

HOW DOES IT WORK?

- The exam takes **15 - 30 minutes**. You'll lie on a special table while a technologist scans your bones, typically your spine and hips.
- It's **painless** and requires **no injections**.
- Receive results showing if you have healthy bone density or if you're at risk for osteoporosis or osteopenia **usually the same-day**.

UNDERSTANDING YOUR RESULTS

T-Score: The main measure of bone density.

- 0 - -1** Healthy Bone Density
- 1 - -2.5** Osteopenia (low bone mass)
- 2.5 OR LOWER** Osteoporosis (high fracture risk)

Next Steps: Your provider will advise you on diet, exercise, and possibly medications to boost bone strength.



GET RESULTS FAST WITH OUR PATIENT PORTAL!

You need the Patient Portal today if you would like to:

- **Preview your bill** before you arrive
- **Skip the lines** with quick preregistration
- **See your results in just 24 hours!**

Visit us at aradiology.com to find the Patient Portal!

SCAN ME TO
BE TAKEN TO
THE PORTAL



VISIT US AT ONE OF OUR THREE LOCATIONS!

COLUMBIA

311 N Keene St. | (573) 442-1788

JEFFERSON CITY

3218 W Edgewood, Ste. 200 | (573) 635-6262

OSAGE BEACH

1037 Palisades Blvd., Ste. 7 & 8 | (573) 746-7010

ARADIOLOGY.COM/SCREENINGS.PHP



IS YOUR
BONE HEALTH
ON TRACK?

Know Your
Bone Density -
Prevent Osteoporosis
Before It's Too Late!

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ADVANCED
RADIOLOGY

WHAT IS A DEXA SCAN?

A DEXA (Dual-Energy X-ray Absorptiometry) scan is a quick, non-invasive test that **measures bone mineral density**, helping detect **osteoporosis** early and assess **body fat**. By identifying bone weakness before fractures occur, it enables early intervention and healthier bones.

WHY GET A DEXA SCAN?

- **Diagnose Osteoporosis Early:** DEXA is the only test that detects osteoporosis before a fracture happens, giving you a head start on prevention.
- **Track Bone Health Over Time:** Whether you're monitoring the effects of treatment or the natural aging process, DEXA helps you stay ahead of changes.
- **Bone Fracture Risk:** If you're 50+ or have had a recent fracture, a DEXA scan helps assess your bone strength and fracture risk.

WHAT TO EXPECT

- The scan is **quick and painless**, similar to an X-ray, but it uses low-level radiation to measure bone density.
- There are **no needles, injections, pain, or hassle**. You may even wear your regular clothes—just avoid metal.
- Your results will be ready within **24–48 hours**.

WHO SHOULD GET A DEXA SCAN!

- **Women 65+** and **Men 70+**
- Anyone **50+ who's had a fracture**
- Individuals with a **family history of osteoporosis**
- Those with **medical conditions that affect bone health** (e.g., diabetes, lupus, IBD, celiac, etc.)
- **Smokers**

SCHEDULE YOUR DEXA SCAN TODAY!

Taking care of your bone health starts with getting the right test. Whether you're at risk for osteoporosis or just want to stay ahead of bone issues, a DEXA scan gives you the answers you need. **DEXA is only available at our Columbia and Jefferson City locations.**

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