

WHAT IS DEXA?


Dual energy x-ray absorptiometry (DEXA) is a quick, painless procedure for measuring the calcium content or mineral density of your bones. This scan is a reliable test to determine early stages of bone loss associated with osteoporosis—a disease where decreasing bone density makes bones brittle and prone to fractures.

DEXA uses very low dose x-rays to evaluate bone status and predict fracture risk before osteoporosis develops, allowing prevention therapy to be started.

Bone density testing is also used to determine if particular medications are needed to improve bone density or to evaluate the effectiveness of current treatments over time.

DEXA exams are done on an appointment basis at WIS centers in Bellevue and Issaquah. We can normally schedule you for an exam for the next day or the day after. However, you must not have taken calcium supplements within the last 48 hours or had an imaging study involving a contrast agent within the last seven days.

Be assured that throughout your exam, our skilled and compassionate staff and technologists will be dedicated to your care, comfort and safety.



Our DEXA machines are comfortable and fast. Radiation exposure is minimal—comparable to the natural background radiation you experience in one day.

HOW TO FIND US

WIS in Bellevue

Overlake Medical Tower
1135 116th Ave. N.E.
Suite 260
Bellevue, WA 98004
425.688.0100

Southbound

Exit I-405 at N.E. 8th St., eastbound. Merge to the left lane and turn left (north) at 116th Ave. N.E. Go past the next light and turn left at signage toward hospital parking. Turn right into the North Garage. Take the elevator to the street level and walk across the street to the Overlake Medical Tower. WIS is straight ahead down the hall.

Northbound

Exit I-405 at N.E. 4th St. Turn right on N.E. 4th St. and turn left on 116th Ave. N.E. Go past two lights and turn left at signage toward hospital parking. Turn right into the North Garage. Take the elevator to the street level and walk across the street to the Overlake Medical Tower. WIS is straight ahead down the hall.

WIS in Issaquah

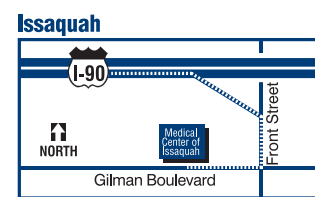
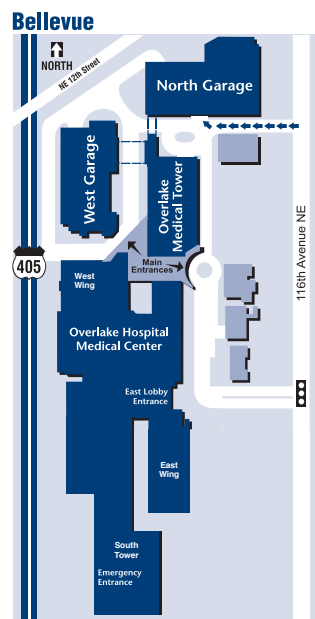
Medical Center of Issaquah
450 N.W. Gilman Blvd.
Suite 105
Issaquah, WA 98027
425.688.0100

Eastbound

Take the I-90 exit #17 and merge south onto Front St. Turn right on Gilman Blvd. Turn right into the Medical Center.

Westbound

Take the I-90 exit #17. Turn left onto Front St. Turn right on Gilman Blvd. Turn right into the Medical Center.



www.washingtonimaging.com

DEXA

IT STARTS WITH A QUESTION

Because your doctor needs more information about your condition to guide your care, you have been referred to Washington Imaging Services for a diagnostic exam.

You are in good hands.

We make your comfort and safety the focus of our concern. As specialists in the latest imaging technologies, we quickly and effectively capture the detailed anatomical images needed for accurate diagnosis and treatment.

Then, one of thirteen board certified radiologists with subspecialty training will interpret your exam and promptly report the results—giving you and your doctor a clearer, more accurate picture of your health.



BONE DENSITY TEST



IMAGING FOR ANSWERS

THE NEED TO KNOW MORE

We understand that diagnostic tests and the reasons for having them may make you feel anxious. This brochure will help answer some of the most frequently asked questions about having a DEXA bone density test.

If you need additional help or information, please call us at **425.688.0100**.

You will also find detailed information on our website at www.washingtonimaging.com.



WASHINGTON IMAGING SERVICES, LLC

Why do I need a DEXA scan?

The National Osteoporosis Foundation estimates 55% of people age 50 and older in the United States have osteoporosis or low bone mass. Of these, more than 14 million men and 30 million women are affected by this condition.

Since osteoporosis usually has no warning signs or symptoms, both men and woman should consider having a bone density test around age 35. This provides an objective baseline against which future bone status can be compared.

