

Where can I get a bone density scan or Dexascan?

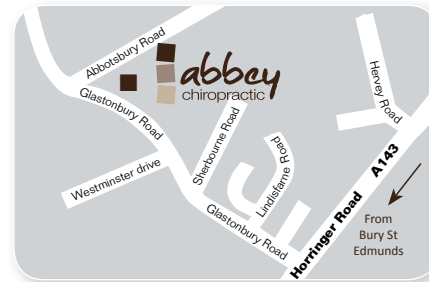
YOU MAY imagine that a Dexascan is only available through a referral from your GP at your local hospital however this is not the case. Abbey Chiropractic now has its very own scanner, the DTX-200 and we are pleased to offer private, confidential bone density scans directly to members of the public.

THE SCAN is very simple and it requires no preparation other than the completion of a short questionnaire. The scan of your forearm takes 4 minutes and you will feel only a slight vibration from the scanner. Although the machine uses X-rays it is very safe as the dose is about 1/400th of a chest X-ray! The scan is followed by immediate discussion of the results and should you require any medical intervention a detailed report of your bone density scan which contains data that your GP will accept can be sent to your surgery so that your GP will be able to advise you on the best course of treatment.

THE COST of the scan is charged at £50. To book your Dexascan or to find out more information please call in at the clinic or telephone us on 01284 706570.

## Opening Times...

- Monday**  
9am - 1pm ■ 2pm - 6pm
- Tuesday**  
10am - 1pm ■ 2pm - 8pm
- Wednesday**  
9am - 1pm ■ 2pm - 6pm
- Thursday**  
9am - 1pm ■ 2pm - 7pm
- Friday**  
9am - 1pm ■ 2pm - 5pm
- Saturday**  
9am - 1pm  
(Alternate Saturdays)



### Bone Density Scanning at Abbey Chiropractic

A Screening Service for the Detection  
and Prevention of Osteoporosis



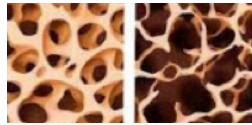
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## What is Osteoporosis?

THE BONES in our body are constructed of an outer thick shell called cortical bone and a strong inner honeycomb network of small struts of bone called trabecular bone. Osteoporosis or 'Brittle bone disease' as it is sometimes called is when some of these inner struts of bone become thin. This makes the bone very fragile and they can break even after a minor fall or bump resulting in 'fragility fractures'. Although these fractures can occur anywhere in the body they typically occur in the wrist, hip and spine.



Healthy Bone Osteoporotic Bone

### IS OSTEOPOROSIS COMMON?

The great difficulty with trying to detect osteoporosis is that it generally has very few symptoms until a bone is fractured of course! It is surprisingly common; according to the National Osteoporosis Society, the UK's leading osteoporosis charity, 1 in 2 women and 1 in 5 men over the age of 50 will break a bone, mainly because of osteoporosis. These are alarming statistics I'm sure you will agree and it is therefore important to be aware of the strength of your bones and your risks of developing or having osteoporosis in order to try prevent fractures before they happen.

## Who is at risk of developing Osteoporosis?

- FACTORS THAT can potentially increase your risk of developing Osteoporosis include:
- Family history of osteoporosis
  - Advanced age, in particular women over 50 years old
  - Female
  - Low body weight/Anorexia nervosa -having a body mass index (BMI) of 19 or less
  - Previous fractures
  - Excessive exercise
  - Rheumatoid arthritis
  - Early menopause, hysterectomy or oophorectomy
  - Low testosterone levels in men following treatment for some cancers
  - Hyperthyroidism or Parathyroid disease
  - Bowels disorders such as Crohns or Coeliacs disease
  - Conditions causing prolonged periods of immobility/lack of exercise
  - Some medications such as long term use of corticosteroids, some anti-epileptic drugs and breast cancer treatments such as aromatase inhibitors
  - Injectable progesterone contraceptives (Depo provera)
  - Heavy smoking or alcohol intake greater than 3 units per day
  - Poor diet, history of restrictive diet or low calcium intake

## How can Osteoporosis be detected?

IT IS NOT POSSIBLE to tell by just looking at someone whether they have osteoporosis and a regular X-ray may not reveal it either. You cannot feel or see your bones getting thinner and most people are unaware of any problems until they break a bone or lose height. So how do we check the strength of our bones? The only way to accurately assess bone density is using a special scan called a dual energy X-ray bone densitometer or Dexascan. This is a simple and painless procedure that can be performed using equipment that has a proven record of accuracy and reliability and is supported by many years of research.



### WHO WILL PERFORM THE SCAN?

Marié Broodryk is a fully qualified Chiropractor who has undergone X-Ray training as part of her 6 year Master's degree in Chiropractic. She is IRMER recognised and has undergone further specialist training to carry out the Dexascan screening for fracture risk.

