

Bone Mineral Density

Introducing Prodigy Advance Fan Beam Total Body Densitometry System with

Total Body BMD Software with Body Composition

A/P Spine	Single/Dual Femur	Orthopedic Hip Software	Forearm software	Paediatric Software
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Bone Densitometry is a safe, low-dose x-ray procedure that assists in diagnosing low bone density. This exam estimates the amount of bone calcium and mineral content in specific areas of the body, including the spine, hip, and forearm. Physicians use this information to detect osteoporosis, predict your risk of fractures, and decide if treatment for osteoporosis is necessary. This technology is called **Dual-energy X-ray Absorptiometry or DEXA**.

Before your Exam

There are no special requirements to have a bone density. However, you should:

- Wear comfortable clothing that contains no metal.
- Not schedule a bone density exam within 7 days following a nuclear medicine scan or any x-ray involving IV contrast or barium.
- If you are or could be pregnant, or have had hip-replacement or spine surgery tell your health care provider before this test is done.

During your Exam

- The scan is painless, lasting 10-15 minutes.
- The technologist will assist you onto the examination table and help position your arms and legs. Once you are comfortable, a scanner arm will pass over the area of interest, for example the lower spine or hip. During this time, you must remain still to ensure good image quality. The technologist will remain in the room with you at all times.



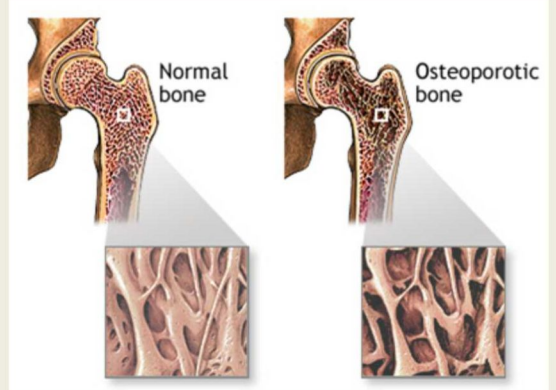
After your Exam

- You will have no discomfort or pain from this exam.
- The radiologists will study the images and will finalize the report for your physician who will then discuss the findings with you.

Osteoporosis

What is Osteoporosis?

Osteoporosis is a disease in which bones become fragile and are more likely to break. If not prevented or left untreated, osteoporosis can progress painlessly until a bone breaks. These fractures often occur in the hip, spine or wrist.



What Causes Osteoporosis?

Osteoporosis occurs when bones lose an excessive amount of their protein and mineral content, particularly calcium. Over time, bone mass and bone strength decreases and results in fragile bones that are likely to break at any time. Early detection is the best way to protect against osteoporosis.



Risk Factors

- Advanced age
- A low calcium diet
- A family history of osteoporosis
- Eating disorders
- Previous bone fracture
- A small, thin frame
- Caucasian, or Asian ethnicity
- Thyroid or parathyroid disorders
- Certain medicines (such as steroids and anticonvulsants)
- High caffeine intake
- Females (especially when early menopause and/or removal of the ovaries has occurred)
- Alcohol and tobacco use
- Low testosterone level in males

LOVE YOUR
BONES



embrace an active lifestyle



embrace calcium rich foods



embrace vitamin D

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