



PATIENT INFORMATION

Osteoporosis

Your Appointment

We are pleased to invite you to the Osteoporosis Clinic. Please read the following information to help you understand what to expect when having a DEXA scan.

Please note if you weigh above 204kgs (32 stone) we will be unable to perform this scan, please contact the osteoporosis service for further advice.

Who is at risk of Osteoporosis?

- People who have already broken a bone after a minor bump or fall.
- People who are taking long-term oral corticosteroids for more than 3 months.
- Women who have had their menopause or hysterectomy, with ovaries removed before the age of 45.
- Women who have had a history of missed menstrual periods for reasons other than pregnancy e.g. anorexia nervosa for more than a year.
- Men with low testosterone levels.
- Men and women suffering from other conditions known to lead to bone loss e.g. malabsorption syndrome, hyperparathyroidism and prolonged immobilisation.
- If you have a family history of osteoporosis.

How is bone density measured?



The most common means of measuring bone density involves a simple test called DEXA. At the moment this is the most accurate and reliable means of assessing the strength of bones. It is a simple procedure.

We will scan your lower back and hips using a DEXA machine similar to what is shown in this picture.

The procedure is painless, you do **not** have an injection and you do **not** feel enclosed.



Why measure bone density?

With advances in technology, it has become possible to assess an individual's bone density. This is particularly useful because low bone density has been linked to increased risk of fracture.

Osteoporosis can now be diagnosed prior to bones breaking giving individuals the opportunity to take treatments and adopt lifestyle changes which will reduce their risk of breaking bones.

What do I need to bring with me?

- Any medication you take.
- Your completed questionnaire (sent to you after you make your appointment)
- Glasses/Contact lenses
- Hearing Aid if worn.

What do I need to wear?

Please wear comfortable loose clothing that is easily removed. You may be asked to wear a hospital gown if required. This helps the practitioner to position you on the scanner and enables them to obtain the best possible images.

Who will I see at my appointment and what will happen?

When you first arrive at reception you will be greeted by reception staff. The clinic staff will then measure your height and weight prior to entering the clinic room.

Once you are in the clinic room, the osteoporosis practitioner will ask you a series of questions about your general health and then perform the scan.

Once this is completed the practitioner will provide you with lifestyle advice and any relevant leaflets before you leave.

During this time the practitioner will be happy to answer any questions you may have regarding the procedure or osteoporosis.

Are there any side effects?

Bone density scans are among the safest diagnostic imaging tests available. The amount of radiation involved is much less than that received during a low dose x ray.

What happens to the results?

The results of the scan will be sent back to you and the doctor who referred you. The doctor will usually tell you if the strength of your bones is normal or whether you have osteopenia or osteoporosis.

Osteopenia is the name for the category between normal and osteoporosis, when

bone is less dense than the average but not thin enough to be classed as osteoporosis.

Additional information

If you have any questions about your appointment, please do not hesitate to contact the number below and we will be pleased to help.

Clinic ☎ Tel (01803) 655603