

# Rapid determination of the RF pulse flip angle and spin–lattice relaxation time for materials imaging

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## Abstract

For samples with  $T_1$ s longer than 10 s, calibration of the RF probe and a measurement of  $T_1$  can be very time-consuming. A technique is proposed for use in imaging applications where one wishes to rapidly obtain information about the RF flip angle and sample  $T_1$  prior to imaging. The flip angle measurement time is less than 1 s for a single scan. Prior knowledge of the RF flip angle is not required for the measurement of  $T_1$ . The resulting time savings in measuring the values of flip angle and  $T_1$  are particularly significant in the case of samples with very long  $T_1$  and short  $T_2^*$ . An imaging extension of the technique provides RF flip angle mapping without the need for incrementing the pulse duration, i.e., RF mapping can be performed at fixed RF amplifier output. © 2004 Elsevier Inc. All rights reserved.

**Keywords:** Long  $T_1$ ; Short  $T_2^*$ ; Flip angle; MRI;  $B_1$  mapping; Pure phase encode; SPI; Materials

## 1. Introduction

Rapid determination of the RF flip angle and the spin–lattice relaxation time,  $T_1$  is highly desirable in an MRI experiment. The RF flip angle and sample  $T_1$  define the level of the signal saturation and thus characterize the image contrast and/or resolution of the MR images [1,2].

Traditionally, one cannot measure  $T_1$  without first calibrating the RF probe, i.e., determining which RF pulse duration will rotate the net magnetization by a required flip angle.

One usually determines the 180°-pulse length by incrementing the pulse duration to find the minimal FID signal or by observing the inversion of the spectral line. The FID acquisition is repeated several times as the RF pulse duration is changed, with a longitudinal magnetization recovery delay of  $5T_1$  between the repetitions. If the sample  $T_1$  is long, this method requires a

considerable time. One can also apply a train of pulses so that the rotation of the net magnetization can be measured via the pulse nutation frequency [3,4]. However, this method requires that  $T_2^*$  be longer than at least  $n$  times the probe dead time, where  $n$  is the number of pulses applied. Another, more important problem in nutation experiments for samples with  $T_1 \gg T_2^*$  is appearance of “nonlinear but periodic distortions” [5] caused by incomplete relaxation. Therefore, for samples with  $T_2^*$  lifetimes shorter than hundreds of microseconds, this method is hard to implement.

NMR methods for determination of  $T_1$  can be classified into two groups, “slow” and “rapid” methods, according to their measurement time. In slow methods, such as inversion-recovery, the measurement time of one data scan is determined by the relaxation delay TR and is of order of  $5mT_1$ , where  $m$  is the number of data points in the relaxation curve. In rapid methods such as progressive saturation [6], fast inversion recovery [7], and single-scan methods [8], the measurement time of one data accumulation is of the order of  $T_1$ .

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The technique proposed here, for rapid determination of RF flip angle and  $T_1$ , is a modification of fast single-scan methods. The new technique has advantages in measurement of very long  $T_1$  ( $>10$  s), yielding significant time savings.

I also propose an imaging extension of this technique for RF field mapping. If one is interested in measuring the RF field distribution in a sample with conductive elements, or any sample that produces a significant  $B_0$  shift, frequency-encoding MRI methods will not work well: time evolution artifacts will distort the resulting images [9]. Pure phase encode methods such as SPI (single point imaging) methods are immune to time-evolution image artifacts ([10,11]), and thus should be utilized for RF field mapping in such samples.

One can map the RF field distribution by acquiring a series of images with an increment of the RF pulse duration. This is not always possible in the case of SPI, as the pulses are applied in the presence of magnetic field gradients, and only a part of the sample may be excited. For small RF probes, as utilized for NMR spectroscopy, it is possible to generate very short  $180^\circ$  RF pulses, less than several microseconds in length. For 6–20 cm diameter RF probes that are typically in use for imaging, the duration of the  $180^\circ$  pulse can be several dozens of microseconds. This is too long to ensure broadband sample excitation and therefore one is restricted in the range of useable RF pulse lengths. The proposed technique permits RF field mapping at fixed RF amplifier output, without the need to increment the RF pulse duration.

