



KIRKPATRICK FAMILY CARE DXA & OSTEOPOROSIS

APPOINTMENT INFORMATION

DATE: _____
Monday Tuesday Wednesday Thursday Friday

TIME: _____

WHAT IS A DXA?

Dual-energy X-ray Absorptiometry (pronounced dex-uh) is a painless, non-invasive test that measures bone mineral density to determine bone strength.

WHY AM I HAVING THIS TEST?

Your provider has ordered a DXA to monitor your rate of bone deterioration and/or to see if you are at risk for developing osteoporosis.

Osteoporosis is a skeletal disease that causes bone strength to decrease over time; it causes bones to become weak, brittle, and more likely to break. Bones in the hip, spine, and wrist are most often affected. Simple activities such as coughing, getting out of chair, or falling from a standing height can result in a broken bone (doctors call this a fracture) in someone with osteoporosis.

Osteoporosis does not have any obvious symptoms; in fact, most people do not realize they have it until they suffer a fracture.

WHO IS AT RISK FOR DEVELOPING OSTEOPOROSIS?

- Women aged 65 and older
- Postmenopausal women under age 65 who either:
 - Reach menopause before the age of 45 (either naturally or due to surgery)
 - Lead a sedentary lifestyle and do not exercise
 - Eat poorly (diet is not balanced or nutritional)
 - Have a small body-frame and/or is thin
 - Suffer from an eating disorder (bulimia or anorexia)
 - Have a family history of osteoporosis
 - Drink excessive amounts of alcohol
 - Currently smoke cigarettes
- Men aged 70 and older
- Men under age 70 with low testosterone levels
- Adults with a past history of fragility fracture
- Adults with a disease or condition associated with low bone mass or bone loss
- Adults taking medications associated with low bone mass or bone loss

**Are you
at risk?**

HOW DO I PREPARE FOR THIS TEST?

Do not wear clothes that have metal in the area being scanned (i.e. your lower back and hip area). Make sure your pants do not have a metal zipper, button, buckle, or decoration; also, remove any keys or coins from your pockets prior to the scan.

Do not take calcium supplements for 24 hours before your appointment. Certain supplements can interfere with the results of the DXA. You may take other regular medications on the day of your appointment.

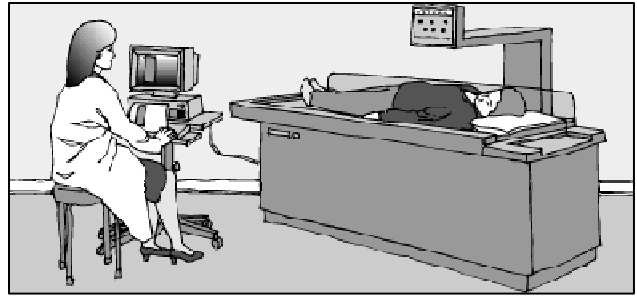
You should inform the technologist if you have recently had a barium exam or have been injected with contrast material for a CT Scan or Radioisotope Scan.

HOW IS THE TEST PERFORMED?

You will be asked to lie down on an x-ray table that has a curving, plastic “arm” suspended overhead.

The technologist will position your legs so that your pelvis and lower spine are aligned properly.

The technologist will rotate both of your hips inward and support them so that they stay in place.



The arm will be placed over you and two x-ray beams of different energy levels will be aimed at your lower back/lumbar region and hips; the arm will then scan over those areas.

A computer calculates each beam’s rate of absorption and these absorption levels will be used to determine your bone thickness and strength.

Your results will be compared to what is expected in someone of your age, ethnicity, and gender (the Z-score); they will also be compared with what is expected in a healthy young adult of the same gender (the T-score).

HOW LONG DOES THE TEST TAKE?

A DXA usually takes about 30 minutes.

ARE THERE ANY RISKS ASSOCIATED WITH THIS TEST?

A DXA exposes you to a minimal amount of radiation; it has only 1/50th the radiation of a standard chest x-ray.

You should not have a DXA if you are pregnant or think you might be pregnant.

WHAT ARE THE LIMITATIONS OF THIS TEST?

DXA is of limited use for people with a spinal deformity such as scoliosis or for patients that have had previous spinal surgery or bilateral hip replacements. Vertebral compression fractures or osteoarthritis may also interfere with the accuracy of the test. In these instances, a CT scan might be more useful to determine whether you have suffered any bone loss.

WHERE DO I GO TO TAKE THIS TEST?

This test will be performed at Kirkpatrick Family Care’s main office at **1706 Washington Way, Longview, WA 98632.**

WHEN WILL I FIND OUT THE TEST RESULTS?

Your provider will go over your test results with you – be sure to schedule a follow-up appointment with him/her.

WHO DO I CALL IF I HAVE ANY QUESTIONS OR CONCERNS ABOUT THE TEST?

Call Kirkpatrick Family Care at (360) 423-9580 – the receptionist will direct your call to the most qualified person able to address your question or concern.