



## The Perth Radiological Clinic Difference

- > a network of conveniently located community and hospital based locations
- > caring, helpful and professional staff
- > state-of-the-art diagnostic equipment
- > over 60 specialist radiologists, trained to provide you with accurate and reliable results
- > world class digital networking between clinics provides the benefits of second opinions from specialist radiologists, no matter which clinic you attend.

You can now request an appointment online via our website and our staff will call you back to confirm your appointment, please visit our website:

[www.perthradclinic.com.au](http://www.perthradclinic.com.au)

An appointment has been made for you

Clinic \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Time \_\_\_\_\_

Date \_\_\_\_\_



*Leaders in Medical Imaging*  
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A GUIDE FOR PATIENTS

## DEXA (Bone Densitometry)

For information regarding your appointment,  
please see the back of this leaflet.

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# What is a DEXA (Bone Densitometry) Scan?

DEXA (dual energy x-ray absorptiometry) is used to measure bone mineral density (BMD). The technique uses very low dose x-rays and is a safe and painless procedure. The entire procedure lasts approximately 20 minutes. Low bone density or osteoporosis is a major determinant of fracture risk and is common, particularly in women following menopause. Loss of bone density may also be accelerated in conditions affecting the liver and thyroid gland and by certain medications, in particular, steroids. Measurement of the spine and hip is routinely performed and measurement of the forearm may also be undertaken if required.

## Indications for DEXA

1. Measurement of bone density in patients age 70 years and older\*
2. Follow-up of low bone density or fractures with minimal trauma, follow-up of low bone density on therapy\*
3. Prolonged therapy with steroids, early menopause, male hypogonadism\*
4. Measurement of bone density may be indicated in chronic diseases including chronic liver and kidney disease\*

\*Medicare has strict guidelines for the rebate of DEXA examinations. Please check with our staff when making your appointment to confirm if you are eligible for a Medicare rebate.

## Procedure

Patients are asked to arrive at the clinic 10 minutes before their scheduled appointment time to complete a medical questionnaire. You will be required to remove your clothing and put on a gown before the examination commences as any metal objects such as zippers, belt buckles, bra wires and hooks may interfere with the x-ray images and can produce an invalid result. Your weight and height will be recorded before you are positioned lying down on the examination table.

In most circumstances a measurement of bone mineral density will be performed from the lumbar spine (lower back) and the hip. If you have had previous back or hip replacement surgery then another area may be measured. During the back measurement you will be required to have your legs elevated with support but you can then lie flat for the hip measurement with your legs slightly rotated. The arm of the machine will be positioned over the area to be measured and the machine will move the arm gradually over that area. As it moves it will be taking measurements of your bone density. It is important to lie still whilst the machine is operating to avoid blurring the x-ray images. The entire procedure takes approximately 20 minutes to complete.



If a forearm measurement needs to be taken you will be asked to sit in a chair next to the machine and place your arm on the examination table. The machine will measure your arm in the same way it does for back and hip measurements.

All images taken will be analysed by a Specialist Radiologist and a special report will be forwarded to your referring doctor. Please make an appointment with your doctor to discuss your results.

## Are there any side effects?

Side effects from a DEXA scan are incredibly rare. During your examination you will be exposed to a very small amount of radiation. The benefits of detecting disease are believed to far outweigh any potential risks from receiving such a small dose. Perth Radiological Clinic have rigorous protocols to ensure that the radiation dose given is the lowest possible dose to produce diagnostic quality images.

## How long will the examination take?

The whole examination takes about 20 minutes.

Please bring any previous imaging with you on the day of your examination. If you have any questions please do not hesitate to ask us!