

DEXA Bone Densitometry:

*Know your risk for
osteoporosis*



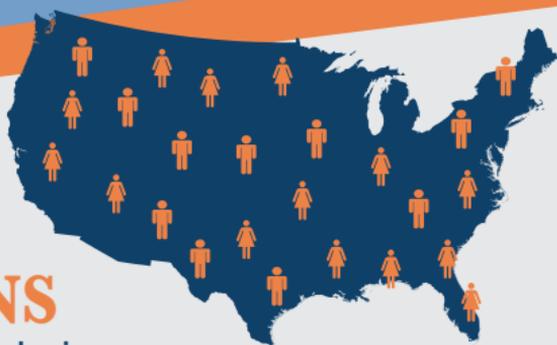
WOMEN'S
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YOUR RISK

FOR OSTEOPOROSIS MAY BE HIGHER THAN YOU THOUGHT.

34,000,000 AMERICANS

have low bone mass, placing them at risk for osteoporosis.¹



Women are **4x MORE LIKELY** than men to develop osteoporosis.¹



Vertebral compression fractures are the most common fracture in patients with osteoporosis, affecting

25% OF ALL postmenopausal women and 40% of all women over 80¹



In white women, the lifetime

RISK OF A HIP FRACTURE IS 1 IN 6,

compared with a 1 in 9 risk for breast cancer.



A single fracture at any vertebrae

INCREASES MORTALITY

risk by 15%²

Less than 50% of those who suffer a hip fracture regain their previous level of function³, and **up to 24% will die within one year.**⁴





HOW DO I KNOW IF I'M AT RISK FOR OSTEOPOROSIS?

Bone density testing is recommended for all women over 65 and women over 50 who have the following risk factors:

- Caucasian or Asian ethnicity
- Thin or small build
- Family history of osteoporosis, spine or hip fracture
- Early menopause (before age 45)
- Smoking
- Heavy drinking
- Long term use of acid reflux drugs (proton pump inhibitors)
- Used a corticosteroid for 3 or more months
- Have rheumatoid arthritis
- Inactive lifestyle

If you think you are at risk for osteoporosis, ask your doctor if a bone density measurement will be of value to you.



For more information, or to schedule your appointment, please call (863) 688-2334.

www.womens-imaging.com

OSTEOPOROSIS

may be avoided if low bone mass is detected early. And the best way to detect low bone mass is with at DEXA bone density test.

WHAT IS A DEXA BONE DENSITY TEST?

DEXA (Dual-Energy X-Ray Absorptiometry) is a quick, safe and painless x-ray based test to determine if you have osteoporosis or low bone mass. By measuring bone strength, we can help predict fracture risk so that effective preventive therapy can be started with your doctor.

We use an advanced DEXA bone densitometry system for greater comfort and lower radiation exposure, as well as the ability to more accurately predict fractures due to low bone mass.

Most private insurance and Medicare will cover bone density testing.





WHAT IS THE DEXA TEST LIKE?

DEXA bone densitometry is one of the easiest diagnostic imaging tests you can have. It takes less than 20 minutes, and only requires you to lie still during that time. You can wear comfortable clothing, preferably with no metal buttons, buckles or zippers. You do not have to undress for the test.

DEXA BONE DENSITY TEST OFFERED AT THE FOLLOWING CONVENIENT LOCATIONS:



WOMEN'S
IMAGING
CENTER

RIS at LRH

womens-imaging.com

(863) 688-2334

2120 Lakeland Hills Blvd. Lakeland, FL 33805

RIS
RADIOLOGY AND IMAGING SPECIALISTS

at



Lakeland Regional Health

PABLO CAMPUS

www.ris-lrh.com

(863) 688-2334

130 Pablo St. Lakeland, FL 33803

¹ SOURCE: American Association of Neurological Surgeons website

² Cooper C, Atkinson EJ, Jacobsen SJ, O'Fallon WM, Melton LJ., 3rd Population-based study of survival after osteoporotic fractures. Am J Epidemiol. 1993;137(9):1001-1005

³ Keene GS, Parker MJ, Pryor GA (1993) Mortality and morbidity after hip fractures. BMJ 307:1248

⁴ Cooper C, Atkinson EJ, Jacobsen SJ, et al. (1993) Population-based study of survival after osteoporotic fractures. Am J Epidemiol 137:1001