

SCHEDULE YOUR DEXASCAN

Osteoporosis-a potentially painful and crippling disease-affects 23 million American women, 75% of whom don't even know that they have it. One in three postmenopausal women will experience an osteoporosis-related fracture.



A DEXA bone density scan is generally recommended for people over age 60 and those who have risk factors for osteoporosis. The scan can tell you the status of your bone health and help your doctor determine what steps you need to take should the results indicate bone loss and osteoporosis risk. Today, doctors are better equipped to detect and treat bone loss in its earliest stages which can lessen its impact.

- People with primary hyperparathyroidism
- Approaching or past menopause
- Light skinned, thin or small frame
- Low calcium intake
- Using thyroid medication or steroid-based drugs for asthma, arthritis or cancer
- Chronic intestinal disorders
- A sedentary lifestyle
- Having very low vitamin D level
- Having a parent that broke a hip

What Happens During a DEXA Scan?

The scan generally takes 10 to 20 minutes. It's painless, and the amount of radiation you get from the X-rays the scan uses is low. Unlike some other types of tests, like MRIs or CT scans, you won't have to lie inside a closed tunnel or ring. Instead, you'll lie on an open X-ray table and you will lay still as the scanner passes over your body. When the test is over, you'll be able to go home.

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