

# NEWSLETTER

FEBRUARY 2025



## State-of-the-Art Cardiac Imaging

February marks the exciting introduction of the new Revolution Apex CT System located at Erina.

The CT machine will allow us to offer more precise and detailed insights into heart health, empowering us to diagnose and treat our patients more effectively. With enhanced imaging capabilities, we can now deliver faster results, greater accuracy, and a deeper understanding of cardiovascular conditions for referring health practitioners and patients.



## ECHO AND STRESS ECHO

***Bulk Billing***

- New GE cardiac specific US machines: leading visualisation of muscle and tissue interface.
- Latest software: Increased sensitivity to LV dysfunction.
- Local cardiologists with extensive imaging training.
- Experienced cardiac physiologists with both hospital and specialist backgrounds.
- EVERYDAY AVAILABILITY at Erina, Bateau Bay and Umina.

# Joining Forces with Leading Cardiologist's

## **Dr Nicklas Howden, Advanced Imaging Cardiologist**

Dr Howden obtained his medical degree from the University of Sydney in 2015 and went on to complete his Physician training at Royal North Shore Hospital followed by Cardiology training here on the Central Coast at Gosford and Wyong Hospitals. He further honed his expertise with a fellowship in Advanced Cardiac Imaging at Royal North Shore, making him a high-level reporter in CT Coronary Angiography (CTCA), Cardiac MRI and structural cardiac echocardiography.

He is passionate about primary prevention cardiology and accurate risk stratification through diagnostic imaging and continues his research in this area through the University of Sydney's Kolling Institute. Located at Platinum Cardiology, Dr Howden also has admitting rights to Gosford, Wyong and Gosford Private Hospitals.

## **Dr Adam Bland, Imaging Cardiologist**

Dr. Adam Bland is an imaging cardiologist who completed an advanced fellowship in cardiac imaging at Prince of Wales Hospital in Sydney, with training across the Central Coast, as well as the Northern and Eastern Suburbs of Sydney. Recognised for his natural communication skills and ability to connect with patients,

Dr. Bland specialises in preventive and diagnostic cardiology with subspecialist expertise in cardiac CT, cardiac MRI, echocardiography and the early diagnosis of coronary artery disease.

He shares Central Heart's vision of delivering high-quality, leading cardiac care, and is dedicated to making a meaningful, long-term impact on the heart health of the Central Coast community, where he is deeply invested both professionally and personally.



# Our Cardiac Services



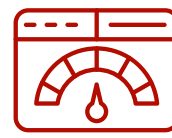
**Cardiac CT  
(CTCA)**



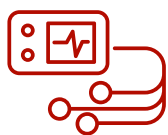
**Echocardiogram  
(Echo)**



**Stress  
Echocardiogram  
(Treadmill)**



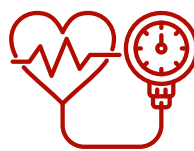
**Exercise Stress  
Test  
(Treadmill)**



**24hr  
Holter  
Monitor**



**Event Monitor  
(2-30+ days)**



**24-hour Ambulatory  
Blood Pressure  
Monitor**



**Electrocardiogram  
(ECG)**

## Contact Life Medical Imaging

### Bateau Bay

P4/12 Bay Village Rd  
Bateau Bay NSW 2261

02 4326 7000  
02 4326 7077

[info@lifeimaging.com.au](mailto:info@lifeimaging.com.au)

**Monday - Friday**  
8:00am to 5:30pm

**Saturday**  
8:00am - 12pm

**Sunday**  
Closed

### Killarney Vale

3-5 Farrar Rd  
Killarney Vale NSW 2261

02 4326 7000  
02 4326 7077

[info@lifeimaging.com.au](mailto:info@lifeimaging.com.au)

**Monday - Friday**  
9:00am to 5:00pm

**Saturday**  
Closed

**Sunday**  
Closed

### Umina Beach

310 West St  
Umina Beach NSW 2257

02 4326 7000  
02 4326 7077

[info@lifeimaging.com.au](mailto:info@lifeimaging.com.au)

**Monday - Friday**  
8:00am to 6:00pm

**Saturday**  
9:00am - 5:30pm

**Sunday**  
9:00am - 5:30pm

### Erina

Shop 1/148-158 The Entrance Road  
Erina NSW 2250

02 4326 7000  
02 4326 7077

[info@lifeimaging.com.au](mailto:info@lifeimaging.com.au)

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