

Bone Densitometry



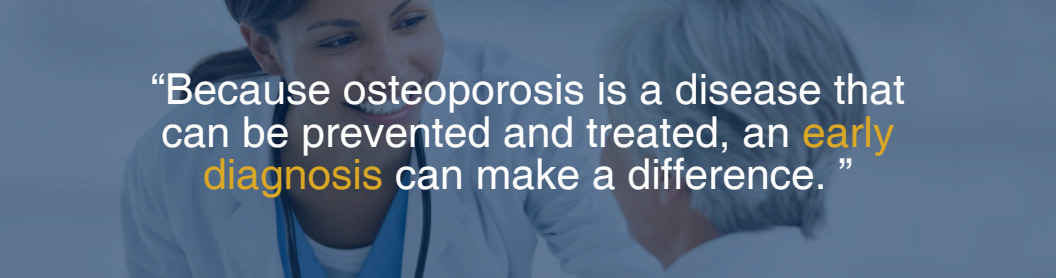
Osteoporosis is Preventable and Treatable

Osteoporosis is often called the “silent disease,” because it does not produce symptoms as bone loss occurs. Over time, the condition becomes more serious and increases the chances of bone breakage, most commonly occurring in the vertebrae, hip, and forearm. As backbones deteriorate, osteoporosis can cause vertebrae to collapse or fracture, and most occurrences are often painless, greatly increasing the risk for future fractures.

Without regular bone density tests it is challenging to identify osteoporosis in the early stages. Bone density scans are generally recommended for women age 65 or older, or women ages 60 or older with other risk factors. The diagnosis and treatment of osteoporosis begins with a measurement of your current bone density.



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“Because osteoporosis is a disease that can be prevented and treated, an **early diagnosis** can make a difference.”

What is a DXA Scan?

A common test doctors use to measure bone health is called a dual energy x-ray absorptiometry (DXA or DEXA). A DXA scan is a safe, accurate, and painless imaging test to determine your bone density - or the amount of bone mass present. It involves no injections or invasive procedures.

An additional capability, Instant Vertebral Assessment™ (IVA), a 10-second, low-dose x-ray scan of the entire spine, allows doctors to see existing vertebral fractures. If these are present, it may indicate the need for more aggressive treatment, even if bone density results are in the "normal" range. IVA may be performed in conjunction with a bone density test during the same appointment.

The results of these tests are immediately available for your doctor to review.

During Your DXA Scan:

You will lay comfortably on a padded table while the unit scans two or more areas, usually the fracture-prone hip and spine. Unlike typical x-rays, radiation exposure during bone densitometry is extremely low. The scan takes only minutes to complete and the entire process is 10 to 20 minutes.

1 in 2 women and
1 in 8 men are
at risk for fracture
or have at least one
spinal fracture and
don't know it.



Increased Risk of Developing Osteoporosis

Your chances of developing osteoporosis are greater if you are female and answer “yes” to any of the following questions:

Are you...?

- Light skinned
- Thin or small framed
- Approaching or past menopause
- Milk intolerant or have a low calcium intake
- Cigarette smoker

Do you have...?

- A family history of osteoporosis
- Chronic intestinal disorders
- A sedentary lifestyle
- Eating disorders

Osteoporosis Prevention and Treatment

There are steps you can take to prevent the development of osteoporosis. Even if you already have the disease, these measures, along with therapies your doctor may prescribe, can help slow its progression.

- Make calcium-rich foods a regular part of your diet, or consider calcium and vitamin D supplements.
- Exercise regularly.
- Don't smoke.
- Reduce your intake of soft drinks and coffee.
- Alcoholic beverages in moderation.
- **Speak with your doctor about testing for bone density and potential fractures.**

For more information, please contact us or your doctor:



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