

the *bone mineral*
density test
simple. quick. painless.



The Bone Mineral Density (BMD) test may be one of the most important tests you'll take. That's because it's the best way to tell if you have thinning bones.

It's important to understand what to expect during and after a BMD test so you can take advantage of all the options available to protect your bone health.

Why Women Need a BMD Test.

Millions of women in the United States have thinning bones. In fact, thinning bones affect over half of all women over 50. What's more, it's a 'silent disease,' with no visible symptoms. That means you could have thinning bones and not even know it.

Why Your Doctor Prescribed a BMD Test.

Your doctor may have scheduled your BMD test for a number of reasons. If you're postmenopausal, you may be at increased risk for bone loss. In fact, one third of a woman's lifetime bone loss can occur in the first 5 years after menopause. In addition, if you recently discontinued hormone therapy (HT), significant bone loss can occur within 12–15 months after you stop HT and can continue thereafter. So it's important to monitor your bone health with a BMD test.

The *National Osteoporosis Foundation* (NOF) lists several risk factors that can contribute to thinning bones or osteoporosis. These include family history, Caucasian (white) or Asian descent, thin build, smoking, infrequent exercise, too many daily alcoholic or caffeinated beverages, or too little calcium and vitamin D. Be sure to discuss your risk factors with your doctor.





Take your BMD test and know your T-score.

The BMD Test. Simple. Quick. Painless.

Compared to many tests women take, the BMD test is a breeze. It's a touchless scan, similar to an x-ray, so it's painless. You don't have to undress, so it's simple. And the test is over in just a few minutes, so it's quick. It may be just a matter of lying on the table for a DEXA test while the arm of the machine scans over your body, just like the picture shown above. It's that easy.



Two Types of BMD Test.

- **Peripheral machines** measure your finger, wrist, or heel. These exams are typically used as an initial screening; however, there are some disadvantages. Peripheral tests do not measure the bone density in the hip and spine, which are the areas of concern if they break due to osteoporosis. Also, these tests are not especially sensitive, so they tend to underreport your bone density. If a peripheral test indicates your bones are thinning, you may need a more comprehensive exam called a DEXA test.
- **DEXA tests** measure your hip, spine, or total body. These tests are considered the “gold standard” in measuring your bone health. The DEXA test is a highly sensitive scan, and is more comprehensive than the peripheral machines so results are more accurate. This makes the DEXA scan the best way to tell if you have thinning bones. The test is easy to take; you just lie down and the machine scans over your body in just a few minutes.

You can begin taking steps to reverse bone loss today.

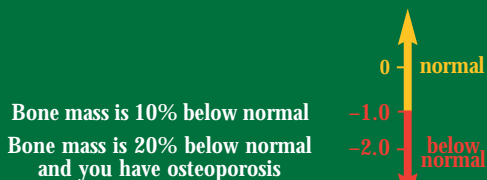
T-score: the Result of Your BMD Test.

The result of your BMD test is called a T-score; you should know your score and what it means. Your T-score compares your bone mass with a population of normal young adult women. The bigger the negative number, the lower your bone mass. For example, a T-score of -2.0 means your bone mass is 20% below normal. The chart below helps illustrate what the T-scores mean (from a DEXA test only).



<u>Your T-score:</u>	<u>What It Means:</u>
0 to -1.0	Bone mass is normal
-1.0	Bone mass is 10% below normal
-1.5	Bone mass is 15% below normal
-2.0	Bone mass is 20% below normal

You are considered osteoporotic if your bone mass is at least 20% below normal. That's why it's important to talk to your doctor about your T-score.



If your T-score is -1.5 or below, you may be a candidate for treatment options that help reverse bone loss. The NOF recommends treatment if your T-score is -1.5 or lower with additional risk factors, and for T-scores of -2.0 or lower without risk factors. See page 1 of this brochure for a list of some common risk factors. Your doctor has information about treatment options for thinning bones; all you have to do is ask.

Follow-Up BMD Tests.

Because bone loss is a natural part of the aging process and tends to accelerate after menopause, it's important to talk with your doctor about monitoring the health of your bones with a BMD test every 2 years. In addition, if you are already taking treatment for thinning bones, a BMD test is a good way to measure your progress. Be sure to talk to your doctor about scheduling follow-up tests.

Take your BMD test and ask your doctor for your T-score. If your T-score is -1.5 or below, you may be a candidate for treatment options that can actually help reverse bone loss. Your bones are counting on it.

T-score Result

Date and time of test _____

T-score result _____

Site tested _____

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monitoring the health of your bones
with a BMD test every 2 years.

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You can begin taking steps
to help reverse bone loss today.

Helping Reverse Bone Loss. This Is An Amazing Age.



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