

## WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease that causes bones to lose mass, become fragile and to break more easily. It is a serious public health problem in the United States and affects more than 24 million people, causing over 1.5 million fractures of the vertebrae, hips or wrists each year.

### Only a bone density test can provide the information your doctor needs.

Today there are a variety of effective ways to manage osteoporosis. Early detection using a bone density test (one of which is known as a DEXA) is the best way to detect the condition and protect yourself from the debilitating effects of this all too common condition.

## How is a bone density done?

The bone density test is a simple, painless, noninvasive procedure. You will be asked to lie perfectly still on a table while a movable arm passes over the area to be tested (for example, arms, spine, or hips).

## Is a bone density test the same as a bone scan?

No. A “bone scan” is a procedure requiring an injection of radioactive material. A bone density test is faster and requires no special preparatory drinks, medications, or injections.

## How much radiation will I be exposed to?

Very little. For example, a spine test delivers less than one-tenth the dosage of a chest X-ray. As with any medical procedure, be sure to inform your physician or technician if you are pregnant.

## What will the bone density test reveal?

The test will measure your bone mineral density (BMD), or bone mass, and compare that number with reference populations of people at peak bone mass and whose age, sex, and racial background are similar to yours. This information will help your doctor determine if you need to take any specific steps to protect your bone health.

## How long does the test take?

The scan takes approximately ½ hour. Please allow ample travel time to your appointment. Late arrivals may result in rescheduling your test.

## Bone Density/DEXAScan Preparation:

- DO NOT TAKE any Tums, Roloids, antacids, calcium pills, or any multivitamin supplements the morning of your test.
- No nuclear medicine contrast studies four weeks before the exam
- No barium studies four weeks before the exam
- Cannot be pregnant
- Please tell your physician if you have had a total hip replacement or any type of lumbar (back) surgery
- No multivitamin or Vitamin D supplements the day or the test.

## WHAT TO EXPECT

Arrive 15 minutes early. You will need to complete paperwork and have your height and weight checked.

## WHAT SHOULD I WEAR?

Wear comfortable clothing, preferably without metal, buttons, buckles and zippers. Cloth garments are preferable. Do not wear an underwire bra. Sports bras are preferred.

Call your primary clinic with any questions or concerns.

## CONTACT YOUR PRIMARY CARE CLINIC TO SCHEDULE YOUR APPOINTMENT

Como/Roseville .....	651-487-2831
East Side.....	651-776-2719
Highland.....	651-699-8333
Inver Grove Heights.....	651-457-2748
North St. Paul .....	651-777-7414
Shoreview .....	651-483-8283
Vadnais Heights .....	651-766-0520
West St. Paul .....	651-455-2940
Hugo.....	651-426-6402
Woodbury.....	651-731-0859

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

COST: \_\_\_\_\_

## LOCATION:

RAYUS West St. Paul  
232 Wentworth Ave East  
W. St. Paul, MN 55118  
Located in lower parking lot

This brochure has been written to help you prepare for your exam. It includes answers to questions patients ask most often. Please read carefully. If you have any further questions before your exam, please consult your primary physician. Feel free to ask questions at any time.

**Suggestion:** We suggest that before having this scan done you contact your insurance company to determine if it is a covered benefit. At the time of your appointment, you will be asked to sign a waiver accepting payment responsibility if your insurance carrier denies coverage.

## Meet our DXA Scan Technician

MARK



### RAYUS West St. Paul

232 Wentworth Ave. East  
W. St. Paul, MN 55118  
Phone: 651-455-2920

Located in lower parking lot



## PATIENT INSTRUCTIONS FOR BONE DENSITOMETRY

This test will be performed at:

Entira West St. Paul/RAYUS West St. Paul  
232 Wentworth Ave East  
W. St. Paul, MN 55118

Located in lower parking lot



entirafamilyclinics.com  
651-788-4444



**Choose the Best. Choose Entira Family Clinics.**

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