



# BONE HEALTH PROGRAM

Healthy bones are the foundation of a strong body. Providing a framework for connecting tendons and ligaments, as well as protecting organs, healthy bones should be able to withstand low-impact forces. However, due to your injury, it is recommended that you undergo an evaluation to screen for underlying causes that may have contributed to your injury.

Many associate a loss of bone strength with age; however that is not the only factor. Bone strength can be affected by gender, age, size, physical activity, calcium intake, medications, and even social history. For these reasons, your provider feels that this assessment is right for you. Our bone health specialists will work with you and your doctor to determine the best treatment available to improve your bone strength and decrease the risk of future fractures and injuries.

The leading cause of injury to those over the age of 65 is falls due to a loss of balance and potentially weak bones. Falls can cause bruising, dislocations, fractures, and even head injuries. All of these conditions, along with visits to the emergency room, hospital stays, surgeries, and loss of function and independence, can be mitigated by improving your bone health. Needless to say, it is worth investing in your total bone health.

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## What Can I Expect During This Evaluation?

Prior to your in-office Bone Health evaluation, you will be asked to have a DEXA scan to determine your bone mineral density. A DEXA Scan (or dual-energy x-ray absorptiometry) is an advanced form of x-ray technology that is used to measure bone loss by calculating your bone mineral density (BMD). This is a painless test that takes less than 15 minutes. Once ordered by your provider, we will contact the imaging facility directly to coordinate your DEXA scan and Bone Health Appointment.

*Please note: If you have had a DEXA scan within the past two years, be sure to let your doctor know as you may not need a repeat study. If you have a history of hip or spine surgery, please inform your provider prior to having the DEXA scan ordered.*

## DEXA Scan Preparation

On the day of your scan, you may eat normally. You should not take calcium supplements for at least 24 hours before your exam.

Wear loose, comfortable clothing, avoiding zippers, belts, or buttons made of metal. You may be asked to wear a hospital gown during the exam and to remove jewelry, removable dental appliances, eye glasses, and any metal objects or clothing that might interfere with the x-ray images.

*Please note: Inform your doctor if you recently had a barium examination or have been injected with contrast material for other exams. You may have to wait 10-14 days before undergoing a DEXA scan. If you are a woman and there is any possibility that you may be pregnant, please inform your doctor immediately. This may pose a radiation hazard to the fetus.*



## Bone Health Evaluation

After your DEXA scan, you will be scheduled with one of our bone health specialists. This appointment will include a review of your medical history and bone mineral density results. In some cases, additional lab tests may be ordered to help identify the underlying cause of your injury.

## OSTEOPOROSIS

Sometimes, a very low bone density measurement can indicate osteopenia or osteoporosis. These indicate a level of bone loss that may require additional treatment or medications to improve bone strength (see our website at [www.sosmed.org](http://www.sosmed.org) for a list of medications that have been approved to prevent and/or treat osteoporosis).

## Results

Our team at SOSMed will help you reach your goals by providing you with a customized plan that that will not only improve your bone health, but your overall health. Treatment can include exercise programs, physical therapy, fall prevention measures, calcium and vitamin D intake, and medication.

Whether you are looking to reduce your future risk of injury or trying to improve your balance and stability, we have the perfect regimen for you.