What is Bone Densitometry?

Bone Densitometry is a simple, painless, non-invasive test that takes about 15 minutes. A DEXA (Dual Energy X-Ray Absorptiometry) machine is utilized to provide a Bone Densitometry exam. The bone density test measures bone mass, also known as bone mineral density. By comparing your test results to a database, healthcare providers can estimate bone strength and predict potential for fractures. In addition, this procedure uses up to 100 times less radiation than a CT Bone Density exam and is twice as accurate.

Included in your exam is the IVA (Instant Vertebral Assessment), a specialized lateral (side) view of the spine. It reveals existing vertebral deformities, compression fractures and more. An existing spine fracture increases the risk of future spine fractures five-fold and doubles the risk of hip fracture. The addition of IVA to a DEXA scan increases the success of diagnosis and is included in every DEXA study.

Bone Density Exams give our patients the information needed for a proactive approach to maintaining bone health and minimizing the devastating effects of osteoporosis.

To schedule an appointment:
(937) 547-5715
**Why Test Your Bone Density?**

Although women most commonly suffer from Osteoporosis - The Silent Killer - this disease strikes both men and women. Bones that lose density and become porous are weak and fragile. Without treatment, osteoporosis can silently advance until a bone breaks. By diagnosing osteoporosis in the early stages, your healthcare provider can start treatment that can prevent broken bones. A Bone Densitometry test is the best diagnostic tool for early detection of osteoporosis. DEXA studies do not require a referral from a healthcare provider (you may schedule your own appointment if you are over the age of 35). Eight million American women and two million American men suffer from osteoporosis, and millions more have low bone density.

- One in two women and one in eight men over age 50 will have an osteoporosis related fracture in their lifetime.

- In the U.S. today, 10 million individuals already suffer from the disease, and 18 million more have low bone mass.

- No referral by a healthcare provider required.

**Some Common Risk Factors**

- Age
- Alcohol abuse
- Asian or Caucasian descent
- Certain medications (steroids & thyroid hormones, etc)
- Early menopause (under age 45)
- Family history of osteoporosis
- Inactive lifestyle
- Inadequate calcium ingestion
- Post menopausal
- Previous fracture
- Smoking
- Thin or petite build

With bone loss, the outer shell of a bone becomes thinner and the interior becomes more porous.

Normal bone (A) is strong and flexible. Osteoporotic bone (B) is weaker and subject to fracture.

**Preparing for a Bone Densitometry Exam**

This procedure requires no injections or special preparations and produces minimal radiation exposure. However, this 10 to 20 minute test requires a hospital-style gown with no metal buckles, buttons or zippers that could interfere with your pictures. In addition, you should not take any calcium-based medications or supplements for 24 hours before the exam.

Please let our appointment scheduler, technologist or radiologist know if you are or suspect you may be pregnant.

**In Preparation for Your Exam**

- Wear clothing free of metal buckles, buttons, or zippers.
- Do not take calcium based medications or supplements for 24 hours before the exam.

**During the Exam**

You will be required to lie on your back on the exam table. It is extremely important that you lie still while your images are acquired.

**After the Exam**

A Board Certified Radiologist will interpret your results and provide a formal report for your healthcare provider. This information will assist your provider in developing a treatment plan. The ultimate goal is to reduce fracture risk and help prevent future broken bones. Also, when repeated over time, this test can help track the increase or decrease of bone mass.