

How to overcome your fears regarding **MRI Scans?**

If you're feeling anxious or fearful about undergoing an MRI scan, it's important to understand that you're not alone—many people share similar concerns, often stemming from outdated experiences or secondhand stories. However, modern MRI technology has come a long way, with significant improvements in machine design & patient comfort. Today's MRI machines are much more spacious and quieter, which greatly reduces feelings of claustrophobia that were once common. Open MRI and wide-bore systems are also available in many centers, offering a more relaxed experience.

Additionally, MRI technologists are specially trained to support anxious patients—they will guide you through the entire process, answer your questions, and can offer strategies like playing music, using eye masks, or even light sedation if necessary. Communicating your fears openly with the healthcare team is key—they're there to ensure your comfort and make the procedure as smooth and stress-free as possible. Remember, an MRI is a safe and non-invasive diagnostic tool that plays a crucial role in identifying health issues accurately, and with the right support, it can be a manageable and even reassuring experience.

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FOR FURTHER QUERIES FEEL FREE TO CONTACT

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DIAGNOSTICS

MAGNETIC RESONANCE IMAGING (MRI)

MRI is a technique used to get detailed images of the organs and tissues within your body.

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HOW IS MRI SCAN PERFORMED?

Most of the MRI (Magnetic Resonance Imaging) machines are large, cylindrical magnets. You are asked to lie down on a motorized bed and once comfortable, the bed slides inside the cylindrical structure, which is open at both ends.

A computer, operated by a radiographer, is used to manage the scanning procedure which is located in an adjacent room to keep it away from the magnetic field generated by the scanner. The radiographer can see and converse with you from the other room.

An MRI scan can take anywhere from 30 minutes to 45 minutes to complete, depending on the body part being scanned. You are allowed to have a family member or a friend with you during the examination.



WHEN / WHY DO YOU HAVE TO GET AN MRI DONE?

An MRI (Magnetic Resonance Imaging) is a highly detailed medical scan that uses strong magnets and radio waves to create images of your internal organs, soft tissues, bone, and virtually every other internal body structure. Unlike X-Rays or CT Scans, it doesn't use radiation. Doctors typically order an MRI when they need a very precise view of soft tissues that other imaging methods can't provide, such as diagnosing brain and spinal cord conditions like multiple sclerosis or tumors, assessing joint injuries like ligament tears, detecting certain cancers, or evaluating heart and blood vessel issues. Its ability to distinguish between different tissue types makes it invaluable for accurate diagnosis and treatment planning.

WHY (PURPOSE OF AN MRI)

DETAILED VISUALIZATION: Provides highly detailed images, especially of soft tissues (brain, muscles, organs) that other scans miss.

ACCURATE DIAGNOSIS: Helps precisely identify the location, size, nature of abnormalities and diseases.

TREATMENT PLANNING: Guides medical and surgical interventions by offering clear anatomical and pathological information.

MONITORING PROGRESS: Tracks disease progression and assesses the effectiveness of ongoing treatments.

RADIATION-FREE: Offers a safe alternative to X-rays and CT scans by not using ionizing radiation.

WHAT TO EXPECT DURING AN MRI SCAN?

Once you are inside the MRI machine, you'll be asked to hold still during the period of scanning. You'll hear a humming noise when the scan begins, if you aren't comfortable, you may be given headphones to block the noise.

The procedure is painless. You don't feel the magnetic field or radio waves, and there are no moving parts around you. During the MRI scan, the internal part of the magnet produces repetitive tapping and thumping.

