



Bone Density Scan (DXA or DEXA)



Overview

This is a type of x-ray that measures your bone density. Your doctor may recommend it if you're at risk for osteoporosis (that's a weakening of your bones). This scan is a quick and easy way to check for signs of bone density loss.

The Scan

To have the scan, you lie comfortably on a padded table. The x-ray device passes over your body. Your doctor may want to measure bones in your lower spine, your hip and your forearm. Don't worry, you're only exposed to a very small amount of radiation during the scan. You'll need to stay still during the scan so the machine can get clear images.

Results

After the scan, your images are carefully reviewed. If you have signs of bone density loss, your healthcare provider can recommend a treatment plan that's right for you.