

A bone density test – also called densitometry or Dexa scan – determines whether you have osteoporosis or are at risk of osteoporosis, a disease that causes bones to become fragile and more likely to break.

A bone density test uses X-rays to measure how many grams of calcium and other bone minerals are packed into a segment of bone. A bone density test is a fairly accurate predictor of your risk of fracture.

Guilford Radiology is one of few Connecticut facilities with staff who are certified by the International Society for Bone Densitometry, so you are assured of the highest level of professionalism and accuracy when we perform your Bone Density Testing.

Learn more about this simple, painless test by reading this brochure, and then talk to your doctor about scheduling a bone density test at Guilford Radiology



*Guilford Radiology bone density equipment*

## **GUILFORD** RADIOLOGY WEST HAVEN • RAM RADIOLOGY • MIDDLETOWN

1591 Boston Post Road (I-95, exit 57)  
Guilford, Connecticut  
203-453-5123  
GuilfordRadiology.com  
Hours: Monday—Friday, 8:30—5:00

## **WEST HAVEN** RADIOLOGY GUILFORD • RAM RADIOLOGY • MIDDLETOWN

687 Campbell Avenue  
West Haven, Connecticut  
203-934-4482  
WestHavenRadiology.com  
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Saturday: 8:30—12:00

## **VEIN CENTER** MIDDLETOWN JEFFREY TAKAHASHI, M.D. • INTERVENTIONAL ASSOCIATES

80 South Main Street, Suite 103  
Middletown, Connecticut  
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Billing Office  
330 South Main Street  
Middletown, Connecticut  
860-346-8481  
Hours: by appointment  
Hours: Monday—Friday, 8:00—5:00

## **GUILFORD** RADIOLOGY WEST HAVEN • RAM RADIOLOGY • MIDDLETOWN

# Bone Density Testing



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# Bone Density Screening at Guilford Radiology

## What is Osteoporosis and What Causes It?

Osteoporosis is a debilitating bone loss condition that affects one in three women after menopause. Although osteoporosis typically afflicts women, men can also develop bone loss. In fact, 20% of those Americans affected by osteoporosis are men.

Bone is living tissue that is constantly being broken down and reformed. After age 35, both men and women lose bone at a greater rate than it forms, causing bone loss. After menopause, women start to lose bone at a much more rapid rate than men of the same age. This rapid bone loss is usually due to a decrease in the production of the hormone, estrogen. As a greater amount of bone is lost, the bones become porous and brittle and much more susceptible to fracture.

Osteoporosis occurs when bone loss is so severe that it lowers bone density and causes bones to become porous, brittle and likely to break. While some bone loss can be expected as part of the normal aging process, osteoporosis is a dangerous disease. In fact, osteoporosis is often called the “silent disease” because it doesn’t produce symptoms until a fracture occurs.

***Early detection is the best way to prevent osteoporosis.***

## What are the Risk Factors for Osteoporosis?

- Getting older, which increases your risk of osteoporosis because bones become weaker as you age
- Ethnicity — for instance, women who are white or of Southeast Asian descent have the greatest risk of osteoporosis, and African-American and Hispanic men and women have a lower, but still significant, risk of the disease
- Low body weight, or under 125 pounds (56.7 kilograms) if you’re of average height
- A personal history of fractures after age 40
- A parental history of osteoporosis or hip fractures
- Using certain medications that can cause bone loss, especially steroids

## Who should have a Bone Density Test?

The National Osteoporosis Foundation recommends bone density testing if you are:

- A woman age 65 or older or a man age 70 or older
- A postmenopausal woman under age 65 with one or more risk factors for osteoporosis
- A man between age 50 and 70 with one or more risk factors for osteoporosis
- Older than age 50 and you’ve experienced a broken bone
- A postmenopausal woman who has stopped taking estrogen therapy or hormone therapy
- A user of medications known to cause bone loss such as corticosteroids, dialantin, or high dose thyroid replacement drugs.
- Diagnosed with type 1 diabetes, kidney or liver disease, hyperthyroidism or hyperparathyroidism, or have a family history of osteoporosis.

Your doctor can recommend the best testing interval for you based on your personal medical history and osteoporosis risk factors.

## What to Expect During Bone Density Testing

Bone Density scanning is quick, painless and noninvasive, and safe – in fact, it uses less than 1/10th the dose of a standard chest x-ray. Virtually no preparation, and no recovery time, is necessary.

Bone density tests are usually done on bones that are most likely to break because of osteoporosis, including: Lower spine bones (lumbar vertebrae), the femur (thigh bone) where it adjoins your hip, or bones in your wrist and forearm.

At Guilford Radiology, our certified technologist will ask you to lay face-up on a cushioned table for your bone density testing. To assess your spine, your legs will be supported on a padded box to flatten the pelvis and lower spine. To assess your hip, your foot will be placed in a brace that rotates your hip inward. In both cases, the detector arm will slowly pass over your hip and spine generating images on a computer monitor. The detector arm won’t touch you. The test usually takes five to 10 minutes to complete and there are no restrictions after the test.

## Bone Density Test Results

Our Board-Certified Radiologist will review your test results and send a report to your doctor on the same day that your test is completed. Your doctor will contact you once he or she has had an opportunity to review the report.

The bone density test results will help your doctor to advise you on the best way to keep your bones in good health. A normal bone density test means that you should continue to follow your doctor’s recommendations to prevent bone loss and osteoporosis. **Early detection of bone loss is the best way to keep your bones healthy!** If you have already developed bone loss, or osteoporosis, your doctor will work with you to develop a plan to improve your bone density. There are many safe treatments for bone loss and osteoporosis.

Make an appointment today to talk with your doctor about your risk for osteoporosis and about bone density testing.

## Will My Insurance Cover Bone Density Testing?

Bone Density Testing is covered under most insurance plans. Medicare covers biannual bone density screening exams, and more frequent exams if medically indicated. Always check with your insurance carrier to determine your specific coverage.

## Choose Guilford Radiology for your Bone Density Screening

Talk to your doctor about your Osteoporosis risk factors today. If your doctor recommends bone density screening, call Guilford Radiology and schedule your convenient appointment.

**When you choose Guilford Radiology, you choose to enjoy personalized care, excellent service and superior medical imaging in a local, physician-owned private practice – why would you choose anything else?**

Visit our web site: [www.GuilfordRadiology.com](http://www.GuilfordRadiology.com) for more information all of our medical imaging exams.