

What is Osteoporosis?

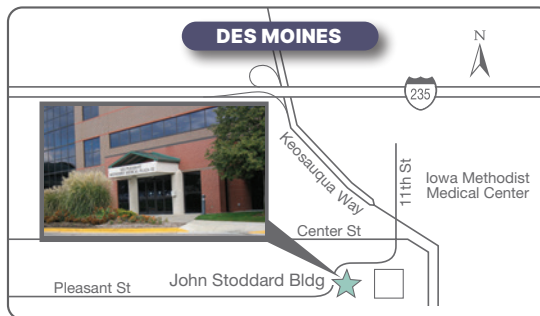
Osteoporosis is a condition where bones become porous. It occurs when the bones lose a significant amount of protein and mineral content. Osteoporosis affects millions. One out of every two women past menopause has osteoporosis. It is often called the “silent disease” because it doesn’t produce any symptoms until a fracture occurs. The most visible symptoms of osteoporosis may include loss of height and a curvature of the upper back. It is a potentially painful and crippling disease. It can result in fractures occurring most often in the hip, spine and wrist.

You may be at risk for osteoporosis if you have these risk factors:

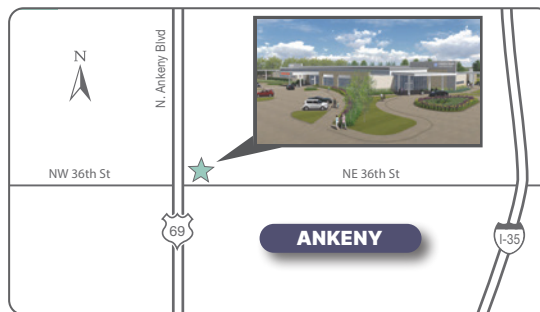
- Female
- Light skinned
- Small, thin frame
- Advanced age
- History of bone fracture
- Family history of osteoporosis
- Removal of ovaries
- Early menopause
- Low calcium diet
- Sedentary lifestyle
- Eating disorders
- Certain medicines (steroids or anticonvulsants)
- Alcohol and/or tobacco use



Clive Office: 12368 Stratford Drive, Ste. 300 • Clive, IA 50325
From I-80, Exit west onto University Avenue. Turn north onto 124th Street. We are the second building on the east side of the road.



Downtown Location: 1221 Pleasant St., Ste. 350 • Des Moines, IA 50309
From I-235, Exit south on Keo Way. Follow hospital signs to Methodist Hospital. We are located in Suite 350 of the John Stoddard Building. (Free parking is available in the parking garage west of the building)



Ankeny Medical Park: North Ankeny Medical Park, 3625 N. Ankeny Blvd., Suite H., Ankeny, Iowa 50023
From I-35, Exit west on 36th St. (exit # 94). Go west approximately 1½ miles and turn right (north) into the Unity Point Ankeny Medical Park. We are located inside of the Ankeny Medical Park on the north-east corner of Ankeny Blvd. and 36th Street.



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BONE DENSITY–(DEXA)



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Bone Density Testing-(DEXA)

What does the DEXA do?

The Dual Energy X-ray Absorptiometry (DEXA) measures bone mineral density (BMD). The amount of bone mineral is directly related to the bone density. It uses small amounts of x-ray to measure bone mineral density of the spine, hip or forearm. Typically the spine and hip are measured because that is where most fractures occur. DEXA is quick, noninvasive, and painless and uses about 1/10th of the radiation that is received from a standard chest x-ray.

What happens during the test?

You will be asked to lie on your back on the exam table. An x-ray generator arm is located above you. The technologist will position your legs for the test and the x-ray generator arm is passed over your hip and spine producing images on a computer monitor. The exam takes approximately 10 minutes.

How do I Prepare?

Do not take calcium supplements for at least 24 hours before the exam.

You may eat normally the day of the exam. Dress comfortably avoiding garments that have zippers, belts or buttons made of metal. You may be asked to wear a gown.

Tell your technologist:

- If you have had a contrast exam or barium enema. You may need to wait 10 to 14 days before undergoing a DEXA test.
- If you are pregnant, or think you might be pregnant, you may not be a candidate for a DEXA test.

The Results

A bone density test is an aid in determining the diagnosis of osteoporosis. The information provided will help your doctor determine what course of action should be taken.



Dual Energy X-ray Absorptiometry (DEXA)