## 2. Method

### 2.1. Measurement of flip angles

The pulse sequence is a train of  $n$  RF pulses with flip angle  $\alpha$  and the repetition time TR (Fig. 1). In order that transverse magnetization decays completely pulse to pulse, the TR is set so that  $TR \gg T_2$  of the sample. In the following discussion we consider solely effects of multiple pulses on longitudinal magnetization.

A single data point is acquired at time  $t_p$  after each pulse. The measured signal is

$$S \propto M_z \sin \alpha \exp(-t_p/T_2^*), \quad (1)$$

where  $M_z$  is the longitudinal magnetization before the pulse. After  $n$  pulses,  $n$  data points will be collected.  $\alpha$  and  $t_p$  are merely scaling factors because they are the same for all  $n$  RF pulses, and the evolution of  $M_z$  with RF pulsing can be determined.

At time TR after the first RF pulse, the longitudinal magnetization  $M_z$  is equal to

$$M_z = M_0 \cos \alpha \exp(-TR/T_1) + M_0(1 - \exp(-TR/T_1)). \quad (2)$$

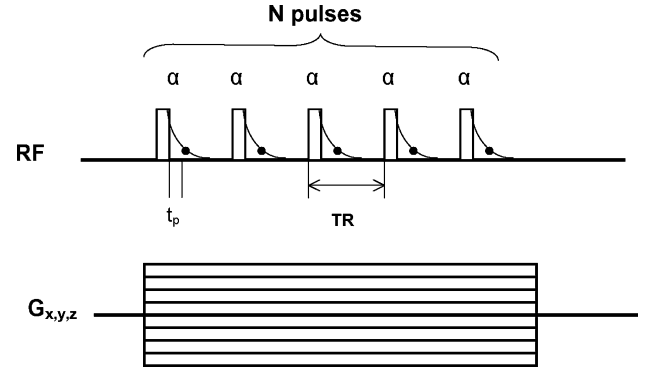


Fig. 1. The pulse sequence for RF flip angle and  $T_1$  measurements is a train of  $N$  RF pulses. A single data point is acquired at time  $t_p$  after each pulse. In the imaging extension of the sequence, magnetic field gradients are added, similar to an SPI pulse sequence.  $N$  RF pulses are applied for each gradient value.  $N$  images are acquired which represent the signal decay due to RF pulsing and  $T_1$  relaxation, with the same spatial information.

The longitudinal magnetization  $M_{zn}$  after the  $n$ th RF pulse is given by Eq. (3) [2,12]:

$$M_{zn} = M_0 C^n E^n + M_0(1 - E) \frac{1 - C^n E^n}{1 - CE}, \quad (3)$$

where  $E = \exp(-TR/T_1)$  and  $C = \cos \alpha$ . As the number of pulses increases, the value of the longitudinal magnetization approaches a steady-state magnetization

$$M_{st} = M_0 \frac{1 - E}{1 - CE}. \quad (4)$$

Eq. (3) can be rearranged in the following form:

$$\begin{aligned} M_{zn} - M_{st} &= (M_0 - M_{st}) \exp(-nTR/T_1 + n \\ &\quad \times \ln(\cos \alpha)) \\ &= (M_0 - M_{st}) \exp(-nTR/T_{app}), \end{aligned} \quad (5)$$

where  $T_{app}$  is defined as [11]

$$1/T_{app} = 1/T_1 - \ln(\cos \alpha)/TR.$$

Using the definition of the Ernst angle as  $\alpha_E = \text{Arccos} \exp(-TR/T_1)$ , Eq. (5) can be rewritten as:

$$\ln \left( \frac{M_{zn} - M_{st}}{M_0 - M_{st}} \right) = -n \frac{TR}{T_{app}} = n \ln(\cos \alpha \cos \alpha_E) \quad (6)$$

The RF flip angle and the sample  $T_1$  determine the evolution of the longitudinal magnetization towards the steady state. The Ernst angle is a measure of the  $T_1$  impact on the longitudinal magnetization decay for a given TR, in Eq. (6). Information on both the flip angle and  $T_1$  is contained in the product of cosines,  $\cos \alpha \cos \alpha_E$ . Thus by finding this product, one can extract information on  $\alpha$  and  $T_1$ .

