

Bone Density Testing is strongly recommended if you:

- Are a post-menopausal woman and are not taking estrogen
- Have a personal or maternal history of hip fracture or smoking
- Lost height or weigh less than 127 pounds
- Are a man with clinical conditions associated with bone density loss
- Use medications that are known to cause bone density loss
- Have a family history of Osteoporosis
- Have a thyroid condition such as hyperthyroidism
- Have experienced a fracture after only a mild trauma
- Have x-ray evidence of vertebral fracture or other signs of osteoporosis.



For your convenience, Ohio Medical Group has DXA bone density testing equipment onsite in the Westlake Office.

OMG Locations

Avon Lake

32730 Walker Rd.
Building J
Avon Lake, Ohio
44012-2235

Elyria

10325 Dewhurst Rd.
Elyria, Ohio 44035

Medina

3457 Medina Rd.
Medina, Ohio 44256

Olmsted Falls

26908 Cook Rd.
Olmsted Township, Ohio
44138

Rocky River

20006 Detroit Rd., #101
Rocky River, Ohio 44116

Sandusky

703 Tyler St.
Suite 250
Sandusky, Ohio 44870

Southwest Office

7255 Old Oad Boulevard
C-408
Middleburg Heights, Ohio
44130-3329

Sports Medicine Center

1997 Healthway Dr.
Suite 203
Avon, Ohio 44011

Uro Gynecology Center

2211 Crocker Rd.
Suite 170
Westlake, Ohio 44145

Westlake

29325 Health Campus Dr.
Suite 3
Westlake, Ohio 44145



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WHAT TO KNOW

Bone Density Testing

What is Bone Density Testing?

The Bone Density Test most commonly recommended by doctors is the Dual Energy X-ray Absorptiometry (DXA) test. This test is similar to other x-ray tests but is designed to measure the mineral density of your bones. DXA is quick and painless, like other x-ray tests. Measurements are most often taken from the lower spine and hips; sometimes more portable devices are used to measure the wrist, heel or fingers as a screening procedure.



A Bone Density Test can:

- **Detect osteoporosis before a fracture occurs**
- **Predict your chances for fracture in the future**
- **Determine your rate of bone loss and/or monitor the effects of treatment if the test is conducted at intervals of a year or more**



Preparing for your Bone Density Test

On the day of your exam you can eat and drink normally but do not take any calcium supplements 24 hours before the exam. Wear loose, comfortable clothing like sweat pants and a T-shirt but avoid metal items such as zippers, snaps, buckles, buttons or jewelry.

The test will take only 10-20 minutes. It is painless, just relax on a cushioned table while a scanner arm passes over your body. The test will calculate a “T-score,” which your doctor will review with you during your follow up visit.

The “T-score” is based on a scale that compares your bone density to that of any average young adult of the same gender. “Average” bone density is rated “0.” Your “T-score” indicates how close your bone density is to that average.

Important Facts About Osteoporosis

- **Osteoporosis is not a natural part of aging; it is preventable through healthy living and early monitoring of bone density.**
- **While it often thought of as an older person’s disease, it can strike at any age.**
- **Significant risk has been reported in people of all ethnic backgrounds.**
- **20% of those affected by osteoporosis are men.**
- **50% of women and 25% of men over age 50 will have an osteoporosis related fracture in their remaining lifetime.**
- **Osteoporosis is often called a “silent disease” because bone density loss occurs without symptoms. People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a fracture or a vertebra to collapse.**
- **Women can lose up to 20% of their bone mass in the 5-7 years following menopause, making them more susceptible to osteoporosis.**