

How long will the scan take?

We allow 30 minutes per appointment. The scan will not necessarily take this long but we allow time for any questions you may have.

What happens to the results?

The results of your scan will be sent back to the doctor or the practitioner who referred you within 2 weeks of your appointment.

For further information please contact the Osteoporosis Service on Tel: 725241 ext 4709.

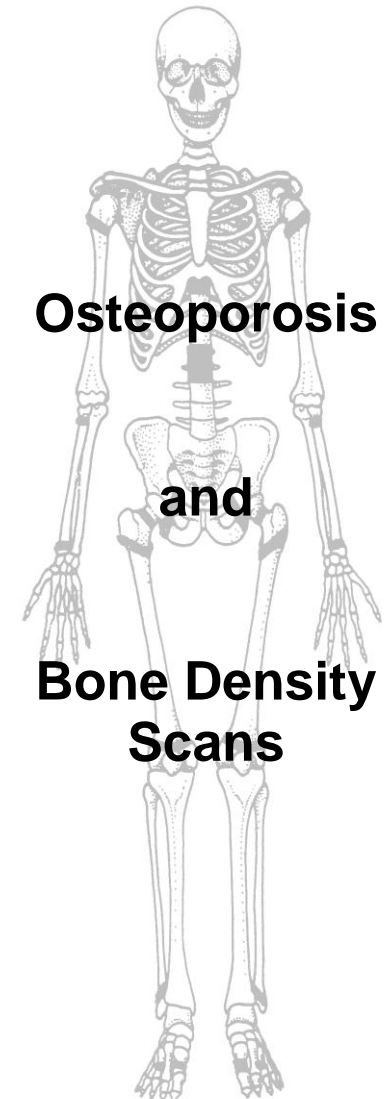
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Please feel free to comment on the usefulness of this leaflet.





Who is at risk of osteoporosis?

- People who have already broken a bone after a minor bump or fall.
- People who are taking long-term oral corticosteroids for more than 3 months.
- Women who have had their menopause or hysterectomy, with ovaries removed before the age of 45.
- Women who have had a history of missed menstrual periods for reasons other than pregnancy e.g. anorexia nervosa for more than 6 months
- Men with low testosterone levels.
- Men and women suffering from other conditions known to lead to bone loss, e.g. malabsorption syndrome, Rheumatoid Arthritis and prolonged immobilisation.
- Men and women whose mothers have broken their hip.
- Smokers
- Those who have a high alcohol intake on a regular basis.

What is bone density?

The most common means of measuring bone density involves a simple test called DEXA. At the moment this is the most accurate and reliable means of assessing the strength in bones.

DEXA machines scan bones in the wrists, spine and hips.

Why measure bone density?

With advances in technology, it has become possible to assess an individual's bone density. This is particularly useful because low bone density has been linked to increased risk of fracture.

Osteoporosis can now be diagnosed prior to bones breaking giving individuals the opportunity to take treatments and adopt life-style changes to prevent this.

How is bone density measured?

It is a simple procedure. We will scan your lower back and hips. The procedure is painless, you do **not** have an injection and you do **not** feel enclosed.

What do I need to bring with me?

- Hearing Aid if worn
- A list of any medication you take

What do I need to wear?

Please wear comfortable loose clothing. Avoid metal where possible.

Please do not wear Jeans.

Who will I see at my appointment and what will happen?

When you arrive you will be greeted by a member of the osteoporosis team who will then show you to the clinic room.

The nurse or radiographer will ask you a series of questions about your general health, measure your height and weight, and then perform the scan. During this time they will be happy to answer any questions you may have.

Are there any side effects?

Bone density scans are among the safest diagnostic imaging tests available. The amount of radiation involved is minimal.