Because bone is a living tissue that replaces itself every five to seven years, it is possible to prevent and reverse bone loss.

Who is most at risk for developing osteoporosis?

Risk factors for women include:

- Small thin frame (less than 127 lbs)
- Caucasian, advanced age
- Early menopause
- Removal of ovaries
- Personal history of bone fracture
- Low calcium diet
- Lack of exercise
- Eating disorders
- Use of some medications, such as steroids or anti-convulsants
- Alcohol and tobacco use

Risk factors for men include:

- Caucasian, advanced age
- Low calcium diet
- Lack of exercise
- Eating disorders
- Use of some medications, such as steroids or anti-convulsants
- Alcohol and tobacco use

To learn more, visit the National Osteoporosis Foundation website at www.nof.org.

How is the exam performed?

You will be asked to lie on your back on a padded scanning bed and breathe normally. A scanner will pass over one area of your body—your lower spine, wrist or hip—as a dual energy beam of low dose x-ray passes through your body and is measured by a detector. The technologist will reposition your arms and legs as needed for a second scan.

By differentiating between bone and soft tissue, the DEXA scan gives a very accurate estimation of your body's bone density.

What should I wear?

Wear comfortable, loose fitting clothing without metal hooks, buttons or zippers. Pants with an elastic waistband would be best. Please leave your valuables at home.

When should I arrive and how long will the exam take?

Please arrive 15 minutes before your appointment time to register. Be sure to bring your insurance information. Completing the patient forms in advance (found on our website) will save time. DEXA scans generally take about 15 minutes.

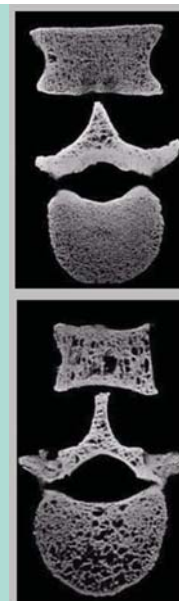
How should I prepare for my DEXA scan?

No special preparation is needed. You may eat and drink normally and take any medications you regularly take on the morning of the exam. However, you MUST NOT have taken calcium supplements within the last 48 hours or had an imaging study involving a contrast agent—such as nuclear medicine, barium enema, UGI or IVP—within the last four days.

Let the technologist know if you are pregnant or have any metal in the part of the body being imaged, such as spinal fusion rods or a hip prosthesis.

When will my results be available?

One of our board certified radiologists will interpret your DEXA scan and send your physician a written report and pictures detailing the findings of your exam within one to two business days. Your doctor will contact you to discuss the results.

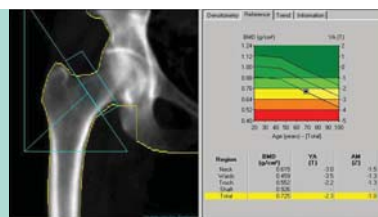


Normal Vertebrae

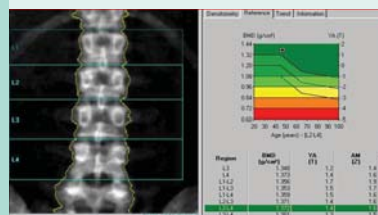
Osteoporosis is a systemic skeletal disease characterized by low bone mass and deterioration of bone tissue—resulting in increased bone fragility and susceptibility to fracture. At the core, trabecular (spongy) bone becomes less dense. On the perimeter, cortical (compact) bone loses thickness.

Osteoporotic Vertebrae

Complications from osteoporosis arise as bone becomes thinner, more porous and susceptible to fracture.



Your exam T-score compares the amount of bone you have to a young adult of the same gender with peak bone mass. This score estimates your risk of fracture.



Your exam Z-score compares the amount of bone you have to others of the same age, size and gender. Unusually high or low scores may indicate a need for further tests.

Save Time—Complete Your Patient Forms in Advance

For your convenience, the required patient forms are available on our website at www.washingtonimaging.com. Under the Scheduling Information tab, click on Patient Forms. Print out and complete the Patient Registration and History forms and bring them with you to your appointment.

You have an appointment scheduled for:

Date: _____

Time: _____ AM _____ PM

Location: **Bellevue Suite 260**
1135 116th Ave. N.E.
Bellevue, WA

Issaquah Suite 105
450 N.W. Gilman Blvd.
Issaquah, WA

Please arrive 15 minutes prior to your exam to register.

Professional radiology interpretations are provided by Overlake Imaging Associates, P.C., a separate entity. Cover photo of radiologist Bryan Leyton, MD.

Find out more about DEXA by visiting our website at www.washingtonimaging.com.