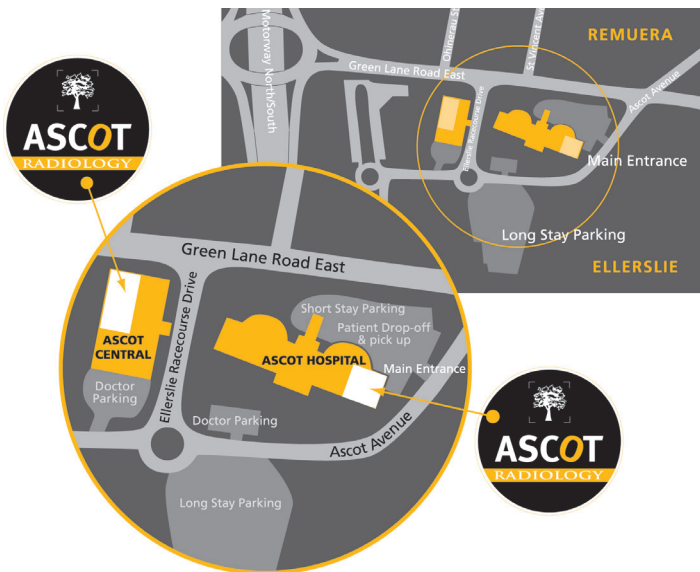


**TO MAKE AN APPOINTMENT FOR A DEXA SCAN**  
 please phone 520 9550. Ascot Radiology office hours are  
**9am to 5pm Monday to Friday.** The DEXA scanner  
 is located at our **Ascot Central** rooms.



### ASCOT RADIOLOGY LIMITED

#### Ascot Integrated Hospital

90 Green Lane Road East, Remuera, Auckland 1050

#### Ascot Central

7 Ellerslie Racecourse Drive, Remuera, Auckland 1050

**Postal Address:** PO Box 28 268, Auckland 1541

**Tel:** 09 520 9550 **Fax:** 09 520 9551

**Email:** mailbox@ascotrad.co.nz

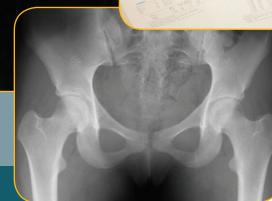
www.ascotrad.co.nz

FOR MORE INFORMATION, VISIT OUR WEBSITE:

[www.ascotrad.co.nz](http://www.ascotrad.co.nz)



## DEXA BONE DENSITOMETRY



# WELCOME TO ASCOT RADIOLOGY

## WHAT IS OSTEOPOROSIS?

- Osteoporosis is a condition of reduced bone mass which occurs without symptoms.
- It is often diagnosed by x-rays taken for a different reason, or at the time of a fracture.
- 56% of women and 29% of men over the age of 60 will suffer a fracture caused by osteoporosis.
- Osteoporosis can be effectively treated. Current therapies can reduce the fracture risks by about 50%.

## WHO IS AT RISK?

- Post-menopausal women.
- Oestrogen deficient pre-menopausal women.
- Patients with certain medical conditions.
- Patient taking steroids or anti-convulsant medicines.
- Older men.

## ARE THERE ANY OTHER RISK FACTORS?

- **Race:** Those with European or Asian ancestry have a higher risk.
- **Diet & exercise:** These influence the amount of bone developed up to the age of 20.
- **Anorexia and excessive exercise:** These upset the normal hormonal balance in girls so that they cease to menstruate. The lack of hormones can cause osteoporosis.

## HOW DO YOU REDUCE THE RISK?

- **Eat a balanced diet** high in calcium (i.e. dairy foods).
- **Sunshine:** 30 minutes a day outdoors in sunlight will provide enough vitamin D for bone health.
- **Exercise:** Physical exercise increases bone density.
- **Limit alcohol.**
- **Don't smoke.**

## WHAT IS BONE DENSITOMETRY?

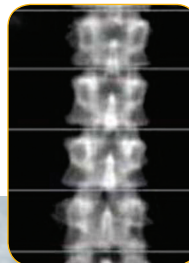
- It is a **very low dose** x-ray which assesses the amount of minerals in our bones.
- Ascot Radiology uses a Lunar IQ DEXA (dual x-ray absorptionmeter) machine which is internationally accepted as being the gold standard for osteoporosis assessment.
- DEXA is highly reproducible. Accurate measurements show the difference in bone density between scans and any changes in the response to therapy.

## HOW LONG DOES A DEXA SCAN TAKE?

The scan takes approximately 20 minutes to complete.

## WHAT IS INVOLVED WITH THE SCAN?

- A questionnaire relating to risk factors is completed prior to the scan.
- The patient changes into a gown and lies on the DEXA bed. The scanner is positioned on an arm that extends across the bed. This arm moves over the patient during the scans, without touching the body.
- Scans of the lumbar spine and hip are routinely performed, as these are clinically important fracture sites for osteoporosis.
- Scans are reported by Dr Stella Milsom, a highly experienced endocrinologist.



LEFT: A COMPLETED DEXA SCAN OF THE LUMBAR SPINE  
BELOW: POSITIONING FOR A LUMBAR SPINE DEXA.

