

Bone Density Testing Can Help Your Doctor Determine the Health of Your Bones.

- Bone density tests are simple, safe, and painless; most take only a few minutes.
- Low bone density at any site increases your risk for fracture.
- Bone density tests can also monitor your rate of bone loss and response to therapy.

National Osteoporosis Foundation Recommendations

Testing Recommendations:

- All women aged 65 and older*
- All postmenopausal women under age 65 with other risk factors (besides menopause)
- Postmenopausal women with fractures
- Women who are considering therapy for osteoporosis, if bone density testing would facilitate the decision
- Women who have been on hormone replacement therapy for prolonged periods

Therapeutic Recommendations:

- All postmenopausal women with T-scores below -2.0 with no risk factors
- All postmenopausal women with T-scores below -1.5 plus other risk factors

**If you are over age 65 and qualify, Medicare may cover the cost of your bone density test.*

If You're Over 60, You Should Know the Warning Signs of Osteoporosis.

Unfortunately, There Aren't Any.

- The fact is, nearly 40% of women in their 60s have osteoporosis.
- Risk increases with age and varies from person to person. In fact, more than 75% of women over age 80 have osteoporosis.
- Early on, osteoporosis is a silent disease, and the first indicator may be a fracture.

Get the Facts About Osteoporosis and Bone Loss.

Throughout life, your bones go through continuous bone-building cycles, in which old bone is broken down and new bone is formed. Osteoporosis is caused by an imbalance in these cycles where more bone is broken down than is replaced.

Bone mass usually peaks between the ages of 25 and 35; most women begin losing bone after age 35. Bone loss accelerates after menopause. In fact, one third of a woman's lifetime bone loss can occur in the first 5 years after menopause. As bones become thinner and weaker, hip, wrist, and spine fractures can occur.

The good news is, if bone loss is detected early, its effects may be prevented.