

## PREPARING FOR YOUR BONE DENSITOMETRY

There are no preparations required before a Bone Densitometry exam. There are no injections and minimal radiation exposure. You may wear a two-piece outfit or one of our gowns, during the procedure.

The exam can take from 10 to 20 minutes to complete.

Let the radiologist or technologist know if you are, or suspect you might be, pregnant.

Mr.  Ms.  Mrs.

\_\_\_\_\_ has an appointment

Monday  Tuesday  Wednesday  
 Thursday  Friday  Saturday

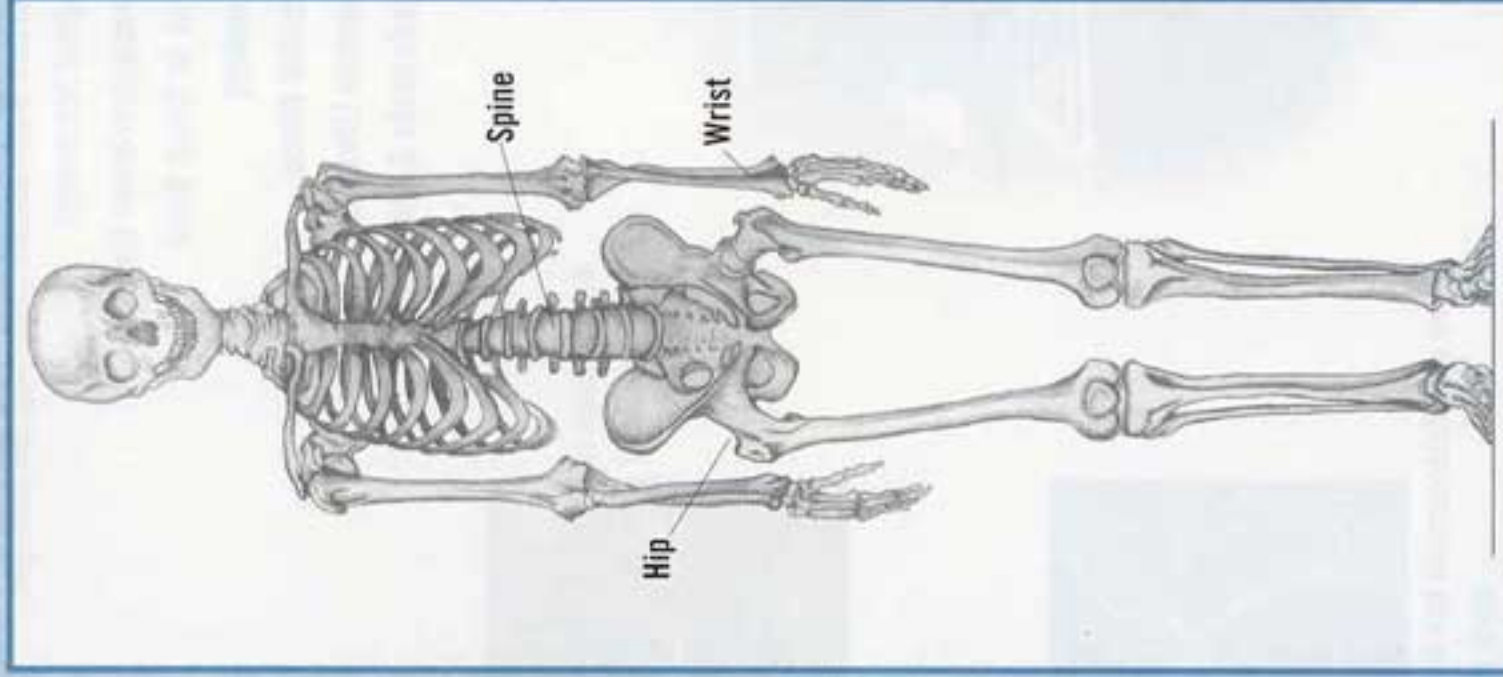
Date \_\_\_\_\_ at \_\_\_\_\_ AM/PM

## POTENTIAL SITES OF BONE DENSITOMETRY

**SPINE**

**HIP**

**WRIST**



# Bone

# Densitometry

What you need to know...



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## WHAT IS BONE DENSITOMETRY?

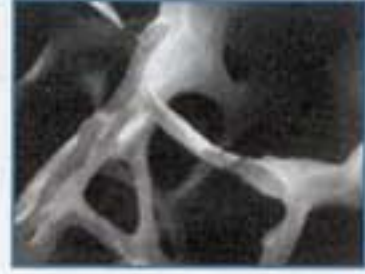
**B**one Densitometry is a state-of-the-art radiology procedure which determines bone mineral density or bone mass. This information is compared to a reference population whose age, sex and ethnic background are similar to yours. Bone mineral measurements are very highly correlated with bone strength and have been shown empirically to predict the potential for bone fractures. A bone density exam delivers approximately one-quarter to one-tenth the radiation that occurs during an ordinary chest x-ray. It is a simple, painless and non-invasive procedure which takes approximately 15 minutes.

## MOST COMMON RISK FACTORS

- ❖ Postmenopausal
- ❖ Early Menopause (before age 45)
- ❖ Surgical Menopause
- ❖ Age
- ❖ Previous Fracture
- ❖ Family History of Osteoporosis
- ❖ Certain Medications (including steroids and thyroid hormones)
- ❖ Caucasian/Asian Descent
- ❖ Thin or Small Build
- ❖ Smoking
- ❖ Alcohol Abuse
- ❖ Inactive Lifestyle
- ❖ Inadequate Calcium Intake



Normal Bone is dense and strong



Bone with Osteoporosis has become more porous

## DURING THE EXAM

**Y**ou will be asked to wear a comfortable two-piece outfit, like a sweat-suit, for your test. You must not wear any metal buttons, buckles or zippers, as these materials may interfere with your pictures. You will be asked to lie on your back, on the exam table. An overhead arm will travel above your body, while taking readings. It is very important that you lie still while the images are being taken, so that the pictures are clear.

## AFTER THE EXAM

**Y**our bone density scan will generate a computerized printout, with explanation, which will be provided to you and your healthcare provider. This information is reviewed by a Board Certified Radiologist, who can accurately identify areas of concern. A Bone Density exam is useful in helping your healthcare provider diagnose osteoporosis, particularly in the early stages before broken bones occur. When the tests are repeated over time, they can also help track your rate of bone loss.

If you have any questions regarding osteoporosis or bone density, feel free to call our facility, or check with your healthcare provider.

