

Throughout childhood and adulthood, your bones grow in strength and size. Around the age of 30, bones reach their peak strength and then naturally become weaker with age.

WHAT IS OSTEOPOROSIS? Osteoporosis is a condition in which bones weaken to the point of breaking. Often called the “silent disease,” osteoporosis rarely shows itself until a lot of bone has been lost. At that time, the most visible symptoms may include loss of height, along with curvature of the upper back.

PREVENTION AND EARLY DETECTION Osteoporosis can progress painlessly until a bone breaks or fractures, most often in the hip, back, or wrist. That’s why prevention, early detection, and treatment are so important. A bone density scan measures the amount of bone remaining which relates directly to bone strength.

WHO’S AT RISK? Both men and women lose bone strength as they age. Women have a higher risk for osteoporosis because women often have smaller, thinner body frames. In addition, women produce less of the estrogen hormone after menopause, and estrogen protects against bone loss. See the back panel for other risk factors.

HOW DOES IT WORK? Our state-of-the-art GE Lunar bone densitometer features the most advanced technology available. It scans very quickly using small amounts of two types of x-rays.

Your bones absorb each of the two x-rays differently, and a computer evaluates these differences to calculate the amount of remaining bone mineral. Your spine and hip are measured because that is where fractures from osteoporosis occur most often.

IS THE TEST SAFE? The bone density scan requires just one-tenth of the radiation of a typical chest x-ray. Even though the x-ray dose is very low, *if you are pregnant (or suspect you are), do not take the test.*

WHAT TO EXPECT First, the technician will enter details from your questionnaire into the computer. Next, you’ll lie on your back on what looks like a large padded examination table with a small scanning arm. The technician will position your arms and legs—all you need to do is lie still and breathe normally. The painless test takes 10 minutes or less.

In most cases, you can stay in your street clothes. However, please do *not* wear these items in the area between your belly button and thighs:

- ✓ Metallic jewelry
- ✓ Metal or plastic zippers, belt buckles, buttons, rivets or other trim

Many patients wear sweatpants and t-shirts or pullover sweatshirts. Be comfortable!

WHAT ABOUT MY RESULTS? A board-certified physician will review your scan, interpret the results, and send the analysis to your doctor. Your doctor will review your results and contact you approximately ten days after your test. Your doctor may arrange for additional tests or treatments, if needed.

WHAT WILL THE TEST REVEAL? The test compares your bone mineral density to that of a young adult at peak bone strength. It also compares your results to others of the same age and ethnicity.

The difference between your bone density and a young adult’s is your “T-score.” Scores fall into one of three categories:

- Normal**.....above **-1**
- Osteopenia**..... **between -1 and -2.5**
- Osteoporosis**.....**below -2.5**

Your doctor combines your T-score with your personal medical profile to make a diagnosis, including your risk of fracture.

Just as high cholesterol cannot predict a heart attack, a diagnosis of osteoporosis *cannot predict a bone fracture.* Instead, it means that *your risk of having a fracture* is higher than that for normal bones.

Your doctor will work with you to suggest exercise, changes in diet, or medicines to prevent osteoporosis and/or reduce your risk of fracture.

WHAT NEXT? Bone density tests repeated every year or so are useful in monitoring your rate of bone loss and the effects of any treatment. Your doctor may suggest follow-up tests to track change over time.

Please present this form when you come in for your test.

TEST REQUEST

HMF BONE DENSITY TESTING CENTER
626/397-8323

PATIENT’S NAME

REFERRING PHYSICIAN

PHYSICIAN’S TELEPHONE

Appointment Day: M Tu W Th F

Appointment Date: ____/____/____

Appointment Time: _____ AM PM

Test Requested

Lumbar spine and proximal femur are part of the routine exam.

Bone density

Indications (check all that apply)

On osteoporosis medication:

Corticosteroid therapy

Postmenopausal

Osteoporosis

Hypothyroid

Hyperparathyroid

Previous fracture

Location: _____

Malabsorption

Androgen deficiency

Other: _____

PHYSICIAN’S SIGNATURE



WELCOME

TO SCHEDULE YOUR TEST

Please call **626/397-8323** between 9 a.m. and 5 p.m., Monday through Friday for an appointment.

Please do *not* wear items that will interfere with your scan such as metallic jewelry or metal or plastic zippers, belt buckles, buttons, or rivets.

Remember, if you are pregnant, you should *not* undergo this test.

ADDRESS

HMF Bone Density Testing Center
55 East California Blvd., Ste 204
Pasadena
626/397-8323
Fax 626/792-3611

DIRECTIONS

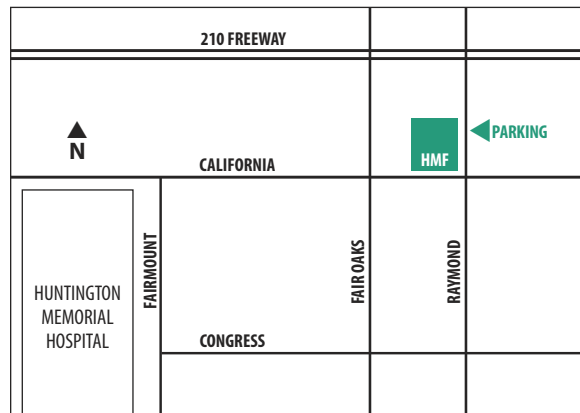
From the 210: Exit south on Fair Oaks. Turn left on California, and left again on Raymond to enter the parking structure.

From the 110: When the freeway ends and becomes Arroyo Parkway, continue to California and turn left. Turn right on Raymond to enter the parking structure.



PARKING

The parking lot entrance is on Raymond. Park on the second level and enter through the glass doors.



OSTEOPOROSIS RISK FACTORS

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

PATIENT GUIDE

Bone Density Testing Center



- *A bone density scan is a fast, easy and painless way to evaluate the condition of your bones.*