



What is Bone Densitometry?

Bone Densitometry uses low-dose radiation to measure bone density. It is safe, painless and non-invasive.

What is it used for?

Bone Densitometry is used to detect osteoporosis.

What is osteoporosis?

Osteoporosis is the slow and progressive process of losing bone mineral, which can result in fractures of the hip or spine, causing chronic pain, disability, physical deformity, and loss of independence.

One of three women and one of five men over the age of 50 experience osteoporotic fractures. I

For women over the age of 45, osteoporosis accounts for more days spent in the hospital than many other diseases, including diabetes, myocardial infarction and breast cancer.

Hip fractures have a reported morbidity rate of up to 24% in the first year after the fracture. There is an overall elevated risk of dying for at least 5 years afterwards.

One third of those who suffer a hip fracture become totally dependent or are admitted into a nursing home within a the first year.

What is DEXA?

DEXA bone densitometry is the preferred method to detect osteoporosis.

How long will it take?

The test takes only 15 minutes.

What happens after the after the measurements are taken?

Your bone density measurements will be compared to others of the same age and sex and you will advised by a medical professional if any action needs to be taken.

