

## Why are Bone Density Scans done?

- Evaluation of persons at risk for [osteoporosis](#)
- Follow up for patients with predetermined osteoporosis or known bone demineralization
- Evaluation of response to treatment of osteoporosis

## What is a DEXA Scan?

Dual energy X-ray absorptiometry (DEXA) scans are a common technique used to measure bone density. This completely painless procedure is easily performed and exposes the patient to minimal radiation.

## DEXA Scan Preparation

- No prior radionuclide studies for 2 weeks
- No barium or IV contrast studies for 2 weeks
- No metal in clothing (i.e. zippers)
- No calcium supplements (including Calcium, Vitamins, Tums, Rolaids, etc.) 24 hours before appointment time.

## DEXA Scan Procedure

A bone density scan or DEXA scan takes approximately 30 minutes. You will be asked to lie down on a table. A small X-ray will scan your lumbar spine and both hips. From the images the doctor will be able to evaluate bone mineral (calcium) content of the bone. The amount of calcium correlates with bony content and with bone strength. The amount of calcium in bone is compared to a database of normal patients, with standard deviations from normal reported as a T-score. A T score of -1 to -2.5 (standard deviations below mean) is considered osteopenia, while T-score of less than -2.5 is considered osteoporosis, based on WHO criteria. Women are especially prone to develop osteoporosis after [menopause](#), when they lose the protective affects of estrogen, while men usually are affected less frequently. Vertebral and hip fractures are common consequences of osteoporosis.

### Pregnancy Policy:

All patients of childbearing age (10 - 50) will be required to sign that there is **No Chance of Pregnancy** prior to an imaging exam being performed (Exception: - Ultrasound). If there is a chance of pregnancy, STAT lab work will be ordered prior to the procedure being performed to establish that there is no chance of pregnancy.

## To Schedule

Please call 913-322-7408 during business hours to schedule a dexa scan. Bring your doctors order with you.