Bone mineral density test:
Have you been tested?

As you age, your risk of osteoporosis or osteopenia increases. Osteoporosis is a bone disease that causes your bones to lose density, increasing your chances of breaking a bone if you fall. Osteopenia is a condition in which you have lower than normal bone density, but not to the point of having osteoporosis. A bone mineral density (BMD), also referred to as a DEXA scan, is the best way to determine your bone health.

What is a BMD test?

A BMD test will determine if you have osteoporosis or osteopenia by checking your bones strength. It is a simple test that is quick and painless, like an x-ray, and will inform your provider of your bone health.

Normal Bone

Why is this test done?

The results of your BMD test will provide important information about your bone health to your provider, such as:

- Whether you have osteoporosis or osteopenia.
- The rate of your bone loss (if any).
- Your risk of fracturing a bone.
- Whether the osteoporosis medication you may be taking is working as intended.

Osteoporosis

Who should get tested?

While we traditionally think of women having osteoporosis or osteopenia, men age 70 and up may want to talk with their providers about their risks and the benefits before deciding. A BMD test is important if you:

- Are age 65 or older.
- Broke a bone after age 50.
- Have lost more than 1.5 inches of your adult height.
- Take certain medications.

Talk to your health care provider about scheduling your BMD test.