According to Eq. (6), the longitudinal magnetization decay can be fit to an exponential function  $\exp(-kn)$ , where  $n$  is the number of RF pulses and the decay constant  $k$  is:

$$k = \frac{\text{TR}}{T_{\text{app}}} = \frac{\text{TR}}{T_1} - \ln(\cos \alpha) = -\ln(\cos \alpha \cos \alpha_E). \quad (7)$$

An easier way to determine this product of cosines is through observing that the left hand side of Eq. (5) obeys the law of geometrical series. Then

$$\begin{aligned} \sum_{n=1}^N (M_{zn} - M_{st}) &= \sum \cos^n \alpha \cos^n \alpha_E (M_0 - M_{st}) \\ &= \frac{(1 - \cos^N \alpha \cos^N \alpha_E)}{1 - \cos \alpha \cos \alpha_E} (M_0 - M_{st}). \end{aligned} \quad (8)$$

The sum will be equal to  $\frac{(M_0 - M_{st})}{1 - \cos \alpha \cos \alpha_E}$  for large  $N$ . Therefore, to find the product of cosines, one has to: (1) normalize all the data points to the first data point value  $M_0$ ; (2) subtract the steady state value  $M_{st}$  (the last data point value) from the decay, then sum all points of the decay. This method of determining the product of cosines is less accurate because it does not involve fitting. However, it is very fast and can be applied to an imaging extension of the method for RF field mapping (see below).

The goal of the proposed measurement is to find the flip angle value of a chosen RF pulse length. The value of  $T_1$  is initially unknown, so the Ernst angle is also unknown, and the value of the RF flip angle cannot be extracted from the product of cosines in Eq. (6). However, by setting TR much shorter than  $T_1$ ,  $\alpha_E$  can be made very small and the  $\cos(\alpha_E)$  will be very close to unity. This condition is particularly easy to satisfy in samples with long  $T_1$ —the very samples in which conventional methods of determining flip angle are most time consuming. For a range of  $T_1$  between 10 and 50 s (typical of  $^{31}\text{P}$  in compact bone), and TR of 10 ms, the range of  $\alpha_E$  will be from  $2.56^\circ$ – $1.14^\circ$ . The corresponding values of  $\cos \alpha_E$  will be between 0.9990 and 0.9998. In this case, the  $T_1$  impact on the magnetization evolution is minimized and  $\cos \alpha_E$  can be considered to be unity.

Let us define an “apparent” flip angle value  $\alpha_A$  such that

$$\cos \alpha_A = \cos \alpha \cos \alpha_E. \quad (9)$$

Thus  $\alpha_A \cong \alpha$  when  $\alpha_A \gg \alpha_E$ . For example, for a flip angle of  $15^\circ$  and Ernst angle of  $2.56^\circ$ , as above, the apparent flip angle will be  $15.2^\circ$ .

When the RF flip angle is comparable to the Ernst angle, the apparent flip angle value will deviate from the true RF flip angle value. For example, for  $T_1$  of 10 s and TR of 0.5 s, the Ernst angle will be  $17.9^\circ$ . In this case, the apparent flip angle will be  $23.25^\circ$  when the true flip angle is  $15^\circ$ .

When  $\text{TR} \ll T_1$ , the RF flip angle is the dominant factor in the magnetization decay of Eq. (7), and the apparent flip angle will be very close to the true flip angle. The RF flip angle value can be obtained from a single execution of the pulse sequence. The measurement time, determined by the number of pulses and the repe-

tion time TR, depends on  $T_1$  only if several averages of the data are required to improve the signal-to-noise ratio.

## 2.2. Measurement of $T_1$

After the RF flip angle has been determined, one measures  $T_1$  by increasing the TR and repeating the experiment. To find a suitable TR, one may examine the magnetization decay obtained in the flip angle measurement and determine how many pulses were required to bring the signal to the steady state (Eq. (4)). The new TR times this number should be on the order of the expected  $T_1$ . After the measurement is performed with the new TR, the  $T_1$  value can be calculated from the Ernst angle contained in the product of cosines (Eq. (6)).  $T_1$  can also be determined from the steady state level, as in progressive saturation, since the RF flip angle has already been determined.

