

What Are Your Chances of Developing Osteoporosis?

To determine your risk of developing this thinning disease, take a moment to answer the following questions.

- Do you have a small thin frame?
- Are you Caucasian or Asian?
- Do you have a family history of osteoporosis?
- Are you a post-menopausal woman?
- Have you had an early or surgically induced menopause?
- Have you been taking high doses of thyroid medication or cortisone-like drugs for asthma, arthritis or cancer?
- Is your diet low in dairy products and other sources of calcium?
- Are you physically inactive?
- Do you smoke cigarettes or drink alcohol in excess?
- Do you have a history of bone fracture?

The more times you answer “yes”, the greater your risk for developing osteoporosis.

Osteoporosis is a preventable and treatable disease – but early detection is the key. Ask your primary care physician to schedule a bone density screening for you today.



BREAST DIAGNOSTIC CENTER

North

7120 Clearvista Drive
Indianapolis, Indiana 46256

BREAST SCREENING CENTERS

Washington

10122 E 10th Street
Indianapolis, Indiana 46229

Saxony

13121 Olio Road
Fishers, Indiana 46037

Carmel

11911 N. Meridian Street
Carmel, Indiana 46032

Scheduling

317. 806. 8265

Breast Diagnostic Center

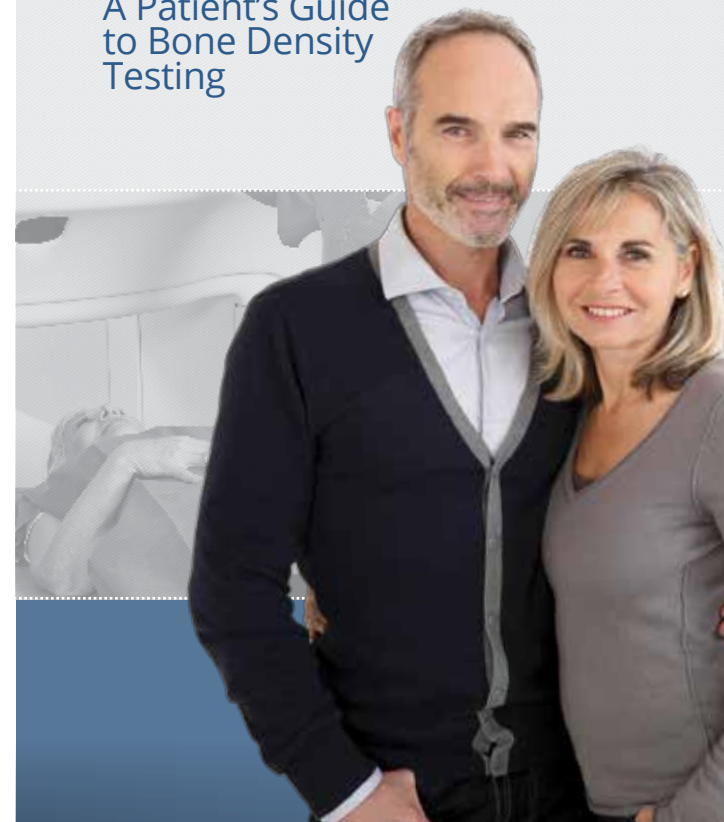


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> BONE DENSITY TESTING

A Patient's Guide to Bone Density Testing



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What is Osteoporosis?

Osteoporosis is a disease in which bone density decreases, making bones brittle and prone to fracture. Approximately 50% of women over age 50 have this disease and are at risk of an osteoporosis related fracture. Osteoporosis has been called the “silent thief” because there are no early warning signs and few outward indications of the disease until a fracture occurs, typically at the hip, spine, or wrist. A woman’s risk of hip fracture alone is equal to the combined risk of developing breast, uterine and ovarian cancer. The consequences of this disease can be devastating. Each year osteoporosis is accountable for more than 1.3 million fractures.

About 54 million Americans have osteoporosis and low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis. Osteoporosis is responsible for two million broken bones and \$19 billion in related costs every year.

*information from National Osteoporosis Foundation

What Can I Expect During My Bone Densitometry Test?

The bone densitometer is like a large examination table. It is padded and comfortable. Your name, age, height, weight and ethnicity will be entered into the computer before your test. This information is used to compare your results to a normal reference group. You will be asked to lie on your back, remaining in your normal clothing in most cases. Belt buckles; metal or thick plastic buttons and metal jewelry will need to be removed from the region being examined.

The operator will position your arms and legs for the test, which is painless and typically takes 10 minutes. You just need to lie still and breathe normally.

What Information Will The Test Give My Doctor?

CATEGORY	T-SCORE
Normal:	+ 1 to -1
Osteopenic:	-1 to -2.5
Osteoporosis:	-2.5 or lower

*The number values above are from the World Health Organization Definitions Based on Bone Density Levels

A bone densitometry test is an aid to doctors in the diagnosis of osteoporosis. The test compares your bone quality to that of a “young adult” at peak bone strength (T-score). It also compares your results to people of your same age, called “age-matched” (Z-score). This information, along with other factors, helps doctors gauge your risk an osteoporotic fracture. A T-score of -1 equals a one “standard deviation” decrease from young adult (which is about 10%). The World Health Organization (WHO) has developed categories that define the amount of bone loss: ***Your T-score is one factor that your doctor will consider in making a diagnosis.***

What Will the DEXA Test Reveal?

The test will measure your bone material density (BMD) or bone mass, and compare that number with a reference population whose age, sex and racial background are similar to yours. This information will then be provided to your primary care physician to determine if any specific steps need to be taken to protect your bone health. It also assists in predicting the risk of future bone fractures.

How Do I Schedule An Appointment?

A written order from your primary care physician is needed to set up an appointment for your DEXA scan. Please check with your insurance company about your benefits or limitations on your coverage before your appointment. All testing performed is billed to insurance or the patient.

For more information on osteoporosis, consult your physician or call us at (317) 806-8265. We offer easy access and free parking. Screening mammography is also available at the same locations.

