

Schedule your appointment with Charlotte Radiology

Appointments are available Monday through Friday. A physician referral is needed for a bone density exam. For your convenience, this exam can be scheduled the same day as a screening mammogram appointment. Please arrive 15 minutes prior to your scheduled appointment to allow time for patient registration.

704.367.2232 • toll-free 877.362.2232

For more information

If you have questions about any of our procedures or for directions, please visit our comprehensive website:

www.charlotteradiology.com

May we also suggest:

www.radiologyinfo.org
www.nof.org

The following locations offer DEXA bone density testing:

AdBel Medical Plaza
1401 Matthews Township Parkway, Suite 310
Matthews, NC 28105

Ballantyne
15110 John J. Delaney Drive, Suite 130
Charlotte, NC 28277

CMC – Northcross
16455 Statesville Road, Suite 110
Huntersville, NC 28078

CMC – Union Medical Plaza
1550 Faulk Street, Suite 1200
Monroe, NC 28112

Piedmont Park
197 Piedmont Boulevard, Suite 110
Rock Hill, SC 29732

Randolph Road
1960 Randolph Road, Suite 200
Charlotte, NC 28207

University Medical Park
101 W.T. Harris Boulevard, Suite 2122-A
Charlotte, NC 28262

www.charlotteradiology.com



Dual-Energy X-Ray
Absorptiometry (DEXA)

providing the perfect balance of health and spirit.

Confirmation and comfort from the area's imaging experts

Osteoporosis is a disease many don't realize they have until they suffer a fracture. This disease affects both men and women, with 22 million American women affected every year. Fortunately, at Charlotte Radiology our DEXA bone density exam can determine if you are at risk for Osteoporosis before a fracture occurs. **This safe and painless procedure only takes about 15 minutes; and the results are read by radiologists who sub-specialize in Musculoskeletal Radiology.**

Your results, combined with other factors, give you and your doctor an overall risk of fracture. Knowing your risk of fracture is important, because there are many ways to prevent osteoporosis and to reduce fracture risks.

DEXA Bone Density Exam

Dual-energy x-ray absorptiometry (DEXA) is an imaging technology that uses a very low amount of X-ray energy to detect the presence of osteoporosis. Osteoporosis is a disease that gradually weakens bones, leading to bone fragility and an increased chance of fractures to the spine, hips and wrists. This weakening may be due to aging or caused by other risk factors combined with age. Often called the "silent disease," osteoporosis rarely shows symptoms until a lot of bone mass has been lost. The most visible symptoms may include loss of height along with curvature of the upper back.

DEXA bone density testing can identify low bone density in patients at an early stage, enabling doctors to prescribe appropriate treatment before the condition worsens. Images of the lower spine and hips are most often used in checking for osteoporosis.

Who needs a DEXA Bone Density Exam?

Women have a higher risk for osteoporosis than men because women often have smaller, thinner frames. In addition, menopause causes women to produce less estrogen, a hormone that helps protect them against bone loss; 20% of bone mass can be lost in the 5-7 years following menopause.

If you're nearing menopause, your doctor or healthcare professional can give you good advice to help you avoid future problems with osteoporosis. If you are post-menopausal, stay in touch with your doctor to monitor your bone health on a regular basis. **If you don't know if you have osteoporosis, ask whether a bone density exam is right for you.**

Factors that may add to the risk of osteoporosis include:

- Female
- Caucasian or Asian
- Advanced age
- History of bone fracture
- Small, thin frame
- Family history of osteoporosis
- Post menopause, including early or surgically induced
- Low calcium diet
- Lack of exercise
- Eating disorders
- Abnormal absence of menstrual periods
- Certain medicines (such as steroids and anticonvulsants)
- Alcohol or tobacco use

If you would like to take a personal bone density questionnaire to assess your risk, visit the DEXA section of our website at:

www.charlotteradiology.com

Preparing for a DEXA Bone Density Exam

- You should not take any calcium supplements the morning of your exam.
- Wear comfortable clothing that has no metal zippers or buttons in the abdominal or pelvic areas.
- You may be asked to remove jewelry, eyeglasses and any metal objects or clothing that might interfere with the x-ray images.

- If you have recently undergone a barium study of any kind—such as an upper gastrointestinal (UGI) tract exam, barium enema or computed tomography (CT) scan—you should wait at least 14 days before a DEXA bone density exam is performed.
- Please let us know before your exam begins if you may be pregnant.

During and After the Procedure

During the procedure, you will be asked to lie on your back on a padded table while a movable arm passes over your body. A technologist will remain with you. This non-invasive, touchless procedure typically takes 15 to 30 minutes.

The exam compares your bone mineral density (BMD) to that of a "young adult" at peak bone strength and to people of your same age, called "age-matched". The difference between your result and that of a "young adult" is given as a T-score. This information, along with other factors, helps doctors in making a diagnosis. The following T-scores define the amount of bone loss:

- Normal: T-score above -1
- Osteopenic (low bone density): T-score between -1 and -2.5
- Osteoporosis: T-score below -2.5

After reviewing your DEXA bone density exam results your doctor may suggest a number of steps important in building bone strength. Suggestions may include: exercise, changes in diet, hormone therapy, or other medicines known to improve bone strength.