It is also possible to perform  $T_1$  measurements without prior knowledge of the flip angle. In this case, one performs two measurements with the pulse sequence described in the Section 2.1. The flip angle is maintained constant; the pulse repetition time TR is doubled. From Eq. (7), the decay constants for the two measurements will be:

$$\begin{aligned} k_1 &= \text{TR}/T_1 - \ln(\cos \alpha), \\ k_2 &= 2\text{TR}/T_1 - \ln(\cos \alpha), \\ k_2 - k_1 &= \text{TR}/T_1. \end{aligned} \quad (10)$$

The difference between the two decay constants will be  $\text{TR}/T_1$ . Exact knowledge of the RF flip angle is not necessary; however, the flip angle should be comparable to the Ernst angle for greater accuracy.

The resulting value of  $T_1$  will be correct for signals with one  $T_1$  component and can be used for choosing the sequence parameters for subsequent imaging.

In the general case of  $P$   $T_1$  components, the longitudinal magnetization after the  $n$ th pulse will be

$$M_n = \sum_{p=1}^P \left[ (M_0^p - M_{st}^p) \exp\left(-\frac{\text{TR}}{T_{\text{app}}^p} n\right) + M_{st}^p \right]. \quad (11)$$

The signal decay will be multiexponential with the offset equal to the sum of all the steady states. The decay constants and the weighting ( $M_0^p - M_{st}^p$ ) can be obtained with multiexponential fitting software such as CONTIN [13]. To find the true weights  $M_0^p$ , the steady state values  $M_{st}^p$  have to be computed through the use of the corresponding values of  $T_1^p$ . However, for shorter  $T_1$  components, the level of the steady state will be higher. The longitudinal magnetization will reach the steady state more rapidly for shorter  $T_1$  components, for which the weights  $M_0^p - M_{st}^p$  will be smaller. This will lead to a reduced accuracy of  $T_1$  measurement for shorter  $T_1$  components.

### 2.3. Mapping the RF flip angle

An imaging extension of the technique in Section 2.1 permits direct mapping of the RF flip angle for fixed duration excitation pulses. The pulse sequence is identical to the SPI sequence ([10,11]), except for the details of RF excitation. Instead of one pulse per gradient step, a train of  $N$  pulses is applied to each gradient step, and one data point is collected at encoding time  $t_p$  after each pulse (Fig. 1).

To begin the measurement, the RF probe is filled with a homogeneous sample of known  $T_1$ . The choice of RF flip angle and TR for the experiment is determined by two requirements. First, to be the main factor of the magnetization decay, the RF pulse flip angle must be larger than the sample's Ernst angle. Second, the TR should be longer than the sample's  $T_2$  to avoid residual transverse magnetization interference between consecutive pulses. The image data will consist of  $N$  images, corresponding to  $N$  points of evolution of the longitudinal magnetization.

Both the local RF flip angle and its  $T_1$  counterpart, the Ernst angle, determine the magnetization decay at each pixel. The pixel-by-pixel product of their cosines is calculated either by fitting or, if the signal decays to the steady state by the end of the pulse sequence, by the summation procedure described in Section 2.1, Eq. (8). After the data are divided by  $\cos\alpha_E$  at each pixel, the RF flip angle map is obtained.

## 3. Results and discussion

### 3.1. Flip angle measurement

The 180°-pulse duration was measured by conventional methods to be 72  $\mu\text{s}$ . A linear dependence of RF flip angle upon pulse duration was assumed to calculate a true flip angle (dashed line on Fig. 2) to the limit of the 180°-pulse measurement (1  $\mu\text{s}$ ) and neglecting any non-linearity imparted by the rise time of the RF amplifier (0.25  $\mu\text{s}$ ).

The apparent flip angle values (●, Fig. 2) were derived by fitting the magnetization decays acquired at 23 RF pulse durations.

For given values of the Ernst angle and flip angle, the theoretical values of the apparent flip angle were computed as in Eq. (6) (solid line, Fig. 2). They are in an excellent agreement with the experimentally derived values.

