

# Common Questions and Answers about Bone Density Tests

## How is testing done?

The bone mineral density DEXA Scan test is simple, painless, and noninvasive. Our test uses a small amount of radiation. In many cases, you don't even need to undress.

## Is a DEXA Scan test the same as a bone scan?

No. A bone scan—which may help a doctor identify certain bone abnormalities, such as infection, inflammation, and cancer—requires an injection of radioactive material. A DEXA Scan test requires no special preparation, medication, or injection.

## How much radiation will I be exposed to?

Our machine will expose you to very little radiation—in fact, less than you would be exposed to on a cross-country flight.

## How much does a bone density test cost?

Some insurance companies cover bone density testing. Check with your individual plan to find out whether bone density testing will be covered. If you are women over 65 and you qualify, the cost of your bone density test may be covered by Medicare once every 24 months.

## What should I wear?

Wear comfortable clothing, preferably without metal buttons, buckles, or zippers.

## What do the results mean?

Bone density test results, known as T-scores (which measure bone strength), compare your bone density with that of normal young adults of your gender. Normal bones are healthy and strong. Bones weakened by osteoporosis have become thin, making them more likely to break.

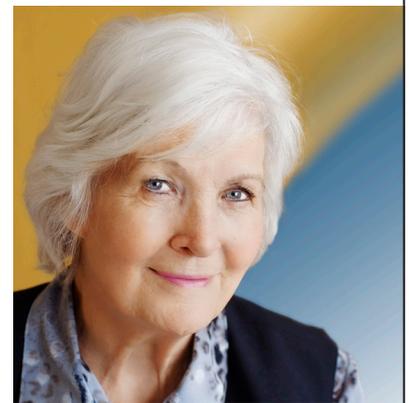
## What if I need treatment?

Talk to your doctor about your T-score and your need for treatments that help build bone and help prevent fractures due to osteoporosis.

## How can I schedule a DEXA Scan test?

DEXA Scan tests are performed in the Silver Cross Center for Women's Health on the Silver Cross Campus, 1870 Silver Cross Blvd., New Lenox.

To schedule with a physician's order, visit [www.silvercross.org](http://www.silvercross.org) (SCHEDULE NOW) or call 815-300-7076.



The way you *should* be treated.