

Preparing for your exam...

No fasting or special diet is required. Please **do not take** calcium supplements, including minerals or multivitamins, TUMS or Pepto Bismol on the day of your exam.

What you should wear. For your own comfort, please wear loose, relaxed clothing. Any metal worn at the hip or spine or on the forearm must be removed prior to your imaging.

Your appointment

Date _____

Time _____

Please call 907-1682
or toll-free 1-877-907-0886 if you should
need to reschedule your appointment

How to find us...

We are located in **Building 2** at **St. Joseph Healthcare Park**, 900 Broadway in Bangor, approximately 1.5 miles north of St. Joseph Hospital. Look for the large red entrance sign directly across from Hobart Street.



Hours: Monday through Friday 8 a.m. - 4:30 p.m.

Questions and Answers About Your Bone Density Exam



Regional Breast Care Center Bone Densitometry Department



st. Joseph healthcare

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About Your Bone Density Exam

A bone density exam, sometimes referred to as a DXA scan (Dual Energy X-Ray Absorptiometry) is used to detect osteoporosis, a condition that causes bones to become fragile and prone to fracture. This debilitating condition affects more than 28 million Americans, 80% of whom are women.



The exam measures bone mineral density (BMD) in your spine, hip or wrist, provides information about bone health and helps to predict the risk of fractures. It usually takes less than 30 minutes lying still on your back on a padded table. This test, unlike a bone scan, does not involve injections of any kind.

Why should I have this test?

Throughout our lives, our bones are constantly changing. In our younger years, new bone is added faster than old bone is removed. After age 35, however, bone loss exceeds bone replacement. If new bone is added too slowly or old bone is lost too quickly, bones weaken and the risk of osteoporosis increases. Osteoporosis is most commonly associated with menopause. Reduced estrogen levels that accompany menopause result in the rapid loss of bone mass, thereby increasing the likelihood of fractures.

Osteoporosis risk also increases with many other health issues, such as use of certain medications, history of smoking and some eating disorders.

Identifying bone loss early enables physicians to develop a plan that will address the specific bone needs of individual patients. Please ask your physician for more information.



Who performs my test?



The test is performed by a health care professional who is a Registered Technologist Radiographer and Certified Densitometry Technologist.

The DXA report sent to your health care provider includes a computerized printout of

the scan, as well as an interpretation by the radiologist.