UNDERSTANDING BONE DENSITY

Your Bone Density Test Results Indicate:

☐ **NORMAL**

☐ **OSTEOPENIA**

Osteopenia means that your bone density is low, but not enough to be called osteoporosis. In osteopenia your bone density is reduced by 10-15% whereas in osteoporosis, the loss is in the range of 25-30%.

☐ **OSTEOPOROSIS**

Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or is left untreated, osteoporosis can progress painlessly until a bone breaks.

PREVENTION AND TREATMENT

Schedule an annual BMD test at Headache and Pain Center.

Eat a balanced diet rich in calcium and vitamin D.
  Non-Dairy food sources of calcium.
    Nuts: *almonds, Brazil nuts, hazelnuts*
    Green Leafy Vegetables: *broccoli, spinach, watercress, curly kale*
    Dried Fruits: *apricots, dates, figs*
    Fish: *mackerel, pilchards, salmon, sardines*
    Tofu and various calcium fortified foods

Participate in weight-bearing and resistance-training exercise 30 minutes daily.
  Examples of weight-bearing exercise:
    Lifting weights, Walking, Hiking, Jogging, Climbing Stairs, Tennis, Dancing
  Examples of non weight-bearing exercises:
    Swimming, Bicycling
  *If you have health problems (such as heart trouble, high blood pressure, diabetes, or obesity) or if you are over age 40, check with your doctor before you begin a regular exercise program.

Eliminate hazards that might cause a fall. Remove small rugs and clutter.

Use good lighting.

Installation of handrails.

Low-heeled footwear and protection of the hip with specially designed pads.

Avoid smoking, excessive alcohol intake and caffeine.

Take Citracal with Vitamin D as directed (2 Caplets Two Times a Day).

Take your prescribed medications as directed.

Bone Mineral Density Test (BMD)

A bone density test using Bone Densitometry (DEXA) can determine if you have osteoporosis or are at risk of osteoporosis before you break any bones.

BMD testing is one of the most accurate ways to assess your bone health.

When repeated over time, it can be used to monitor your rate of bone loss.

It can detect osteoporosis at its earliest stage – osteopenia, so treatment can begin sooner.

If you are being treated for osteoporosis, BMD testing can help your healthcare provider monitor your response to treatment.

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