



Barrington Orthopedic Specialists

Take a STAND against Osteoporosis

Today, doctors are better able to detect and treat bone loss in its earliest stages. This can help prevent the disease or lessen its impact. Also, several drug therapies now on the market have been shown to be effective in slowing down or reversing the bone-loss process.

Just as no physician would prescribe a medication for high blood pressure without first taking the patient's blood pressure, the diagnosis and treatment of osteoporosis should begin with an objective measurement of your current bone status. The currently accepted "gold standard" for bone mineral density measurement is called dual-energy x-ray absorptiometry-abbreviated DXA.

What is a DXA scan or bone densitometry?

Bone densitometry, using an advanced technology called DXA, safely, accurately, and painlessly measures bone mineral density. Bone mineral density (BMD) is a measurement used to estimate bone strength and the likelihood of bones to break (fracture) with simple trauma. During the examination, the patient lays comfortably on a padded table while the DXA unit scans two or more areas, usually the hip and spine.

The radiation exposure during bone densitometry is extremely low-less than the radiation exposure during a coast-to-coast airline flight. The entire process takes only minutes to complete, depending on the number of sites scanned. It involves no injections or invasive procedures, and patients remain fully clothed.



Please read the other side of this handout.



How do I prepare for the test?

- ❖ Although most insurance companies cover bone mineral density testing for at risk individuals, please **check with your individual coverage**.
- ❖ **Do not take calcium supplements for at least 24 hours prior to your appointment.**
- ❖ Unless instructed otherwise, eat normally on the day of the exam.
- ❖ Take your medications as you normally would.
- ❖ Avoid wearing anything with a zipper, snaps, buttons or belts made of metal-this minimizing the need to change into a gown.
- ❖ You should not have a barium study, radioisotope injection, oral or intravenous contrast material from a CT scan or MRI within 14 days of your DXA test.
- ❖ Women should always inform their doctor or individual performing the scan if there is any possibility of pregnancy.
- ❖ **If you have had a prior bone mineral density test, please bring a copy of the results for comparison, if possible.**
- ❖ Please bring **names and addresses of doctors** you wish to receive the results.



What happens during my *Take a STAND against Osteoporosis* assessment?

When you arrive at Barrington Orthopedic Specialists, you will complete an osteoporosis risk assessment form to make sure a bone mineral density test is right for you and our team can better evaluate your risk.

If the test is right for you, your height and weight will be measured. Then, you will ready for the fast, convenient, and precise way to measure your bone density to help determine your risk of developing osteoporosis and future fractures.

After the DXA scan is completed, we will further investigate your risk factors and review the results. You will receive a packet of bone health information.

All the information gathered from your Osteoporosis Risk Assessment will be forwarded to your primary care physician. Along with information you provide about your family and medical history, lifestyle and diet, the data derived from the DXA test will be used by your physician to help determine whether you are high, increased or low risk of fracture. Based on this information, your doctor can decide whether you are would benefit from additional therapy.

