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THE EVERETT CLINIC UNVEILS CAMERA PILL

Ingestible technology promising for diagnosis of small bowel disease

Everett, WA— The Everett Clinic is offering an innovative procedure called capsule endoscopy that allows physicians to obtain a video of the inside of a patient's small intestine.

The patient swallows a capsule, about the size of a large vitamin, which then travels naturally throughout the small intestine. The capsule contains a color camera, battery, light source, and transmitter. The camera is able to capture up to 50,000 digital photos, enabling physicians to spot and identify potential problems.

The innovative technology allows physicians to view internal images of the small intestine without invasive procedures, said Dr. George Cox, a gastroenterologist at The Everett Clinic. The physician can even send footage by email to other colleagues for consultation.

"Capsule endoscopy represents a new frontier of medical technology," Dr. Cox said. "It is an efficient and painless way to screen patients who have problems with unexplained or obscure bleeding or other small bowel diseases."

Dr. Cox added, "Capsule endoscopy may nearly triple diagnostic accuracy over more common x-ray techniques. Many patients will benefit from this technology because it identifies problems quickly and is cost effective."

In a capsule endoscopy procedure, a patient swallows the small capsule in the morning in the physician's office and then wears a battery-operated data recorder for up to eight hours. Images of the intestinal track are transmitted twice each second by radio frequency to an array of sensors worn around the patient's abdomen. The signals are digitally recorded. At the end of the day, the images

are downloaded to a computer and reviewed on a video monitor by a gastroenterologist. The capsule is excreted normally.

Capsule endoscopy may also be used for detecting polyps, inflammatory bowel disease (Crohn's disease), ulcers, vascular malformations, and tumors within the small intestine.

The Everett Clinic, founded in 1924, is a locally owned and operated physician group practice with 220 physicians providing more than 40 diverse specialty care services. The Clinic is often recognized nationally for its innovative approach to patient care and medicine, including articles in *The New York Times* and *US News & World Report*. The Everett Clinic can be found at www.everettclinic.com.

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