HEALTHY BONE   WEAKENED BONE
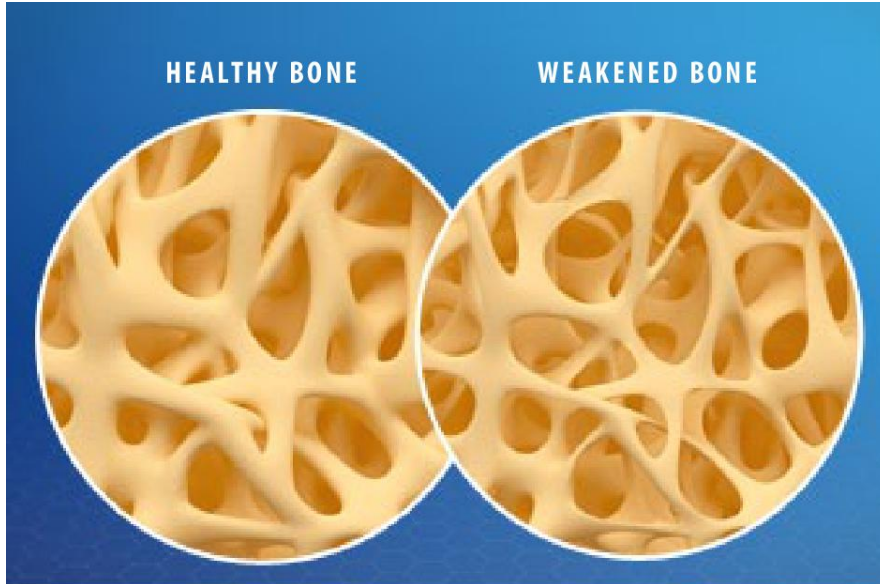

Overview

As you get older, your risk for osteoporosis increases. That's a disease that makes your bones thin and weak. A screening procedure called a "bone density test" shows if you have osteoporosis. It shows if you are likely to develop it. Or, if you are being treated for osteoporosis, it can show if your treatment is working.

Types of Scans

There are a few ways to measure your bone density. It can be done with x-rays or with ultrasound. The most accurate test is called the "DXA," or "DEXA" scan. That can measure the density of the bones of your spine, hip, or your entire skeleton. Other types of scans may look at smaller bones, like your finger bones, wrists, kneecaps or heels. All of these scans can give your doctor good information about your health.

Conclusion

After your scan, your doctor can talk to you about your results. If you have osteoporosis or are at a high risk for it, you may benefit from diet or lifestyle changes. Medications may help, too. Your healthcare provider can create a plan that is right for you.