

Good hormones
Good health
Good life

What will the results tell me?

A DEXA scan produces a printout in which your bone density is compared to a reference range of young healthy adults with average bone density. The difference between this average and your bone density is then calculated and expressed in terms of standard deviations (SD) or difference from the normal value and you are given a T-score.

T-score	Bone Health
0 to -0.9 SD	Normal
-1.0 to -2.4 SD	Osteopenia
-2.5 SD or less	Osteoporosis

Osteopenia is the name for the category between normal bone health and osteoporosis, when bone is less dense than the average but not low enough to be classed as osteoporosis.

Lifestyle changes such as the adoption of a well-balanced, calcium-rich diet and regular weight-bearing exercise are often recommended for people in this category.

If osteoporosis is diagnosed, suitable treatments will be discussed with you.

Should I have further scans in the future to monitor my progress?

The initial scan will help determine if your bone density is too low and whether you require treatment.

If your bone density is not sufficiently low to require treatment, a repeat scan might be performed after one to five years to monitor any further deterioration. Future bone scans will also be performed to monitor response to treatment.

What is the difference between a DEXA scan and an ultrasound?

Ultrasound is an alternative method of investigating the health of other organs in your body, such as imaging the womb, liver, kidney, gallbladder, spleen, ovaries, bladder, breasts and eyes.

It works by generating sound waves of a high frequency, which are beamed into the body. The echoes of the reflected sound, or the rate and path of transmission of the sound, are used to build up an electronic image or measurement of the structure being examined. Ultrasound does not use radiation.

HORMONE HEALTH

How much does a scan cost?

Please refer to specific clinic locations for prices and contact details: www.hormonehealth.co.uk/ourclinics

Our clinic locations

LONDON

Hormone Health

92 Harley Street
London
W1G 7HU

T: +44 (0) 20 7034 1300

E: enquiries@hormonehealth.co.uk

NOTTINGHAM

Hormone Health

25 Business Park
Bostocks Lane
Sandiacre
Nottingham
NG10 5QG

T: +44 (0) 808 196 1901

E: HormoneHealth@nurturefertility.co.uk

*Please note our clinic is located within
The Nurture Fertility building.*

Useful links

Osteoporosis

+ National Osteoporosis Society
<https://nos.org.uk>

General health

+ Women's Health Concern
www.womens-health-concern.org

+ Women's Wellness Centre
www.womenswellnesscentre.com

+ TEN Clinical
www.ten.co.uk/clinical

www.hormonehealth.co.uk

HORMONE HEALTH

DEXA
Bone
Scanning
Service

Why is there a need for a bone scan?

Osteoporosis is currently diagnosed on a bone density scanning machine when the amount of bone we have, as measured on the scan, is found to be significantly lower than average. The lower our bone density, the higher risk we have of breaking bones.

Bone density scans are only recommended for people who are considered to be at risk of having a fragility fracture.

Higher risk groups include: menopausal women (particularly those with an early menopause or following early hysterectomy and removal of the ovaries); family history of osteoporosis; women who have lost their periods with an eating disorder; women on a steroid therapy; smokers; or those with history of a previous impact fracture.



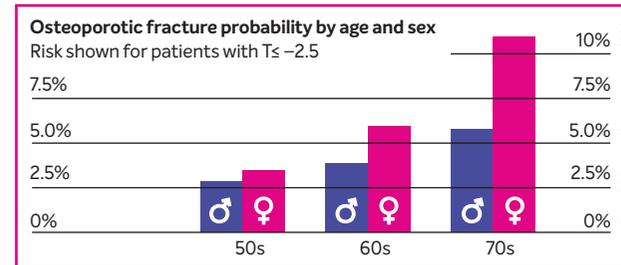
What is osteoporosis?

Osteoporosis literally means 'porous bones'. It occurs when the struts that make up the structure within bones become thin, causing bones to become fragile and break more easily following a minor fall. These broken bones are often referred to as fragility fractures.

Although fractures can occur in different parts of the body, the wrists, hips and spine are most commonly affected. It is these broken bones or fractures which can lead to the pain associated with osteoporosis. Spinal fractures can also cause loss of height and curvature of the spine.

What causes osteoporosis?

The process of building new bone and breaking down old bone is a continuous process. Up to our mid-20s the building cells work harder, providing strength to our skeleton. From our 40s onwards, the demolition cells become more active and our bones gradually lose their density.



Estrogen is an important hormone when it comes to the health of women's bones, and women tend to lose bone density faster in the years following the menopause when estrogen levels start to decrease.

Lifestyle and healthy bones

It is commonly known that calcium and vitamin D are both essential parts of maintaining healthy bones. However, as with our overall health, we need to have a well balanced diet that incorporates a range of minerals, vitamins, and protein from a range of different food groups.

Meals should include a wide variety of foods from the four main groups, including fruit and vegetables; carbohydrates such as good quality bread, potatoes, pasta and cereals; milk and dairy products; and protein such as meat, fish, eggs, pulses, nuts and seeds.

This balance is so important because no single food contains all the essential nutrients the body needs to function well.

Aiming for a healthy body weight along with regular weight bearing exercise, such as walking, Pilates and Yoga important to help maintain the strength of our bones.

The strength of our bones is determined from our early years, so whatever your age or sex, it is vital to make sure that what you eat today will help to keep your skeleton strong for the future. However, for women the need is greater, as the aging effects of the loss of estrogen during the menopause puts them at greater long term risk of osteoporosis.

What is a DEXA scan?

DEXA (Dual Energy X-ray Absorptiometry) bone density scanning is the most commonly used diagnostic technique for osteoporosis.

As osteoporosis causes no symptoms until a bone is broken, it has traditionally been difficult to identify who may have fragile bones before a fracture occurs. Due to advances in technology and the development of bone densitometry (the measurement of bone density), we can now detect osteoporosis prior to any bones breaking. This gives individuals who are at a higher risk of fractures the opportunity to take treatments and adopt lifestyle changes in order to reduce their risk of breaking their bones.

What will happen when I have a scan?

It is a simple, painless procedure that uses very low doses of radiation, which is similar to natural background radiation – less than one tenth of the dosage of a chest x-ray.

A DEXA scan involves lying on a firm couch whilst a scanning arm passes over the body taking an image of the spine and hips.

A DEXA scan will take approximately ten minutes. It is a quick, simple and comfortable procedure.

It does not involve being enclosed in a mechanical tunnel or having any injections.

Usually you will not have to remove any of your clothing, but if there is a significant amount of metal near the hips or along the spinal area, this clothing may have to be removed so it does not affect the scan.

