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Pershing Health System has expanded its health and wellness services with the addition of the Horizon® DXA system from Hologic®. The imaging technology of the Horizon DXA system provides superb image quality of bone density. The DXA test measures the mineral content of the bones in certain areas of the skeleton. As you age it is important to measure bone loss.

PHS Radiology Team

Osteoporosis is a growing healthcare crisis

What is Osteoporosis? The condition occurs when the body gradually loses calcium, causing bone tissue to thin and become fragile. This disease silently weakens your bones, which can make you more likely to experience a bone fracture (broken bone). You can prevent bone density loss with treatments and exercise.

Osteoporosis affects millions of women and men worldwide. 77% of American women with osteoporosis are undiagnosed (and therefore untreated). Fortunately, osteoporosis is detectable and treatable and testing is safe and non-invasive. Medical experts says that this test is the most useful and inexpensive test for helping doctors diagnose osteoporosis.

Ask your provider about a bone density test if you're over 60 or have a family history of osteoporosis. If you already have an osteoporosis or osteopenia (initial

stage of bone loss) diagnosis it is recommended that you get a bone density scan annually. If you have a normal bone density it is recommended that you have a test every other year. A bone density testing may be used to:

- Confirm a diagnosis of osteoporosis if you have already had a bone fracture
- Predict your chances of fracturing a bone in the future
- Determine your rate of bone loss
- See if treatment is working

With the Horizon® DXA system from Hologic®, **Pershing Health System's** patients are able to get an early detection of osteoporosis. The DXA (dual-energy X-ray absorptiometry) scan uses very low-energy x-rays to measure how dense the bones are.