As expected, for longer RF durations the apparent flip angle values are very close to the true flip angle values and change linearly with the pulse duration. When the RF pulse duration approaches the Ernst angle pulse duration (5.5  $\mu\text{s}$ , 13°), the apparent flip angle diverges from the true flip angle. Such behaviour supports our

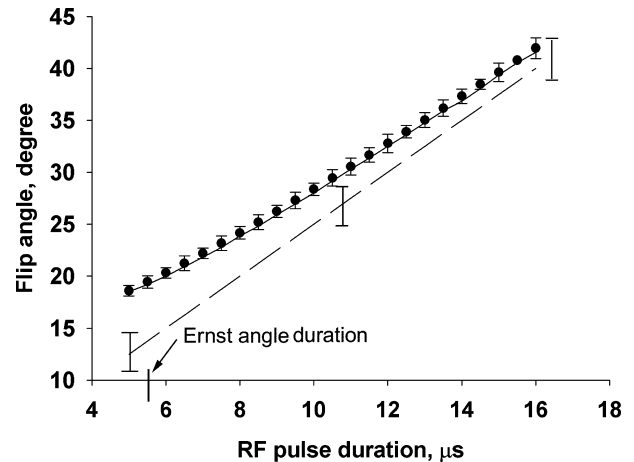


Fig. 2. The experimentally derived, and theoretically calculated, flip angle values vs. RF pulse duration. Apparent flip angle values (●) were derived from decay constants of 23 experimental datasets. The dashed line (---) represents an assumed linear dependence of true flip angle values on the RF pulse duration, the accuracy shown with error bars. The solid line (—) shows the apparent flip angles calculated as  $\alpha_{\text{app}} = A \cos(\cos \alpha \cos \alpha_E)$  for a  $T_1$  of 135 ms and TR of 4 ms. As the RF pulse duration approaches the Ernst angle duration of 5.5  $\mu\text{s}$ ,  $T_1$  effects surpass flip angle effects, and the apparent flip angle exceeds the true flip angle.

suggestion that extraction of flip angles with the new technique will be accurate for flip angles larger than the Ernst angle.

This method was employed to calibrate a  $^7\text{Li}$  probe in the case of a solid sample with long  $T_1$ . The sample was a loose pack of LiF crystals. The sample  $T_2^*$  of 47  $\mu\text{s}$  did not permit using pulse nutation methods to calibrate the RF probe. Before measuring  $T_1$ , the pulse sequence with a TR of 10 ms was executed to find the flip angle corresponding to an RF pulse duration of 4  $\mu\text{s}$ . The LiF sample was expected to have a  $T_1$  of approx. 30 s, so the Ernst angle for such parameters was estimated to be 1.4°. Therefore, the  $T_1$  impact on the magnetization decay, Eq. (6), was expected to be very small, and the apparent RF flip angle was expected to be very close to the true flip angle.

An RF flip angle of 18.5° was extracted from the signal decay constant. The measurement itself took 1.28 s. If one tried to determine the RF flip angle by seeking the 180°-pulse, the measurement time would be  $5T_1M$ , where  $M$  would be a number of trials with different pulse durations. To determine the flip angle correctly, the number of trials would have to be more than 10, otherwise the precision of the calibration would be compromised. For the  $^7\text{Li}$  sample  $T_1$  of 50 s (see below), the measurement time would be longer than  $5 \times 50 \times 10 = 2500$  s. One can see clear advantages of the proposed technique.

This RF pulse duration ( $\alpha = 18.5^\circ$ ) was utilized in subsequent measurements of  $T_1$  at TR delays of 1, 2, and 4 s.

### 3.2. Measurement of $T_1$

$^7\text{Li}$  signal data from a LiF crystalline sample are shown in Fig. 3. The four datasets were acquired at TRs of 10 ms, 1, 2, and 4 s, with steady-state offset subtracted. The decay constants for experiments with a TR of 1 and 2 s were found. They were subtracted, Eq. (10), yielding a  $T_1$  of  $51 \pm 4$  s. The same procedure, with a TR of 2 and 4 s, resulted in a  $T_1$  of  $52 \pm 4$  s. Thus no prior information on the RF flip angle was necessary for  $T_1$  measurement. Independently, a value was also calculated for three data decays using the known value of the flip angle as in Eq. (6).  $T_1$  was found to be the same within experimental precision. The acquisition time was determined by the number of pulses 64 and the chosen TR. The acquisition time was 1, 2, and 4 min for TRs of 1, 2, and 4 s respectively.

As is clear in Fig. 3, the signal reached a steady state after 40–50 pulses. The steady state levels were used for another independent measurement of the  $T_1$ , this time via the progressive saturation method. The “steady state”  $T_1$ s were  $44 \pm 4$ ,  $43 \pm 4$ , and  $47 \pm 4$  s for TRs of 1, 2, and 4 s.

