



## **Bone Densitometry (DEXA)**

A Bone Mineral Density test (DEXA scan) is an examination used to determine bone health. The exam calculates the density of your bones. It checks for signs of mineral loss and bone thinning. Mineral loss and bone thinning can predict your risk of fractures. It can also monitor the response of your osteoporosis treatment.

Osteoporosis is a condition where your bones become weak and brittle.

Risk factors for osteoporosis include: early menopause, age, previous fracture, family history of osteoporosis, eating disorders, smoking, alcohol abuse, inactive lifestyle, vitamin D deficiency, thin or small build, etc.

After an initial DEXA scan is done, subsequent tests are helpful to monitor your rate of bone loss.

### **How to Prepare**

A DEXA scan takes approximately 15 minutes.

Wear comfortable, loose-fitting clothes with no snaps, zippers or buckles.

You may be asked to change into a gown.

### **What to Expect During the Procedure**

The technologist will review your medical history prior to the scan.

You will be positioned on the table. Once positioned you will be given specific instructions.

An arm will pass over your body which takes the readings of your bone density.

It is very important to lie completely still for accuracy.

### **After the Exam**

The images are reviewed and interpreted by a physician called a radiologist. A report will be sent to your healthcare provider. Your healthcare provider will review your results with you.