



Osteoporosis Awareness

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall. About 54 million Americans have osteoporosis and low bone mass. A bone density test can detect osteoporosis with a noninvasive, painless DEXA scan.

Bone Density Measurement by DEXA

Dual-x-ray absorptiometry (DEXA) measurement of hip and spine is the preferred method for establishing and/or confirming a diagnosis of osteoporosis, predicting future fracture risk, and monitoring patients currently on therapy.

According to the National Osteoporosis Foundation, the following patients should have a DEXA scan:

- Women age 65 and older and men age 70 and older, regardless of clinical risk factors
- Younger postmenopausal women, women in the menopausal transition, and men age 50 to 69 with clinical risk factors for fracture

Risk factors

Adults who have a fracture at age 50 and older

Adults with a condition (e.g., rheumatoid arthritis) or those who take medication (e.g., glucocorticoids) to treat low bone mass or bone loss

Women who have gone through menopause

Adults who have a family history of osteoporosis

Adults who have had chemotherapy or taken high doses of thyroid or cortisone medications for more than three months

Make an appointment today

The signs are not always clear, so speak to your health care provider about your risk of developing osteoporosis.

If your doctor prescribes a bone density exam, call **908.277.8673** to schedule an appointment at Summit Health Imaging.

[summithealth.com](https://www.summithealth.com)