The observed differences between the  $T_1$  values obtained with our technique and through the progressive saturation are small but not negligible. It is possible that the strong coupling between the two magnetic nuclei, Li and F in the crystal will cause magnetization exchange thus changing the measured  $T_1$  [14].

In the case of a strong magnetization exchange on the timescale of our measurement [15], additional mechanisms will cause magnetization loss so the proposed technique will not be applicable.

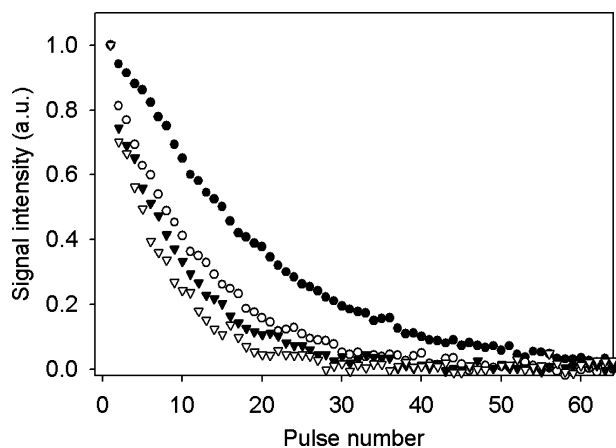


Fig. 3. Normalized  $^7\text{Li}$  signal versus pulse number for a TR of 10 ms ( $\bullet$ ), 1 s ( $\circ$ ), 2 s ( $\blacktriangledown$ ), and 4 s ( $\triangledown$ ). A single data point is acquired after each of 64 RF pulses. The flip angle was  $18.5^\circ$ . There was no signal averaging. A longer TR increases the  $T_1$  effect on the magnetization decay. The measured  $T_1$  was  $51 \pm 4$  s; the measurement time was 2 min for a TR of 2 s.

### 3.3. Mapping the RF flip angle

The imaging extension of the technique (Fig. 1) was applied to mapping the flip angle distribution in a plane parallel to a 10 mm diameter circular surface coil at a distance of 2 mm. A thin sheet of rubber was positioned on top of the surface coil. The flip angle distribution (Fig. 4) was calculated from a dataset of 16 images. The radius of the signal area is very close to the radius of the surface coil, as expected, with the maximum of the signal at the centre.

An interesting feature of the flip angle map is the elliptical shape of the RF field from the circular surface coil. This is a well-known feature of the RF field distribution near a circular surface coil (see, for example, [16,17]). The plane of the coil was parallel to the  $B_0$  field direction. The NMR signal will be excited only by  $B_1$  field components that are orthogonal to  $B_0$ . The principal source of sample excitation is the  $B_1$  Y-component orthogonal to the plane of the coil. However, the flux of the  $B_1$  field diverges at the edges of the coil where two other  $B_1$  components, X and Z are also significant. The Z-component is parallel to  $B_0$ , hence does not excite the sample. The X-component, however, is orthogonal to  $B_0$  and will excite the sample, causing the observed elongation of the flip angle map.

After the first measurement above, a 0.3 mm thick, 15 mm long straight piece of copper wire was placed across the centre of the rubber sample and a new measurement, with the same parameters, was performed. A new flip angle distribution (Fig. 5) was calculated from the dataset. Changes in the RF field distribution are noticeable: the high signal area is now split in two, the centre of the splitting coincides with the wire position. This was expected, because the RF field will be reduced near the conductive element and the RF flip angle will be decreased near the wire. A simulation of the RF

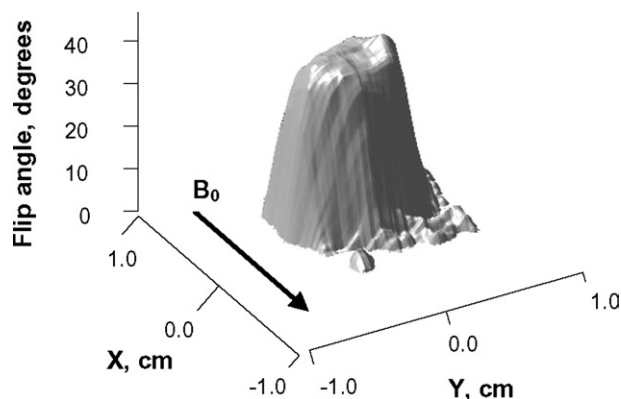


Fig. 4. The surface-shaded plot of the flip angle map for a 0.3 mm thick, 20 mm square rubber sample positioned 2 mm from a 1 cm circular surface coil. The vertical axis is calculated to be the flip angle in degrees. The X and Y axes are spatial coordinates. The  $B_0$  field is directed along the X axis, in this figure.



