

## 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.

It is important to know that your exam will be performed by staff and radiologists who have received additional certification from the ISCD (International Society for Clinical Densitometry). DEXA equipment at PENRAD Imaging has also been certified by the ISCD.



PENRAD Imaging has been a fixture in Colorado Springs since 1978 providing the most comprehensive imaging services in Southern Colorado.

Eighteen Board Certified Radiologists, many of whom have sub-specialty board certifications, are supported by the most experienced and dedicated staff and sophisticated imaging systems available.

We encourage and appreciate feedback from our patients and hope to hear from you.

### APPOINTMENT...

Date: \_\_\_\_\_

Time: \_\_\_\_\_

*Medical providers can access patient images and reports via our secure internet site 24 hours a day, 7 days a week.*

PENRAD Imaging  
Audubon Medical Campus  
3050 N. Circle Drive  
Colorado Springs, CO 80909

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Administration  
Marketing 719-593-1799

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# BONE Densitometry

*age, alcohol abuse, asian or caucasian descent, certain medications (steroids and thyroid hormones, etc.), early menopause (under age 45), family history of osteoporosis, inactive lifestyle, inadequate calcium ingestion, postmenopausal, previous fracture, smoking, thin or petite build, age, alcohol abuse, asian or caucasian descent, certain medications (steroids and thyroid hormones, etc.), early menopause (under age 45), family history of osteoporosis, inactive lifestyle, inadequate*



## 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



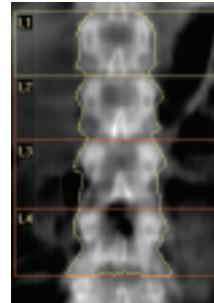
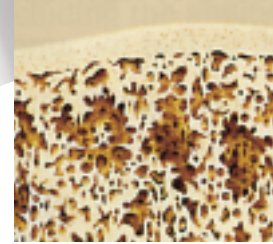
two million American men suffer from osteoporosis, and millions more have low bone density.

- ▶ 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 this disease, and 18 million more have low bone mass
- ▶ No referral by a healthcare provider required
- ▶ ISCD certified personnel and equipment



## 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
- ▶ Postmenopausal
- ▶ Previous fracture
- ▶ Smoking
- ▶ Thin or petite build



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

Doug R. Shaeffer, MD  
Director of PET/CT & Nuclear Medicine

## 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 two-piece outfit or 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 test:

- ▶ Wear clothing free of metal buckles, buttons, or zippers
- ▶ Do not take calcium based medications/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 computer-generated printout, including a detailed explanation, is produced by the DEXA machine. A Board Certified Radiologist will interpret your results and provide a formal report for you and 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. Our certified staff will review your Bone Density exam with you and also provide basic nutritional information. Feel free to call our facility or check with your healthcare provider for additional information.