



National Experts in Osteoporosis

DXA Scanning

- **DXA scanning can also be called DEXA;** Dual-energy X-ray absorptiometry
- A DXA scan is like having an X-ray. It is completely painless, and it is not claustrophobic. You lie on your back for approximately 15 minutes while a bar moves back and forth above you.
- A DXA scan measures a person's bone mineral density, which tells the condition of the person's bone health.
- **NOTE:** The Irish Osteoporosis Society only recommends DXA scanning of the spine and hips for screening and diagnosing bone loss.

What area's does a DXA scan take images of

- The DXA scan measures the bone density in the bones in your spine.
- They all measure the 1st, 2nd, 3rd, and 4th Lumber vertebrae, which are the bones in your lower back, below your belt line.
- It scans one or both hips. The IOS (Irish Osteoporosis Society) recommends both hips, unless you have had a hip replacement.

What is a DXA with an LVA?

A DXA with an LVA (Lateral Vertebral Assessment) is a Lateral view (side view) DXA scan of your low, mid, and upper back. When having a DXA with an LVA, you will be asked to turn and lie on your side.



When should a DXA scan with an LVA be done?

The Irish Osteoporosis Society recommend that a person have a DXA with an LVA if you have any of the following:

- You have been told you have broken bone/s in your back
- You have back pain (intermittent or constant)
- You have lost height (got shorter)
- Your head is protruding forward from your body
- Your shoulders have become rounded and/or a hump has started to develop on your back
- You have a scoliosis, or one has developed
- You have one or two hip replacements
- You are wheelchair bound or bed bound
- Your mobility (walking) is impaired.
- You have a present or past history of an eating disorder
- You have Osteoarthritis, as this can give a false higher reading in the area scanned on a DXA scan report, implying the bones are healthier than they actually are.

DXA scan results

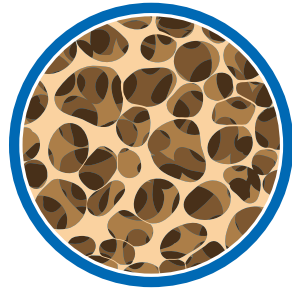
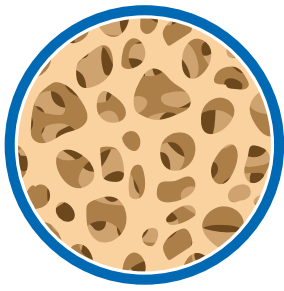
Your DXA scan results will be sent back to the Doctor who sent in your DXA scan referral.

The IOS recommend re-scanning at a minimum of every two years (preferably on the same machine). It is essential that your bone health and response to treatment is monitored.

When you are re-scanned, your new results should be compared to your last DXA scan results, to ensure that you have improved. Your results should not decline, if this happens, why you have declined should be investigated.

DXA scan results explanation

- Mild Osteopenia = T score of -1 to -1.49
- Moderate Osteopenia = T score of -1.5 to -1.99
- Marked Osteopenia = T score of -2 to -2.49
- Osteoporosis = T score of -2.5 or higher
- Severe Osteoporosis = T score of -3 or higher OR A broken bone from a trip and fall or less, unless proven otherwise.



Normal bone



with Osteoporosis

What is Osteoporosis?

Bone is living tissue that is constantly being removed and replaced. You will not feel your bones getting thinner, that is why it is so important to check if you are at risk. Osteoporosis is preventable and treatable in the majority of people. The image directly above shows how Osteoporosis causes large holes to develop in bone, which is why bones break easily.

What is Osteopenia?

Osteopenia is the early stages of Osteoporosis. Research shows that most broken bones (fractures) occur in the moderate to marked Osteopenia range.

Who is at risk of developing Osteoporosis?

It is estimated that 300,000 people in Ireland have Osteoporosis, with only approximately 19% of people with Osteoporosis being diagnosed. It affects females and males of all age groups and can affect children.

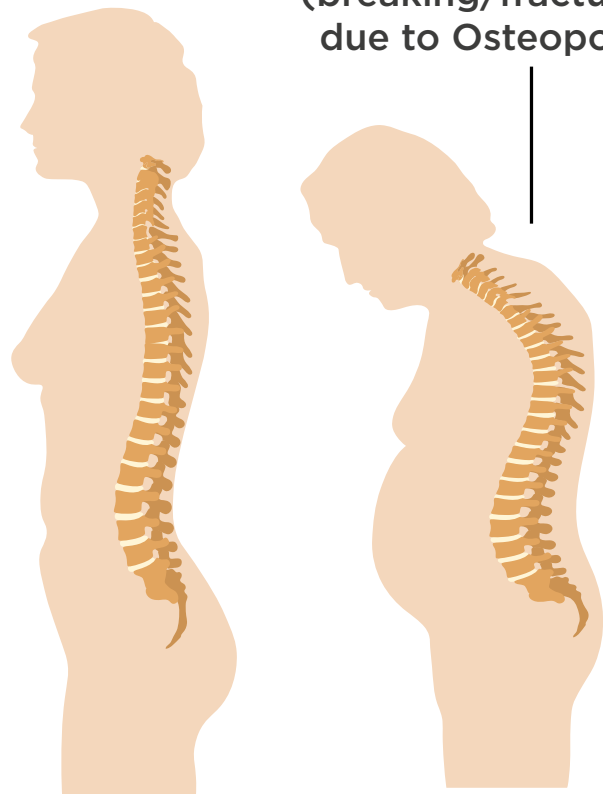
90% of fractured hips are due to Osteoporosis, 7 out of 10 hip fractures happen to women, so please contact us for further information, as we are the National Osteoporosis experts.

Go onto our website and take our 3 minute risk factor test www.irishosteoporosis.ie

Signs and Symptoms of possible undiagnosed Osteoporosis:

1. **A broken bone from a trip and fall or less:** Even if you fall on cement or ice
2. **Loss of height or change in your body shape or size:** Rounded shoulders and/or pot belly developing
3. **Your head protruding forward from your body:** You can not stand in the military position
4. **A Hump developing on your upper back:** It is urgent you get a DXA scan with an LVA done ASAP
5. **Back pain:** 75% with broken bones in their back have intermittent back pain, only 25% have constant pain.
6. **Unexplained broken bones:** Anyone with undiagnosed Osteoporosis can cough, sneeze, stand up from a chair, roll over in bed and break bones.

Bones collapsing (breaking/fracturing) due to Osteoporosis



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