

# Bone Density (DEXA)

## Exam Overview

*What is a Bone Density (DEXA)?*

Bone Densitometry is a fast, safe, and painless test that uses advanced technology called DEXA (Dual-energy X-Ray Absorptiometry) to measure symptoms of osteoporosis – such as low density and mineral content of bone – that may have developed unnoticed over many years. Because osteoporosis can result in bone fractures that can cause chronic pain, disability, and loss of independence, it is important to begin treating osteoporosis at an early stage. Bone densitometry can detect the early signs of osteoporosis so that patients can begin treating it before a debilitating fracture occurs.

During a comprehensive DEXA bone evaluation, a patient lies comfortably on a padded table while the DEXA unit scans one or more areas of the body, usually the spine or hip because they are particularly prone to fracture. Bone densitometry produces little radiation, is noninvasive, involves no injections and can take just 10 minutes to complete.

## Exam Preparation

*How to prepare for a bone density exam*

- Do not take any calcium supplements or antacids (including those in pill form) for 24 hours before your appointment.
- Bring your insurance card and your order from your doctor.
- Please arrive 15 minutes before your appointment in order to be registered.