

## RAF Announces Key Executive Promotions

Radiologic Associates of Fredericksburg (RAF) has promoted Chris Snyder to the position of practice administrator for Virginia Medical Imaging and Virginia Interventional & Vascular Associates (VIVA), RAF CEO Ed Swager announced.

The practice administrator provides executive leadership for four outpatient imaging centers that are a partnership of RAF and Mary Washington Healthcare – Medical Imaging of Fredericksburg, the Imaging Center for Women, Medical Imaging at Lee’s Hill, and Medical Imaging of North Stafford – as well as VIVA’s outpatient interventional radiology and vascular surgery facility.

Aatif Rahman has been named director of technical services for Virginia Medical Imaging’s four centers, filling the post that Snyder held from April 2014 until his promotion.

As practice administrator, Snyder supports the four imaging centers and interventional radiology facility in delivering cost-effective, high-quality services to the community. Before moving to the region in 2014, Snyder was director of clinical services for a health care system in Florida. A certified radiology administrator, he holds a master’s degree in health administration and has been in health care leadership for more than 20 years.

As director of technical services, Rahman oversees the management of the four imaging centers. He previously managed medical imaging facilities for a health system in Arizona, and before that was director of four outpatient imaging centers in the Chicago area, his hometown. Rahman holds a bachelor’s degree in health service management and has been in the health care field for 30 years.



Aatif Rahman (left) and Chris Snyder (right)

## Radiologist Spotlight: Daryle L. Darden, MD



Dr. Darden and his family

Growing up in Pittsburgh, PA, Dr. Daryle L. Darden, a board-certified, fellowship-trained neuro-radiologist at Radiologic Associates of Fredericksburg (RAF), knew he wanted to be a physician. The question was what kind of physician. He shadowed doctors in high school and explored a variety of specialties while in medical school at the University of Pittsburgh before settling on radiology.

“I’ve always been interested in technology and what it can do for patients,” he said. “Radiology brought it all together for me.”

After receiving his medical degree, he moved to Houston, TX, and completed his internship in general surgery at Christus St. Joseph Hospital, his radiology residency at University of Texas Health Science Center, and his fellowship in neuroradiology at Baylor College of Medicine. From there, he interviewed for jobs in Texas before deciding to return to the Northeast, exploring opportunities in the Philadelphia, Washington, DC, and Virginia Beach areas.

“Somewhere along the way, I found out RAF was interviewing,” he said. “My wife Nimali and I were invited to dinner with the group and met several physicians and their spouses. That night, I said, ‘This is it.’ And it was. I’ve been with RAF for 11 years, and I’m still certain I made the right decision.”

Today, Dr. Darden specializes in neuroradiology, head and neck imaging, and cardiac imaging. He has also been instrumental in developing and championing a Level II Trauma Center at Mary Washington Hospital in Fredericksburg, one of only three trauma centers in Virginia certified by the American College of Surgeons. From 2008 to 2012, he served as RAF’s physician director of trauma imaging studies, working as part of a multidisciplinary team to provide comprehensive trauma care to patients with life-threatening injuries.

Along with his own robust medical practice, Dr. Darden supports his wife, Nimali Fernando, MD, MPH, a pediatrician, in her career. Their paths first intersected when they were students at the University of Pittsburgh Medical School.

“We were friends from the moment we met, which was literally, the first day of school,” he said. The two were married in 1999. They have two sons, Zane, 13, and Asa, 9, along with cats Lucky and Gizmo.

Today, Dr. Fernando heads the Doctor Yum Project (<http://www.doctoryum.org>), a nonprofit organization she launched with Dr. Darden. The program is devoted to helping families understand the connection between food and overall health and empowering them with the tools to live healthy lives. In 2013, the two bought and renovated a building in Spotsylvania, and Dr. Fernando began a solo private practice there.

“Half of the time she practices medicine; the other half, she takes off her white coat and puts on an apron to demonstrate healthy cooking for families,” Dr. Darden explained. Her practice features a teaching kitchen, instructional garden, and hands-on learning curricula.

Dr. Darden complements her efforts in the Dr. Yum Project by assisting with accounting, website design, and videography. Meanwhile, he strives to “walk the walk” by downing green smoothies and platefuls of vegetables. The diet keeps energy at its peak for his three life priorities: family, work, and an occasional swoop down the ski slopes, wherever he can find snow.

*Alternative to Liver Biopsies continued from page 1*

halt or reverse these conditions, fibrosis can progress. The American Liver Foundation cites Hepatitis C, for example, as a leading cause of liver failure and end-stage liver disease, and the Centers for Disease Control and Prevention estimates that approximately 15,000 Americans die each year from Hepatitis C–related liver disease.

When assessing the liver for fibrosis, ultrasound elastography can evaluate larger sections of the liver than a liver biopsy can. It also provides a noninvasive test for tracking the patient’s response throughout the course of treatment, Dr. Patil added. He noted that a liver biopsy is still required for some patients, depending on their condition, but ultrasound elastography is an option in many cases.

Citing one of the cases Medical Imaging of Fredericksburg has handled since introducing the technique in August, an ultrasound elastography test detected severe fibrosis in a middle-aged man with a history of Hepatitis C whose liver had appeared normal using a standard ultrasound. In another case, ultrasound elastography enabled physicians

to categorize the degree of significant liver fibrosis in a local patient whose liver biopsy had determined a borderline degree of fibrosis.

### Improved Test

Medical Imaging of Fredericksburg is using Philips point shear wave liver elastography (PSWE), a newer, more robust technique than was available previously for liver ultrasound tests, Dr. Patil said. PSWE allows for greater volume sampling of the liver and direct visualization for more accurate results. To use the technique, Radiologic Associates of Fredericksburg’s body imaging radiologists completed a primer covering how liver elastography is conducted, how quality is controlled, and how the evaluation is interpreted.

The cost for liver elastography is \$100, and is typically covered by Medicare and most insurance plans.

### For More Information

Referring physicians who have questions about ultrasound elastography can contact Dr. Patil through the RAF Physicians Concierge at 1-855-RAF-LINE (1-855-723-5463) or email at [Concierge@rafadmin.com](mailto:Concierge@rafadmin.com). Patients with conditions discussed in this article who would like more information should talk with their physicians.

## Medical Imaging at Lee’s Hill Receives Press Ganey Guardian of Excellence Award

Medical Imaging at Lee’s Hill has been named a 2015 Guardian of Excellence Award® winner by Press Ganey Associates, Inc. The award is a nationally-recognized symbol of achievement in health care, which honors facilities that consistently sustained performance in the top 5% of all Press Ganey clients for each reporting period during the course of one year.

Medical Imaging at Lee’s Hill and affiliated imaging centers are part of Medical Imaging, LLC, a partnership of Radiologic Associates of Fredericksburg (RAF) and Mary Washington Healthcare.

Ed Swager, CEO of RAF and Medical Imaging, noted that the award represents an important recognition from the industry’s leader in measuring, understanding, and improving the patient experience.

“I was pleased to be able to present this award to the team at Lee’s Hill. They consistently demonstrate true compassion for our patients and work hard to provide the best of care,” he said.

**Congratulations!**

Medical Imaging at Lee’s Hill  
for winning the  
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