



## DEXA BONE DENSITY TESTING

Available in clinic:

Mon-Thurs 8:30am-11:00am, 1:00pm-3:30pm

Friday 8:30am-11:00am

*This exam will be scheduled separate from your annual visit with us.  
DEXA Tests are read by our Nurse Practitioner on the day of your exam.*

DEXA or bone density testing measures your bone mass and helps determine your risk for osteoporosis and fracture. If you are a postmenopausal woman at risk for osteoporosis, the bone density test is recommended.

The results of your test will help your physician determine your risk of osteoporosis. The readings are compared to reference readings taken from women while at their peak bone mass. The result is called a T-score, which tells you and the physician where your bone density compares across a range.

Your bones are living tissue, like your liver or kidneys. Bones are constantly renewing; old bone is taken away and replaced with new bone. After age 35, bone begins to break down faster than it forms. Osteoporosis is a condition where cells that break down bone work faster than cells that regenerate bone. In fact, women can lose up to 20% of their bone mass in the first 5 to 7 years after menopause. If you are over 50 or post-menopausal, it's important to know if you are at risk and how to protect yourself from a fracture. Keeping your bones healthy and strong should be a priority. When osteoporosis is detected early, diet, exercise, and possibly medication will help slow down or prevent further bone loss from occurring.

The risk factors for osteoporosis are: menopause, family history of osteoporosis, drinking alcohol frequently, smoking, thin or small body frame, and using medications such as steroids for more than three months.

**If you have a bone density schedule at Clinic Sofia OB/GYN, please review the following instructions prior to your visit:**

- **No** barium, nuclear or iodine studies seven days prior to DEXA.
- **No** calcium supplements 24 hours prior to DEXA. This includes multivitamins, calcium chews and antacid tablets.
- Please **do not** wear clothing with any metal, such as zippers, snaps, buttons, rivets, buckles or metal decorations. Please wear comfortable clothing and shoes. **Avoid wearing the color red as our scan has a red beam.**
- Be aware that any piercing, such as a naval piercing, may need to be removed for the exam.

If you have further questions regarding the bone density, please contact the clinic at 952-922-7600.

*Full Circle Health Care for Women*

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