CT with image reformation for noninvasive screening of the carotid bifurcation: early experience.

M Brant-Zawadzki and R B Jeffrey, Jr

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CT with Image Reformation for Noninvasive Screening of the Carotid Bifurcation: Early Experience

Twenty-two cervical carotid artery bifurcations were evaluated in 11 patients using a high-resolution computed tomographic (CT) technique with image reformation permitting display of the bifurcation anatomy. Arteriography was also done in eight of the patients, two of whom subsequently underwent carotid endarterectomy. The CT study showed patency of the proximal internal carotid artery in every case and depicted significant stenosis of four vessels. Thrombus within a large ulcer was seen in one vessel on CT, but another shallow ulcer found on angiography was missed. Although the data are limited, this preliminary experience suggests a possible role for this technique in carotid bifurcation screening and indicates further investigation may be worthwhile.

The known association of carotid bifurcation atheroma with transient or permanent ischemic brain insult has prompted an aggressive diagnostic and therapeutic approach to this lesion in certain high-risk patient groups. The small but finite risk of complications during angiography hinders the use of this invasive diagnostic method for large segments of the population at risk. For this reason, the past decade has seen a marked proliferation of technology aimed at noninvasive evaluation of the carotid bifurcation. The most widely used tools for this purpose include carotid phonoangiography and oculoplethysmography [1-4] and various forms of Doppler flow analysis [5-7]. The last method has recently been coupled to real-time sonographic imaging of the carotid bifurcation [7, 8]. Most recently, digital image-processing innovations and high-resolution fluoroscopic equipment have allowed display of arterial structures after intravenous injection of contrast material and electronic image subtraction [9-11].

All these techniques have inherent limitations [11-14] and require the purchase of additional and, in some cases, quite expensive equipment. For this reason, we examined the potential of our third generation computed tomographic (CT) scanner in evaluating the carotid bifurcation in patients referred for brain CT.

Subjects and Methods

Eleven patients were studied: seven had a CT cervical carotid evaluation as an adjunct to routine contrast-enhanced brain CT on a GE 8800 scanner. Indications included suspected ischemic neurologic deficits in six patients and the differentiation between an ischemic deficit and a brain metastasis in one patient with a primary bladder carcinoma who also had a carotid bruit. Five of these patients also had carotid angiography. Three other patients scheduled for aortic surgery had carotid bruits and the vessels were evaluated with CT and angiography. A final patient had the carotid arteries assessed on a neck CT scan to evaluate a nasopharyngeal neoplasm.

Each patient had 1.5 mm, thin, contiguous axial slices taken in a dynamic sequence from the mid C2 through the C5 vertebral level before routine brain sections were obtained. Contrast material injection into an antecubital vein was done via a 75 ml bolus injection followed by a 75 ml drip infusion of meglumine iothalamate 60%. The dynamic sequence...
Dynapak, GE software package) in the neck used a 9.6 sec scan time at 160 mAs, permitting about 1 sec interscan intervals. Automatic table incrementation allowed the entire neck sequence (up to 45 slices) to be done in less than 10 min. We routinely obtained at least 35 slices to ensure that enough of the artery was scanned to include the carotid bifurcation. Total radiation dosage using the low mAs as dictated by the dynamic technique is less than 2 rad (0.02 Gy). A 9.6 sec scan time was used as the mAs factors are already at the lower threshold of photon influx needed for adequate resolution. Shorter scan times are available but limit photon flux further. Shorter scan times are still too slow to counteract the effects of vessel pulsation (see below).

After the routine brain study, axial sections were used to orient paraaxial image reformation (Arrange, GE software package) in a plane that best displayed the carotid bifurcation. A trained radiologist needs about 2–3 min to generate an image reformation. Several attempts were needed to optimally evaluate the carotid artery in many cases, since the vessels wandered in and out of the plane of reformation. Overall, no more than 30 min of interaction with the console was necessary to produce the desired images.

Eight patients also underwent cerebral angiography. Three had significant carotid lesions. Two had a history of recent transient ischemic attacks and were treated with carotid endarterectomy. The findings of the CT study, angiography, and endarterectomy were compared.

Results

Our 11 patients provided 22 carotid bifurcations for evaluation on CT; 15 of these vessels were also studied with angiography (one of eight angiogrammed patients had, for technical reasons, only a single arteriogram).

