

## **What is a Bone Density Scan (DEXA)?**

- *Bone density scanning, also called Dual-Energy X-ray Absorptiometry (DEXA), is a form of x-ray technology used to measure bone loss.*
- *DEXA is most often used to diagnose osteoporosis, a condition that often affects women after menopause but may also be found in men.*
- *The DEXA test can also determine an individual's bone loss, assist in diagnosis, assess fracture risk, support treatment decisions and monitor treatment response.*

## **What is Osteoporosis?**

- *Osteoporosis involves a gradual loss of calcium, causing the bones to become thinner, more fragile and more likely to break.*
- *Symptoms include: Low back pain, loss of height, stooped posture & minimal trauma fractures.*
- *Principal Osteoporotic fracture sites are the spinal vertebrae, hip & wrist.*

## **Just the Facts**

- *10 million people in the United States already have Osteoporosis and 34 million more have low bone mass, placing them at increased risk for this disease.*
- *One out of every two women and one in four men over the age of 50 will have an osteoporosis related fracture in their lifetime.*
- *Caucasian women are three times more likely than men to suffer an osteoporotic fracture.*
- *These fractures may require hospitalization or long-term care, impair lifestyle, and may cause complications that could result in death.*
- *Osteoporosis in postmenopausal women is diagnosed in less than 25% of cases and treated less than 10% of the time.*

## **Risk Factors**

*The National Osteoporosis Foundation strongly recommend a DEXA scan for the following reasons:*

- *Being female*
- *Family history of osteoporosis*
- *Anorexia nervosa or bulimia*
- *Cigarette smoking*
- *Use of certain medications, such as corticosteroids and anticonvulsants*
- *Thin and/or small frame*
- *Post menopause*
- *Diet low in calcium*
- *Excessive use of alcohol*
- *Low testosterone levels in men*
- *Advanced age*
- *Inactive lifestyle*
- *Being Caucasian or Asian*