

Screening for Osteoporosis

Life Line Screening uses ultrasound screening to detect the risk of osteoporosis by measuring for the bone mineral density of your heel. The heel is measured because its bone is similar to that found in the hip, where fractures occur most often. Bone mineral density is a powerful predictor of skeletal strength and fracture risk, especially when considered along with other factors such as gender, age, and family history. When you receive a screening, you will simply place your foot in a painless ultrasound device called a bone densitometer and the bone mineral density of your heel will be measured.



The objective of a bone density screening is to identify your risk for bone loss and therefore your risk for future bone fracture. If your osteoporosis risk screening finds you are at mild/moderate or high risk, your physician may recommend dietary and lifestyle changes, schedule a DEXA scan, or even prescribe a drug therapy to increase your bone density.

What you can learn

Our screening is not meant to diagnose osteoporosis, but is rather a screening to predict bone loss with similar accuracy to an x-ray-based bone mineral density test. The results are expressed as a T-score, which compares your bone mineral density to the expected bone density value of a healthy young adult (about age 30).

Your osteoporosis risk screening results are reported as 1 of 3 risk categories:

Low risk (T-score -1.2 and above)

Further evaluation is not necessary at this time. You may wish to speak to your physician regarding risk factor management and proactive steps such as weight-bearing exercise, and calcium and vitamin D supplementation.

Mild/moderate risk (T-score -1.3 to -2.5)

We recommend further evaluation with your primary care physician. Your physician may or may not determine that further testing is necessary at this time.

High risk (T-score -2.6 and below)

We recommend further evaluation with your primary care physician. Your physician may or may not determine that further testing is necessary at this time.

Who should have bone density screenings

Anyone who has risk factors for osteoporosis should have this screening. Are you at risk? Find out. If you have already received a DEXA scan, please continue to work with your doctor.

How often to get screened

This is a personal decision based on your risk factors and previous screening results. Many of our customers have an annual screening as part of their regular healthcare regimen.

How to prepare

There is nothing you need to do in advance of this screening. Remember to not wear pantyhose because you will need to remove your shoe and sock from one foot and place your heel in a machine to measure your bone mineral density.

Sign up TODAY for your comprehensive health screening on Saturday, December 5, 2009 and receive a FREE bone density screening.