Four patients had no focal stenosis in either cervical
One other patient exhibited bilateral ulceration on his carotid arteriogram. The CT study on the more obvious side showed calcification, focal expansion of the vessel lumen, and a thrombus on the axial views, seen on the reformatted image as a punctate filling defect. Endarterectomy demonstrated a deep ulceration and thrombus at this site. The contralateral shallow ulcer seen at angiography showed only calcium density in the vessel wall in the CT study, without obvious ulceration (figs. 5 and 6). The last patient studied with both methods had a normal CT and angiogram on the right, whereas the left carotid artery showed a calcified plaque on CT. Angiography verified a mild (about 30%) narrowing at that site; the calcific component was impossible to see.

Discussion

Use of image reformation from dynamic CT scans in the evaluation of carotid disease has been suggested by others [15]. Our preliminary experience suggests that high-resolution CT scanning with image reformation can provide diagnostic information regarding the status of the carotid bifurcation. The technique has obvious inherent limitations; however, several unique advantages make further investigation of its clinical applicability worthwhile.

First, the neck study can be performed in conjunction with the single-contrast injection necessary for an already requested contrast-enhanced brain CT scan and requires only 10 min of extra scanning time. Second, image reformation allows display of the carotid bifurcation in the appropriate plane, thus minimizing or eradicating the problem of other vessel superimposition, a problem often encountered in digital intravenous angiography leading to multiple injections of contrast material in different positions with variable results [10, 11]. Third, the exquisite sensitivity of CT to soft-tissue contrast differences enables depiction of vascular structures, and calcification not always seen on plain films, without the necessity of mechanical bolus injections through catheters placed (with fluoroscopic guidance) in central veins. Finally, the CT hardware and software necessary for this study is already in use and is becoming more widely distributed for a variety of applications. Its use for cervical carotid screening could obviate obtaining other expensive technology for a relatively limited application.

The inherent limitations of the technique are significant. The most important is poor temporal resolution. Although patient motion is minimized with the use of dynamic sequence scanning and head restraint in the scanner, vessel pulsation occurs throughout the scan sequence. Such motion during the scan may exaggerate its diameter (fig. 3). Also, pulsation translated over time might "fill in" (but should not overestimate) areas of focal stenosis and make ulceration difficult to detect. However, the latter lesion may be inaccurately evaluated even on angiography in up to 33% of the cases [16, 17]. Our admittedly limited data, and that of others, suggest that calcified plaque [18], significant stenosis, thrombus (a lesion difficult to see with any other method), and total occlusion of the proximal internal carotid [19], are definable on CT despite the limitation imposed by
A preliminary dynamic sequence of three or four scans at a single level at the C3 region after a 20 ml intravenous bolus injection of contrast material can separate out the arteries from the vein, but requires additional (albeit minimal) time and contrast dosage. However, existing noninvasive methods are at least equally time-consuming.

Finally, the plane of image reformation cannot account for pulsation. Nevertheless, the sensitivity and accuracy of this technique needs to be investigated, preferably in centers that can compare the results with those obtained using already established noninvasive methods.

A second limiting factor shared by other noninvasive methods is the radiologist’s time necessary for image reformation, especially since it may be difficult to quickly select the bifurcating carotid artery from multiple vascular structures opacified on the axial scans. A preliminary dynamic sequence of three or four scans at a single level at the C3 region after a 20 ml intravenous bolus injection of contrast material can separate out the arteries from the vein, but requires additional (albeit minimal) time and contrast dosage. However, existing noninvasive methods are at least equally time-consuming.

Finally, the plane of image reformation cannot account for
vessel tortuosity; our equipment limits the long dimension of
the study to 6.7 cm. Thus, a relatively limited segment of
the carotid artery can be assessed in a single test. If a
tortuous vessel exists the plane of the reformation, an oc-
cclusive lesion may be mimicked. For this reason, several
planes may need to be reformatted, and cross-reference
with the axial views at the level in question is necessary.
Nevertheless, the method we describe has sufficient merit
already to suggest its use in evaluating carotid patency in
patients with trauma or neck masses and to suggest further
investigation of its applicability in atheromatous disease.

In summary, high-resolution CT scanning of the carotid
bifurcation is a potentially useful noninvasive screening pro-
cedure. Its major advantages include: (1) the use of cur-
rently available CT units without the need of purchasing new
equipment; (2) little additional scan time or patient discom-
fort, with no added morbidity; (3) the ability to display the
carotid bifurcation in multiple planes with image reformation.
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