

# BONE DENSITOMETRY

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| <p style="text-align: center;"><b>A FAST SIMPLE EXAMINATION</b></p> <p>Your Bone Densitometry examination may be the easiest medical examination you will have over the course of your life. Basically, all it involves is for you to lie back and let the bone densitometer do the work. However, there are always valid concerns about any medical procedure. For your peace of mind, these important questions will be answered here.</p> | <p style="text-align: center;"><b>WHAT SHOULD I WEAR?</b></p> <p>Wear loose and comfortable clothing. Sweat suits and/or elastic-waisted clothes are preferred. If possible, do not wear tops with buttons or pants with zippers, buttons, or grommets. You will be required to remove your bra because of the hooks.</p>   | <p style="text-align: center;"><b>WHAT WILL THE EXAMINATION DETERMINE?</b></p> <p>The bone densitometer will measure your bone mineral density (BMD). It will also compare your measurements to a reference population based on your age, and sex. Your physician, in making a diagnosis about your bone status and fracture risk, will use this information.</p> |
| <p style="text-align: center;"><b>WILL IT HURT?</b></p> <p>Absolutely not. There is no pain at all associated with the bone densitometry examination.</p>  | <p style="text-align: center;"><b>HOW LONG WILL THE EXAMINATION TAKE?</b></p> <p>Spine (lower back) or femur (hip) measurements may take approximately ten to fifteen minutes each.</p>   | <p style="text-align: center;"><b>WHAT DO I DO DURING THE EXAMINATION?</b></p> <p>Lie still. Breathe normally. Rest comfortably.</p>  |
| <p style="text-align: center;"><b>IS THE EXAMINATION SAFE?</b></p> <p>Bone densitometry involves a small dose of radiation. How small? A spine scan delivers less than one-tenth the dose of a chest x-ray. As in any medical procedure, if there is a chance that you might be pregnant, please be sure to inform your physician.</p>   | <p style="text-align: center;"><b>IS THERE ANY SPECIAL PREPARATION INVOLVED?</b></p> <p>Unlike many other medical examinations, no special preparation is required. There are no painful contrast injections, bad tasting oral preparations, or uncomfortable enemas. If you have a diagnostic test that requires x-ray contrast material (such as a CT scan or angiogram) within 7 days prior to your appointment, let us know as this may interfere with the results.</p> | <p style="text-align: center;"><b>DO I HAVE TO ALTER MY EATING HABITS?</b></p> <p>This is not an examination that requires you to have an empty stomach, drink a certain amount of water, or any other such pre-examination preparation on your part. Follow your normal diet and medication routine.</p>   |