

Bone Density Examinations

Bone mineral density examinations, or BMD's are used to assess the mineral content of the skeleton.

This is useful for evaluating:

- Risk of osteoporosis and fracture risk
- Response to medication used to treat osteoporosis
- Bone loss due to chronic conditions such as thyroid disorders, long term steroid use, etc.
- Bone loss due to natural causes such as aging, menopausal changes, low body mass, ethnicity, gender etc.

The bone mineral content is evaluated using a low dose X-ray scan of the lumbar spine and hip areas. The results of the scan are plotted on a graph to track the progression of your bone density over time and compare your results to the average bone density for your age group.

In order to prepare for your examination:

- You should not take any calcium supplements for 24 hours prior to the exam.
- Please bring your requisition and Health card as your appointment may be re-booked without it.
- You should not wear any clothing with metal snaps, zippers or buttons.
- You should inform the Technologist of any metal implants or hardware you have around your hips or spine.
- You cannot have had a nuclear medicine test or x-ray exam with barium or contrast dye in the last 10 days.
- You should bring a list of all prescription medications that you are currently taking.
- The weight limit for the scanner is 300lbs.

Safety Information about BMD exams

The technology used at the G&M Hospital to evaluate Bone Density is called DEXA or Dual Energy X-ray Absorptiometry.

The scanner uses two very low dose X-ray energies to measure the amount of mineral content in the bones.

The amount of radiation exposure from a bone density exam is the same as approximately 3 days of normally occurring background radiation.

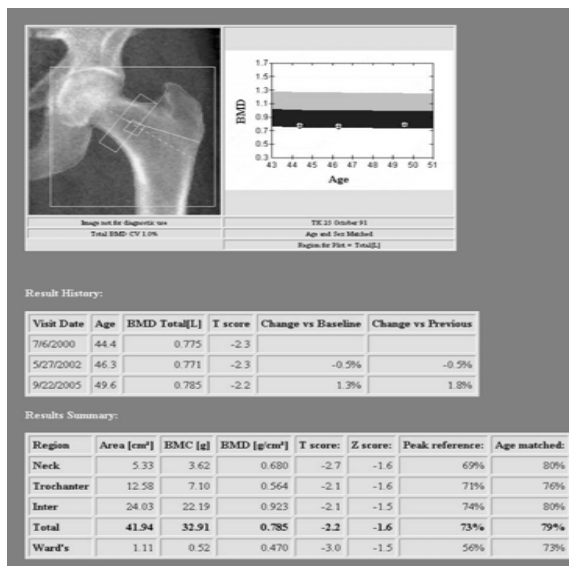
Even though bone density testing is extremely safe, this procedure is not recommended for patients who are pregnant.

Bone Density Measurements

The first time you come for a bone density exam is called your baseline BMD.

This will tell your doctor if your bone density is normal for your age or lower than the normal range.

If appropriate, your doctor may recommend that you return for bone density exams periodically to monitor your condition. Over time, we can see if your bones are increasing or decreasing in density in response to medications, aging or other factors.



WE CARE WHAT YOU THINK

Date: _____ Area/Dept: _____

While at the Collingwood General & Marine Hospital

	Always	Sometimes	Never	N/A
1. I was cared for promptly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Staff were courteous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I received satisfactory answers to my questions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I participated in decision making about my care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. My privacy was respected	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. My dignity was maintained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I was provided with follow up or discharge instructions related to my visit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. The department where I received care was clean.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Overall, I feel my care at the Collingwood General & Marine Hospital was:				

Excellent Very good Good Fair Poor

We strive to make your visit to the G&M Hospital as safe as possible. Please use the following measures to do your part:

1. We are a scent free environment; refrain from wearing perfume, cologne or any scented products before arriving for your appointment or visiting patients.
2. Cover your cough! If you are experiencing respiratory symptoms, please request a mask from any of our registration areas and wear it while on the premises.
3. Hand washing protects us all from the spread of infectious diseases. There is hand cleansing gel available in all areas for your use.