



Steinberg Diagnostic Medical Imaging Centers

"Where Imaging Revolves Around You" SM

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(702) 732-6000

DEXASCAN

Patient information guide :

Thank you for choosing **Steinberg Diagnostic Medical Imaging Centers** to perform your **Dexascan** examination. We realize you may have questions regarding your upcoming exam and hope this information will help explain the procedure to you. If you have further questions, feel free to call our office At (702) 732 - 6000.

What is a Dexascan?

DEXA Scan stands for Dual Energy X-Ray Absorptiometry, and it is a method of Bone Mineral Density Assessment. Bone Mineral Density Assessment is used to:

- detect the presence of osteoporosis in men and women with particular risk factors;
- screen for osteoporosis, particularly in women making decisions about hormone replacement therapy at menopause;
- predict future fracture risk; and
- monitor bone density in those with low normal levels and in those with osteoporosis undergoing treatment.

Common uses of this procedure.

Dexascan is used to diagnose osteoporosis on men and women with the following particular risk factors.

- Female
- Caucasian
- Advanced age
- History of bone fracture
- A small thin frame
- A family history of osteoporosis
- Removal of the ovaries
- Early menopause
- A low calcium diet
- Lack of exercise
- Eating disorders
- Certain medicines (such as steroids or anticonvulsants)
- Alcohol and tobacco

How does it work?

Certified medical personnel will conduct the exam. You will be asked to lie without moving on the scan table but you will be able to breathe normally throughout the procedure. A scanner will pass over one area of your skeleton: your lower spine, wrist or hip. A dual energy beam of very low dose x-rays passes through that area of your body and is measured by a detector. You will not feel anything during the exam. The scan is repeated for a second skeletal area. Dual-energy X-ray Absorptiometry (DEXA) technology works by measuring the amount of x-rays that are absorbed by the bones in your body. The two x-ray energies allow the machine to differentiate between bone and soft tissue, giving a very accurate estimation of bone density. The radiologist will produce a report for your physician based on the bone density measurements and your medical history.

Patient Comfort.

You will not feel any discomfort during the procedure

Even though x-rays are used, the amount absorbed by the patient is only about 1/10th of that received from a chest x-ray. Other x-ray procedures have even higher x-ray doses. The x-ray dose from the bone densitometry test is comparable to the naturally occurring radiation you are exposed to in one week.

Caution : Even though the x-ray dose from the bone densitometry test is very low, please inform the operator if you are pregnant or might be pregnant before your test.

Preparation required.

Eat normally on the day of the exam, but avoid calcium supplements the day of your appointment. If possible, wear a two piece outfit so you will not need to disrobe entirely and avoid wearing clothing with metal (buttons, zippers, etc.).

After the test.

The patient can resume normal activities.

Results of the test

At **SDMI**, we have a radiologist on site at all times so the test will be interpreted promptly. The results will be phoned, faxed, mailed, or delivered electronically to the referring physician. He/she will share the results with the patient.

I am ready to schedule an appointment (requirements for appointment)

To schedule a Dexascan with SDMI, please call 732 - 6000