

## What is Bone Densitometry?

**Bone Densitometry (Dexa Scan)** is an x-ray procedure which uses minimal radiation to help determine if there is calcium loss in your bones.

Your test results are compared to those of the national average of healthy young adults of your gender. This information is helpful in diagnosing osteopenia and osteoporosis, which can help your physician assist you in taking the appropriate steps to achieve a healthier you.

The Dexa Scan is more sensitive than regular x-rays in that it can determine the amount of calcium loss at an earlier stage, further assisting your physician in treating osteoporosis and helping to reduce the risk of fractures.

## Is There Necessary Preparation?

No preparation is necessary before having this procedure performed. No medications or injections will be given. Comfortable clothes which are free from metal buttons, buckles, and zippers should be worn.

## What Is The Treatment?

Based on your Dexa Scan results, you and your physician will determine the right treatment for you, which may include calcium supplements, hormone therapy, other medication, diet or exercise programs.

## Who Needs A Dexa Scan?

Anyone with family history of osteoporosis or with the following risk factors:

- Early menopausal women (before age 45)
- Smokers
- Anyone who consumes excessive alcohol or caffeine
- Long-term steroid users
- Caucasian or Asian descent
- Thin or small build
- All women over the age of 65

## General Information

Testing may take up to five minutes on the hip, spine, or wrist.

- Testing is safe and easy.
- Minimal amount of radiation is used. Please inform your physician if you are pregnant.
- Dexa Scans are performed by registered radiologic technologists who are also certified operators. The results are interpreted by your provider.
- Scheduling for a Dexa Scan can be made by contacting your Primary Care Physician.



## **BONE DENSITOMETRY (DEXA SCAN)**

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**What Information You  
Should Know**

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