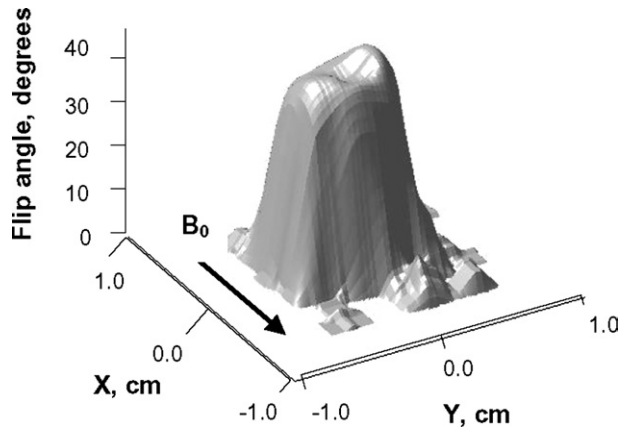


Fig. 5. The surface-shaded plot of the flip angle map for the same rubber sample as in Fig. 4 with a 0.3 mm thick copper wire placed on top. The high signal area is split in two due to the reduction of the RF field in the vicinity of the wire.

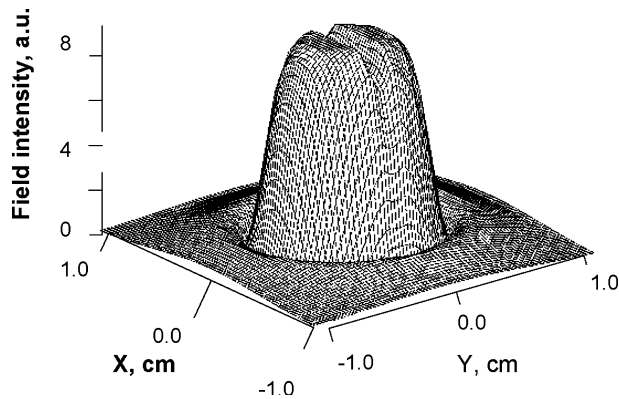


Fig. 6. A simulated flip angle map for the rubber sample with a 0.3 mm-thick, 15 mm-long straight wire atop. A similar splitting as in Fig. 5 is present.

field distribution around the surface coil, with the wire in place, is shown in Fig. 6. A similar splitting due to shielding of the RF field is observed.

#### 4. Conclusion

A technique is proposed for use in imaging applications where there is a need to quickly determine the flip angle and  $T_1$  of the sample prior to imaging. The resulting time savings in measuring the values of flip angle and  $T_1$  can be significant in the case of samples with very long  $T_1$  and short  $T_2^*$ .

For flip angle measurements with the proposed methodology, the acquisition time is equal to  $n * TR$  where  $n$  is the number of RF pulses, and is less than a second for a single signal average. By comparison, techniques for measuring the flip angle such as 180-pulse determination, require several data acquisitions with the recovery

delay of  $5 T_1$ s making the measurement of order of an hour for samples with  $T_1 \sim 1$  min.

Measurements of  $T_1$  do not require prior knowledge of the RF flip angle with this technique. One drawback is the lower dynamic range of the measurement compared to conventional methods, since flip angles less than  $90^\circ$  or  $180^\circ$  are employed.

The imaging extension of the technique provides RF flip angle mapping without the need for incrementing the pulse duration: RF mapping can be performed at fixed RF amplifier output. This is important for measurements of heterogeneous conductive samples such as aircraft wings [9] where eddy currents generated by the RF pulse will depend on the duration of the pulse, and where conventional frequency-encode imaging methods fail. This may also be important in measuring the RF field distribution in conductive structures such as guide wires and catheters in interventional MRI [18].

