OSTEOPOROSIS / ARE YOU AT RISK FOR FRACTURE?

Osteoporosis is a disease involving a gradual loss of calcium, as well as structural changes, in the bones. As a result, bones become thinner, more fragile, and more likely to break.

Bone density scanning, also called dual energy X-ray absorptiometry (DEXA), is a common technique used to measure loss of bone density. It involves a low-dose X-ray, typically of the spine and hips. DEXA scanning is completely painless and takes just a few minutes to complete. The results can be a great help in diagnosing bone loss and in monitoring effectiveness of treatment.

The National Osteoporosis Foundation’s guidelines state that DEXA scanning is beneficial for women over age 65, younger women, and men with risk factors.

SEE OTHER SIDE to learn about the risk factors for osteoporosis and how to schedule your DEXA scan.
OSTEOPOROSIS RISK FACTORS:

- Family history of osteoporosis
- Family history of hip fracture or fragility fracture
- Caucasian, Asian and Hispanic ethnicity in women
- Low body weight, BMI less than 19
- History of later menarche, premature menopause, amenorrhea or estrogen deficiency
- Sedentary lifestyle
- Repeated weight loss/gain
- Smoking or history of smoking
- Alcohol use of more than seven drinks per week
- Inadequate nutrition
- Certain diseases including thyroid disorders, intestinal disorders, MS, poorly controlled Type 1 DM and others
- Some treatments and drugs including steroids, Depo-Provera, diuretics and others

MEDICARE COVERAGE GUIDELINES:

- Initial screening
- Repeat screening every 24 months
- Treatment assessment
- Patients with thin bones or certain fractures, or over-active thyroid
- Patient taking more than 7.5mg of Prednisone per day

ASK YOUR DOCTOR IF YOU COULD BENEFIT FROM A DEXA BONE SCAN.

APPOINTMENTS ARE AVAILABLE DAILY. TO SCHEDULE YOUR DEXA SCAN, CALL 804-327-8706.