previous research involving selenium and Vitamin E for other cancers has suggested that, when used as a supplement, patients might reduce the risk of prostate cancer by 60 percent when consuming selenium and by 30 percent when ingesting Vitamin E.

Upon enrollment, participants will be assigned at random to one of four groups. The first group will take 200 micrograms of selenium daily, plus a placebo that looks like Vitamin E. Another group will take 400 milligrams of Vitamin E daily along with a placebo that looks like selenium. A third group will take both selenium and Vitamin E. And a final group will be given two placebos.

Men enrolled in the study will visit the Scottsdale Clinic campus once every six months.

Those interested in participating in the study are encouraged to call Mayo Clinic in Scottsdale at 480-301-9875.