

ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

THE BONE DENSITY TEST

DEXASCAN

This test is often recommended for women age 50 and over who are post menopausal, and those who may have other risk factors. These include:

- Personal history of fracture as an adult
- History of fragility fracture in a first-degree relative
- Low body weight (<127 lb)
- Current smoker
- Use of oral corticosteroid therapy or other high risk medication for more than 3 months

This test will indicate your risk for osteoporosis by measuring the density of your bones. The measured bone density is an indication of the strength of your bones and if you are at an increased risk to suffer a fracture.

Preparing for the scan is easy. The actual test takes about 10-20 minutes, and it is completely painless.

- The day of your scan you may eat and drink normally.
- If you take a calcium supplement, **DO NOT TAKE CALCIUM THE MORNING OF THE DEXASCAN!**
- Wear loose fitting, comfortable clothing. You will be ask to remove any clothing with metal such as zippers, snaps, buckles or jewelry.

We should receive your results in about 2 weeks. The results of your bone density are called a "T-score". This score is graded as:

- **0.0 to -1.5:** Maintain your bone health with proper diet, exercise, & calcium with vitamin D supplements.
- **-1.5 to -2.0:** Treatment may be recommended if you have additional risk factors.
- **-2.0 or below:** Prescription treatment is recommended.

Your physician will review your T-score along with other risk factors to determine if you are at risk for a fracture due to bone thinning. If your bone density is low, diet and exercise may not be enough to prevent a fracture. **Your doctor may recommend a medication as treatment to stop further thinning of your bones.**

Our office will inform you either by phone call or letter of these results and your best treatment options as recommended by your physician.