

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.

- ≥-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!

AR ADVANCED
RADIOLOGY

WHAT IS A DXA SCAN?

A DXA (Dual-Energy X-ray Absorptiometry) scan is a quick, non-invasive test that **measures bone mineral density** to detect **osteoporosis** early, often before fractures occur. This enables early intervention in bone weakness for healthier bones. Most insurances cover this exam every 2 years for eligible patients.

WHY GET A DXA SCAN?

Nearly 1 in 5 women and 1 in 20 men 50+ are affected by osteoporosis.

A DXA Scan helps:

- **Diagnose Osteoporosis Early:** It's the only test that detects osteoporosis before a fracture happens.
- **Track Bone Health Over Time:** Monitor age-related changes or response to treatment.
- **Assess Fracture Risk:** If you're 50+ and/or you've had a recent fracture, a DXA scan helps assess bone strength.

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 DXA SCAN!

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

SCHEDULE YOUR DXA 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 DXA scan gives you the answers you need. **DXA is only available at our Columbia and Jefferson City locations.**

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