#### 5. Experimental

All experiments were performed on a Nalorac (Martinez, CA) 2.35 T 32 i.d. horizontal bore superconducting magnet, with a Tecmag (Houston, TX) Apollo console. A water-cooled 7.5 cm-id Nalorac gradient set driven by Techtron (Elkhart, IN) 8710 amplifiers, was employed.  $^1\text{H}$  (100 MHz) and  $^7\text{Li}$  (38.8 MHz) measurements were performed using home-made eight-rung birdcage coils driven in quadrature by a 2-kW AMT (Brea, CA) 3445 RF amplifier with a rise time of  $0.25 \mu\text{s}$ . Image processing was performed with Interactive Data Language 6.0 (Research Systems, Boulder, CO).

For flip angle measurements, a cross-linked *cis*-polybutadiene disk of 4 cm diameter and 0.8 cm thickness was used, with relaxation parameters  $T_1 = 138$  ms,  $T_2^* = 350 \mu\text{s}$ . The  $180^\circ$ -pulse length was  $72 \pm 1 \mu\text{s}$ . The Ernst angle was  $13^\circ$  for the *cis*-polybutadiene disk, which corresponded to a pulse length of  $5.5 \mu\text{s}$ . The pulse sequence of Fig. 1, with gradients off, was used with 128 RF pulses,  $TR = 4$  ms, and four signal averages. A single data point was acquired  $20 \mu\text{s}$  after each pulse. The recovery delay between pulse trains was 0.5 s. The measurement was performed for 23 values of the RF pulse duration, incremented in  $0.5 \mu\text{s}$  steps, from 5 to  $16.5 \mu\text{s}$ . The decay constants  $k$  were determined from the magnetization decays as described in Section 2.1. Both exponential fitting and the geometric series summation generated the same (within 6%) decay constant values. The fitting was performed with an IDL fitting routine. The apparent flip angle was calculated for each of the 23 measurements.

An LiF crystalline sample was employed for  $T_1$  measurements. Four datasets were acquired at TRs of 10 ms, 1, 2, and 4 s, each with no signal averaging. The RF pulse duration was maintained at  $4 \mu\text{s}$ .

For RF flip angle mapping, a 0.2 mm thick  $20 \times 20$  mm square rubber sheet was positioned above a circular surface coil. The coil diameter was 10 mm, the coil to rubber distance was 2 mm. The rubber  $T_1$  was  $130 \pm 8$  ms, with  $T_2^*$  equal to  $0.7 \pm 0.1$  ms. Imaging parameters were as follows: encoding time  $t_p$  of 120  $\mu$ s,  $64 \times 64$  imaging matrix with maximum gradient of 28 G/cm and nominal isotropic resolution of 0.34 mm. For flip angle mapping, 16 RF pulses were applied with a single data point acquired at time  $t_p$  after the pulse for each gradient step, with a 4  $\mu$ s pulse duration and a 4 ms interval between the pulses.

The acquired data formed a  $16 \times 64 \times 64$  matrix with the first dimension of 16 points corresponding to the longitudinal magnetization evolution during RF pulsing. The matrix was split into 16 separate  $k$ -space data sets and Fourier transformed.

To eliminate the background noise in the flip angle map, the pixels with high intensity were masked. All 16 images were added; only points with intensities above a threshold value were selected for the flip angle mapping procedure. The product  $\cos \alpha \cos \alpha_E$  was calculated from images via the geometric series summation. The flip angle values were obtained after dividing the product by the  $\exp(-TR/T_1)$  factor to remove the  $T_1$  relaxation component. The resulting flip angle map was plotted as a surface map, with spatial dimensions as  $X$  and  $Y$ , with flip angle values plotted on the axis  $Z$  of the map. The  $B_0$  field is directed along the  $X$ -axis in this figure.

After the first measurement, a 0.3 mm thick 15 mm long copper wire was placed atop the sample, and the procedure was repeated with the same parameters as before. With four signal averages, the total imaging time was 65 min.

The RF field distribution around the surface coil was simulated with Microwave Studio 4.0 (Computer Simulation Technology, Darmstadt, Germany) Finite Integration Method based software package. The magnetic field  $B_0$  is parallel to the plane of the 10 mm circular surface coil. The intensity of the image corresponds to the flip angle of RF field components orthogonal to  $B_0$  at the height of 2 mm.

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