



Osteoporosis affects both
men and women worldwide



1 in 3
women
aged over 50
will experience
osteoporotic
fractures



as will
1 in 5
men
aged over 50^{1,2,3}

Get more information at the world's largest non-governmental organization dedicated to the prevention, diagnosis and treatment of osteoporosis:

International Osteoporosis Foundation
www.iofbonehealth.org

1. Melton LJ, 3rd, Atkinson EJ, O'Connor MK, et al. (1998) Bone density and fracture risk in men. J Bone Miner Res 13:1915.
2. Melton LJ, 3rd, Chrischilles EA, Cooper C, et al. (1992) Perspective. How many women have osteoporosis? J Bone Miner Res 7:1005.
3. Kanis JA, Johnell O, Oden A, et al. (2000) Long-term risk of osteoporotic fracture in Malmo. Osteoporos Int 11:669.
4. <https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968>.



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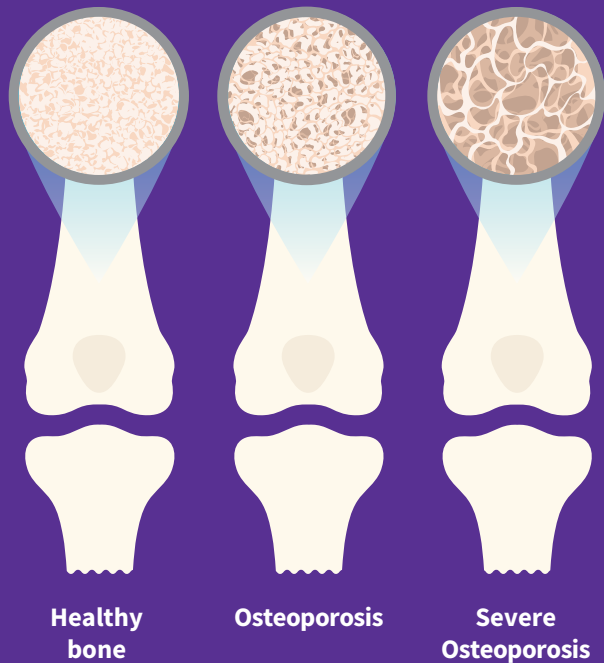
My Bone Densitometry Test

A bone densitometry test, also known as a DXA scan, is a low-dose X-ray scan of your body to measure bone mineral content and density.

This painless test helps in assessing your risk of fracture and in the diagnosis of osteoporosis.

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OSTEOPOROSIS STAGES



Like other organs in the body, bones are constantly changing. Around the age of 30, bones reach their peak strength and then gradually become weaker with age.

Osteoporosis is a condition where bones become abnormally weak to the point of breaking.

Often, symptoms do not occur until a great deal of bone strength is lost, which can result in a fracture, most often at the hip, back or wrist. Visible symptoms may include loss of height, along with curvature of the upper back.

Important risk factors

A number of factors can increase the likelihood of developing osteoporosis – including age, race, lifestyle, some medical conditions and treatments.⁴

- Sex. Females are at higher risk than men
- Age. Your risk increases as you get older
- Race. Those of asian and caucasian descent are at higher risk
- Family history of osteoporosis
- Small body frame size
- Low hormone levels (estrogen or testosterone)
- Thyroid and adrenal gland problems
- Eating disorders
- Low calcium intake
- Gastrointestinal surgery
- Certain steroids and medications
- Cancer and other medical conditions including: Celiac disease, kidney or liver disease, IBD, rheumatoid arthritis
- Sedentary lifestyle
- Regular tobacco use
- Excessive alcohol consumption

What is involved in a bone densitometry test?

A bone densitometer uses low amounts of X-ray* to produce images of the spine, hip, or the whole body in order to measure bone mineral. It is also referred to as a “dual energy X-ray absorptiometer,” or DXA.

What information will the test provide?

A bone densitometer helps in assessing your risk of fracture and in the diagnosis of osteoporosis.

Your score, combined with other risk factors, will be used to estimate your risk of fracture.

In addition to assessing your fracture risk, subsequent testing can be useful for monitoring changes to bone mineral density over time.



*** Important:** Although DXA produces very low X-ray dose, please inform the technician in advance if you are pregnant or may be pregnant.