



Bone density scan

Most women start to see a decrease in bone strength and mass after the age of 30. This can eventually lead to osteoporosis, a condition where bones become brittle or weak. Osteoporosis was once considered an unavoidable part of aging. But today, we can detect signs of osteoporosis through a bone density scan.

When to have a bone density scan

The National Osteoporosis Foundation recommends a bone density scan for women who are:

- ▲ Age 65 or older
- ▲ Postmenopausal with more than one risk factor or with a previous bone fracture
- ▲ Considering osteoporosis therapy
- ▲ Taking prolonged hormone replacement therapy

How to prepare for your scan

To prepare for your exam, please make sure of the following:

- ▲ You have not had an imaging procedure where contrast media was utilized within the past three days.
- ▲ You have not consumed calcium or mineral supplements 24 hours prior to your appointment.
- ▲ You are wearing clothing that does not have metal or zippers. If this is not possible, you will be provided with a hospital gown.

What to expect during your scan

Before the test, your trained technologist will enter your name, age, weight, gender and ethnicity into the computer to help match your results to a reference group. During the scan, you'll lie on a large exam table. The actual scan takes 15 minutes.





What to expect after your scan

A radiologist will read your test, and the results will be reported directly to your doctor.

Osteoporosis risk factors

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

Ready to care for you

If you have a bone health condition, our team offers complete care that's tailored to fit your needs. No matter the diagnosis, we're ready to help you get back to Better.



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[BSWHealth.com/BreastImaging](https://www.bswhealth.com/BreastImaging)