

Osteoporosis Testing

According to the American Academy of Orthopaedic Surgeons, approximately 10 million Americans have osteoporosis, placing them at increased risk for fracture. Most people with osteoporosis do not know they have the disease until they suffer a fracture.

What is osteoporosis?

Osteoporosis is a condition characterized by progressive loss of bone density, thinning of bone tissue and increased vulnerability to fractures.

How is it diagnosed?

DXA (Dual-energy X-ray Absorptiometry), the “gold standard” for bone density testing, is the most accurate way to assess bone mass.



Facts:

- Women are more at risk during menopause.
- More than 2 million men suffer from osteoporosis.
- Inadequate calcium intake can increase bone loss.
- Slender build, smoking, alcohol consumption, family history and certain medications increase a person’s risk for osteoporosis.

Osteoporosis is preventable and treatable but early diagnosis is key! A healthy lifestyle is also important to keeping bones healthy and strong.

Prevention strategies include:

- Not smoking
- Limiting alcohol consumption
- Getting enough calcium and Vitamin D
- Weight-bearing and resistance exercises like walking, jogging, weight training, cycling

Building strong bones — especially before the age of 30 — can be the best defense against developing osteoporosis.

It is never too late to protect your bone health!



Though the bulk of your diet should be vegetables, fruit, protein and grains, it is also important that most adults get 1,000 to 1,200 milligrams of calcium in divided doses along with 600 to 800 IU's of Vitamin D daily.*

*Recommended Daily Allowance (RDA) depends primarily on your age.

Good sources of Calcium:

- Milk, cheese, yogurt
- Vegetables: collards, broccoli, kale
- Other: vegetable lasagna, cheese pizza, calcium-fortified orange juice

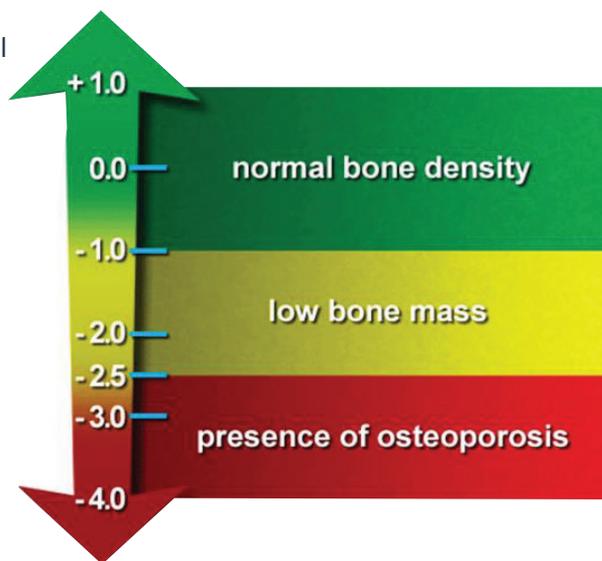
Good sources of Vitamin D:

- Salmon and other fatty fish
- Eggs (whole)
- Liver
- Beef

Be Sure with a T-score

The results of your bone mineral density or DXA (Dual-energy X-ray absorptiometry) scan are commonly reported as a T-Score.

- The T-score compares your bone density to that of an average adult woman.
- "Average" bone density is rated as "0".
- T-scores below the average have an increased risk of osteoporosis.
- The lower the T-score, the higher the risk of fracture.



A Z-score May Be Right for You

For premenopausal females, males younger than 50 and especially children, Z-scores, not T-scores, are preferred.

- Z-score of -2.0 or lower is defined as "below the expected range for age."
- Z-score above -2.0 is defined as "within the expected age range."

Follow-up Imaging

For optimal comparison, we recommend that any additional imaging be performed at the same facility.

For more information, visit:

<http://www.RiaInvision.com/conditions/osteoporosis.aspx>
<http://www.bones.nih.gov>

Or call: 800-624-BONE (2663)

Invision Sally Jobe offers DXA scans at the following locations:

ISJ-Castle Rock

1175 S. Perry St.
 Castle Rock, CO 80104

ISJ-Centrum DTC East Tower

8200 E. Belleview Ave., Suite 200E
 Greenwood Village, CO 80111

ISJ-Cherry Creek*

3300 E. 1st Ave., Suite 490
 Denver, CO 80206

ISJ-Golden/Lakewood

400 Indiana St.,
 Suites 120 and 130
 Golden, CO 80401

ISJ-Hampden Place

401 W. Hampden Place, Suite 40
 Englewood, CO 80110

ISJ-Presbyterian/St. Luke's

2055 High St., Suite 180
 Denver, CO 80205

ISJ-Sky Ridge*

10107 RidgeGate Pkwy.,
 Suite 110
 Lone Tree, CO 80124

ISJ-Southwest Healthpark*

6169 S. Balsam Way, Suite 170
 Littleton, CO 80123

*Also provides DXA body composition analysis scans

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