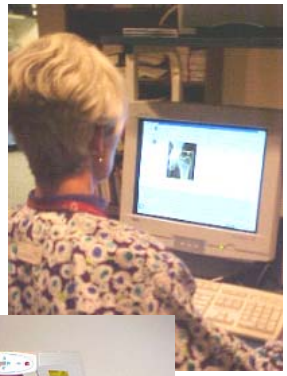
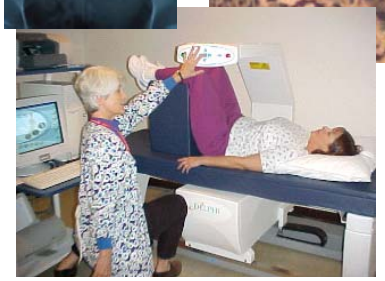
Our Radiology Program

Lincoln Hospital is committed to providing access to cutting edge diagnostic technology in Lincoln County. Our offerings include…

- Low Radiation Mammography Suite
- 16-slice CT Scanning
- Mobile MRI Service
- UltraSound
- DEXA-Scan Bone Density Testing
- General X-Ray
- 24-hour access to top Radiologists to read results through TeleRadiology
- Registered Radiology Technicians available 24-hours at Lincoln Hospital for emergencies

We accept orders for tests from any physician and will send results directly to them.





DEXA-Scan is key to early diagnosis of Osteoporosis (weakening of the bones). Talk to your doctor if you think a DEXA-Scan is right for you.

Lincoln Hospital Dist. 3

Neighbors for Life

YOUR GUIDE TO

DEXA-Scan and Bone Health for Women

Lincoln Hospital

(509) 725-7101

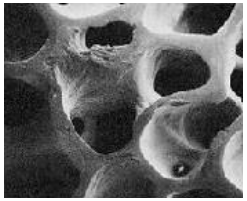
DEXA-Scan: For prevention. For Treatment. For Life.

As we age, the threat of bone fractures, osteoporosis and losing height become more of a reality. These conditions can be predicted, slowed down and even prevented through a simple, painless radiological exam.

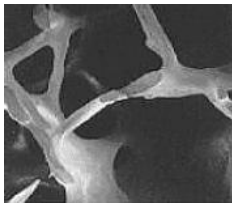
DEXA-Scan measures bone density, which is directly related to bone strength. Doctors can predict the potential for fracture and osteoporosis through DEXA-Scan results.

A DEXA-Scan uses an extremely low dose of radiation — one-quarter to one-tenth that of a regular chest X-ray — and is considered safe for use on any age patient.

DEXA-Scan is so sensitive, it picks up tiny fractures in the spinal column and can detect as little as 1% bone loss in the spine, hips and extremities, usually the wrist. It is the gold standard of diagnosing bone mass and is instrumental in helping physicians find osteoporosis before a fracture occurs.



Normal bone is porous, but dense and strong.



Osteoporosis robs bones of density and strength.

Diagnose & prevent bone loss today!

Who needs one?

Generally, women over 50 should get a DEXA-Scan, although it's good for those in their early 40's to have a baseline scan for comparison in the years to come.

Men and children can also benefit from a bone density test as bone loss can strike anyone — just look at these risk factors…

- Natural or surgical menopause
- Prolonged Hormone Replacement Therapy
- Previous fracture
- Medication use including steroids and hormones
- Caucasian or Asian descent
- Thin or small build
- Family history of osteoporosis
- Smoking
- Alcohol Abuse
- Inactive lifestyle
- Inadequate calcium intake

What can I expect?

A bone density scan is a simple, painless and non-invasive procedure. It uses an extremely low dose of radiation and takes approximately 15 minutes.

During your DEXA-Scan, you will be asked to wear a comfortable, two-piece outfit that has no metal buckles, buttons or zippers. A sweat-suit works very well. You will likely **not** be asked to change into a robe or drape.

You will be asked to lay on your back on a padded exam table. At some point, your legs will be elevated. During your exam, an overhead arm which houses the camera will travel above your body to take the readings. It is most important that you lie completely still so that images are clear and crisp. You can breathe normally.

Your physician will contact you with results of the scan.

What about the results?

Your DEXA-Scan will generate a computerized printout with pictures and an explanation of the images for you and your doctor to discuss.

If osteoporosis or tiny fractures are found, you and your healthcare provider will map out a plan of action which may include medication and the following lifestyle changes…

- Increased calcium and vitamin D intake
- Weight bearing exercise such as walking and stair climbing
- Strength training such as lifting weights — even soup cans or plastic bottles filled with water
- Stretching exercises for balance, posture and agility
- A well-balanced diet
- Stop smoking
- Reducing amount of colas and caffeinated drinks
- Follow-up DEXA-Scans to keep track of bone health

Remember, DEXA-Scan can diagnose osteoporosis in the early stages before broken bones can occur. Don't take chances with your health. Prevent bone loss and have your bone density checked by a trained professional.

STAND UP TO OSTEOPOROSIS!

More on Bone Health?

www.nof.org
National Osteoporosis Foundation

www.osteo.org
National Institutes of Health — Bone Density & Osteoporosis Site