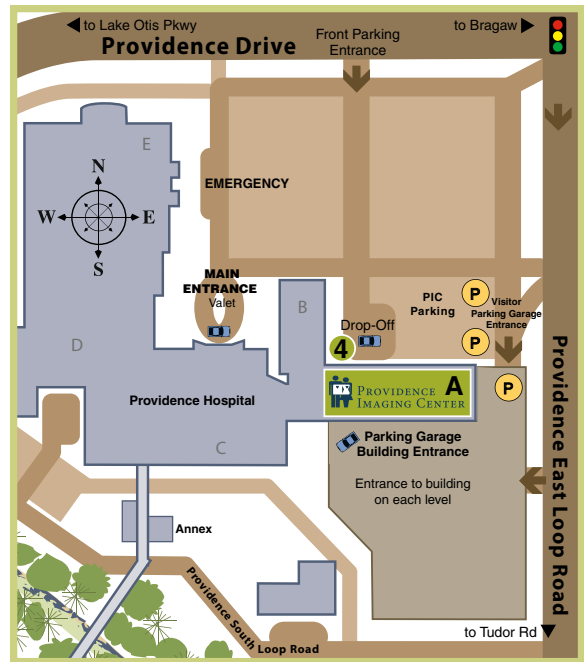


Key Contact Information

DXA Scan/
Bone Density Scheduling 907.212.3151
Pre-Registration 907.212.3151
File Room 907.212.3144
*(Please provide 24-hour
notice for copy of report)*
Toll-free 888-458-3151



Follow street signs to Entrance 4. We are in Building A.



PROVIDENCE IMAGING CENTER

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Your Guide to Bone Densitometry



Osteoporosis affects millions, costs billions.

Osteoporosis—a potentially painful and crippling disease—affects 27 million American women. While some bone loss can be expected as part of the normal aging process, osteoporosis is a serious disease. It occurs when bone loss is so severe it causes bones to become porous, brittle and likely to break. Half of all Asian and Caucasian women past menopause have or are at risk to develop osteoporosis.

Osteoporosis is often called the “silent disease,” because it doesn’t produce symptoms until a fracture occurs. The bones most likely to break are the hip, spine, and forearm. A woman’s risk of hip fracture alone—the most painful and debilitating of osteoporotic fractures—equals her combined risk of developing breast, uterine or ovarian cancer.

In short...the prevalence of osteoporosis has reached epidemic proportions, with related costs to our healthcare system exceeding \$14 billion annually. The personal consequences of untreated osteoporosis may be loss of independence, pain, deformity, or disability.



Healthy bone is
dense and strong.



Osteoporotic bone is
porous and more
likely to break.

Am I at increased risk of having osteoporosis?

Your chances of developing osteoporosis are greater if you are female and answer “yes” to any of the following questions:

Are you...?

- Light skinned
- Thin or small framed
- Approaching or past menopause
- Milk intolerant or have a low calcium intake
- A cigarette smoker or drink alcohol in excess
- Taking thyroid medication or steroid-based drugs for asthma, arthritis or cancer

Do you have...?

- A family history of osteoporosis
- Chronic intestinal disorders
- A sedentary lifestyle



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A quick, convenient and painless method
of assessing your risk of fracture

The Good News

Osteoporosis is preventable and treatable.

Today, health care providers are better able to detect and treat bone loss in its earliest stages. This can help prevent the disease or lessen its impact. Also, several drug therapies now on the market have been shown to be effective in slowing down or reversing the bone-loss process.

The diagnosis and treatment of osteoporosis begins with an objective measurement of your current bone status.

Bone Densitometry

Bone densitometry, using an advanced technology called DXA (short for dual-energy x-ray absorptiometry), safely, accurately and painlessly measures bone mineral density. Bone densitometers with an additional capability called Instant Vertebral Assessment™ or IVA, may also produce an x-ray of the entire spine for the assessment of vertebral (spine) fractures.

IVA is basically a rapid (10-second), low-dose x-ray scan of the spine, taken in combination with a standard bone density test. With IVA, existing vertebral fractures can be seen, which may indicate the need for more aggressive treatment.

During a comprehensive examination with DXA, you lie comfortably still on a padded table while the DXA unit scans two or more areas, usually the fracture-prone hip and spine. We also have the ability to scan the forearm if unable to obtain spine or hip scans. Unlike typical x-ray machines, radiation exposure during bone densitometry is extremely low—less than the radiation exposure during a coast-to-coast airline flight. The entire process takes only minutes to complete, depending on the number of sites scanned. It involves no injections or invasive procedures, and you remain fully clothed. DXA is a fast, convenient and precise way to measure bone density and to help determine your risk of developing osteoporosis and future fractures.

Bone Densitometry Using DXA

- Simple, proven x-ray method
- Safe, low radiation
- Helps determine whether you are at high, increased or low risk of fracturing a bone
- Fast and comfortable...only takes minutes
- Easy...patient remains clothed
- Painless...non-invasive, no injections
- If IVA Scan is done, reveals existing vertebral fractures

Preparing for Bone Densitometry Scanning

- Unless instructed otherwise, eat normally on the day of the exam; but avoid taking calcium supplements the day of your exam.
- Wear loose, comfortable clothing. Sweat suits and other casual attire without zippers, buttons, grommets or any metal are preferred.
- You should not have had a barium study, radioisotope injection, oral or intravenous contrast material from a CT scan or MRI within seven days prior to your DXA test.

How DXA Bone Densitometry with IVA Works



1. The Equipment

DXA is a fast, convenient and precise way to measure bone density to help determine a woman's risk of developing osteoporosis and future fractures.

2. Bone Density and IVA Scans

Most common examination sites are fracture prone hip and spine. Bone Mineral Density (BMD) is calculated and compared to normal BMD values, matched for age and sex. If an IVA is indicated, you are then positioned for a 10-second IVA scan of the spine.

3. The Reports

The DXA system produces test results instantly. Along with information you provide about your family and medical history, lifestyle and diet, the data and image derived from the scans will be used by your health care provider to help determine whether you are at high, increased or low risk of fracture. Based on this information, he or she can decide whether you would benefit from additional therapy.

