

# OSTEOPOROSIS SCREENING

LEARN IF  
YOU'RE AT RISK



*A Guide for Patients*

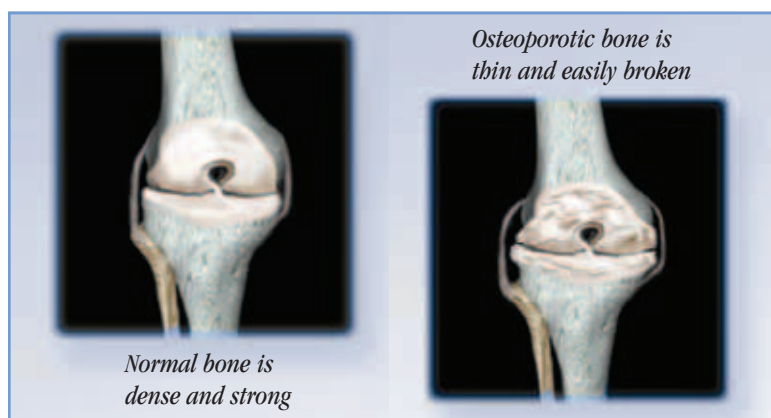
Midwest   
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## *Learn if You're at Risk for Osteoporosis— Before a Fracture Occurs*

Osteoporosis, which means “porous bone,” is a disease in which bones become fragile and more likely to break. Known as the “silent disease,” osteoporosis can progress painlessly—until a fracture occurs. Osteoporosis causes 1.5 million fractures a year, most often of the hip and spine.

Hip fractures can result in permanent disability and even death; spinal fractures can cause severe back pain and deformity.

The good news is that specialists at Midwest Sports Medicine can perform an osteoporosis screening to determine your risk for osteoporosis. Based on the results, we can recommend ways to help prevent or slow the progression of this debilitating disease.



### *What Is an Osteoporosis Screening?*

The purpose of an osteoporosis screening is to determine your risk for osteoporosis and evaluate whether your bones are already being affected by the disease. It involves evaluating your risk factors and performing a bone mineral density (BMD) test. A BMD test can:

- Detect osteoporosis before a fracture occurs
- Predict your chances of having a fracture
- Determine your rate of bone loss and/or monitor the effects of treatment



## *Who Is at Risk for Osteoporosis?*

Certain people are more likely to develop osteoporosis. A number of risk factors—factors that increase the likelihood of developing the disease—have been identified, including:

- Being female
- Being post-menopausal
- Family history of osteoporosis
- A diet low in calcium
- An inactive lifestyle
- Cigarette smoking
- Caucasian or Asian ethnicity
- Thin and/or small frame
- Use of certain medications, such as corticosteroids or anticonvulsants
- Low testosterone levels in men
- Excessive alcohol use

## *What Does a BMD Test Involve?*

A BMD test is a fast, safe and painless way for your doctor to assess your bone health. Because certain BMD tests can detect even a 1% loss of bone mass, they may also be used to monitor your rate of bone loss and response to treatment.

BMD tests use small amounts of radiation to measure bone density. The patient lies on a padded table during the five minute scan of a particular part of the body, such as the spine, hip or wrist. A physician compares the results to normal values; the score determines if the patient has osteopenia (a mild form of osteoporosis) or osteoporosis. Today, Medicare and most private insurance carriers cover BMD testing.



## *Web Site*

For additional information about our practice or our physicians, please visit our web site at [midwestsportsmed.com](http://midwestsportsmed.com)

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