

ULTRASOUND LEVELING AND ITS ADVANTAGES

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Annotation

Sonography is a type of medical imaging test that uses high-frequency sound waves to create pictures of different internal parts of the body, like the uterus, heart, intestines, and other organs.¹ Sonography uses ultrasound technology to create an image known as a sonogram. This technology is one of the most common imaging tests used to diagnose and treat medical conditions.

Keywords: medical, sonography, symptoms, ultrasounds, X-rays.

A radiologist may perform sonography, but there are also sonographers and ultrasound technicians who specialize in this form of medical imaging and receive more robust training to administer the test. Sonography is considered to be generally safe for most people. Additionally, the test doesn't require much preparation and needs virtually no recovery time. Healthcare providers use sonography to assess the health of your internal organs. If you've been injured, have an infection, or are experiencing symptoms suggestive of illness, your provider may schedule you for an ultrasound to get a better look at the area of concern. During the test, it's common to check for inflammation, organ damage, changes in blood flow, and abnormal growths.⁴ If you're expecting a baby, an ultrasound will examine the development of your baby and measure your amniotic fluid throughout your pregnancy. Since ultrasounds are safe and non-invasive (meaning, a provider doesn't cut into your skin to perform the test), people of all ages can get them. The good news: there isn't much preparation needed for sonography. Depending on the test, your provider may recommend fasting for a certain amount of time before your test or refraining from emptying your bladder before you go. But many ultrasounds don't require this. Ultrasounds can be performed at a variety of locations, so it's best to know where your test will be performed well before your appointment. This can sometimes be at a hospital, clinic, or private doctor's office. In some cases, radiology satellite clinics can perform an ultrasound in your home. Keep in mind: you may or may not need to change into a hospital gown, so plan to wear comfortable clothes that are easy to take off. You may also need to remove any jewelry and accessories that could interfere with the sonographer's ability to image that area. Finally, in most



ultrasound appointments, you are allowed to have one or two people attend with you. This is especially true for pregnancy ultrasounds. However, other diagnostic ultrasounds also tend to allow a guest to emotionally support you during the test. Ask your healthcare provider before your appointment about best practices for your guest(s).

Sonography is usually divided into two broad categories: ultrasounds for pregnancy and ultrasounds for diagnosing other types of medical conditions.

Pregnancy Ultrasound

A pregnancy ultrasound allows your provider to see how your baby is growing, estimate your gestational age, and identify birth defects, among other concerns.⁵ Most pregnant people have ultrasounds between 10 and 13 weeks of gestation and 18 and 22 weeks of gestation. You may have additional ultrasounds, too—especially if you're not sure when you became pregnant or have a high-risk pregnancy.

Diagnostic Ultrasound

A healthcare provider can order a diagnostic ultrasound to identify a variety of medical conditions, including: pregnancy, kidney stones blood clots, thyroid nodules, tumors, uterine fibroids, ovarian cysts, enlarged spleen, breast lumps. Sonography is a fairly simple procedure that doesn't require much from the person being tested. You will have to keep the part of your body being imaged relatively still, but ultrasounds are not as restrictive as other tests, like MRIs.

In conclusion, for the most part, ultrasounds are extremely safe and don't pose a health risk. They don't use ionizing radiation like X-rays do, so there's no need for you to worry about the effects of the ultrasound on your body. There is a slight chance you could be allergic to the gel used during the ultrasound procedure, which could result in contact dermatitis (skin rash) after the test and require minor treatment.

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