## Address

St Vincent's Clinic
Bone Densitometry
Level 5
438 Victoria Street
Darlinghurst

Bookings: 02 83826560

About Us.

Prof Judith Freund and Assoc Prof Nicholas Pocock each have over 20 years experience in densitometry and opened the first DXA centre in NSW in 1983.

Both have published widely in major medical journals and have extensive research and clinical experience in the field of osteoporosis.

Key

● = Bone Density Centre

P = Parking
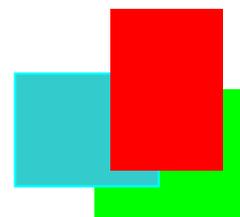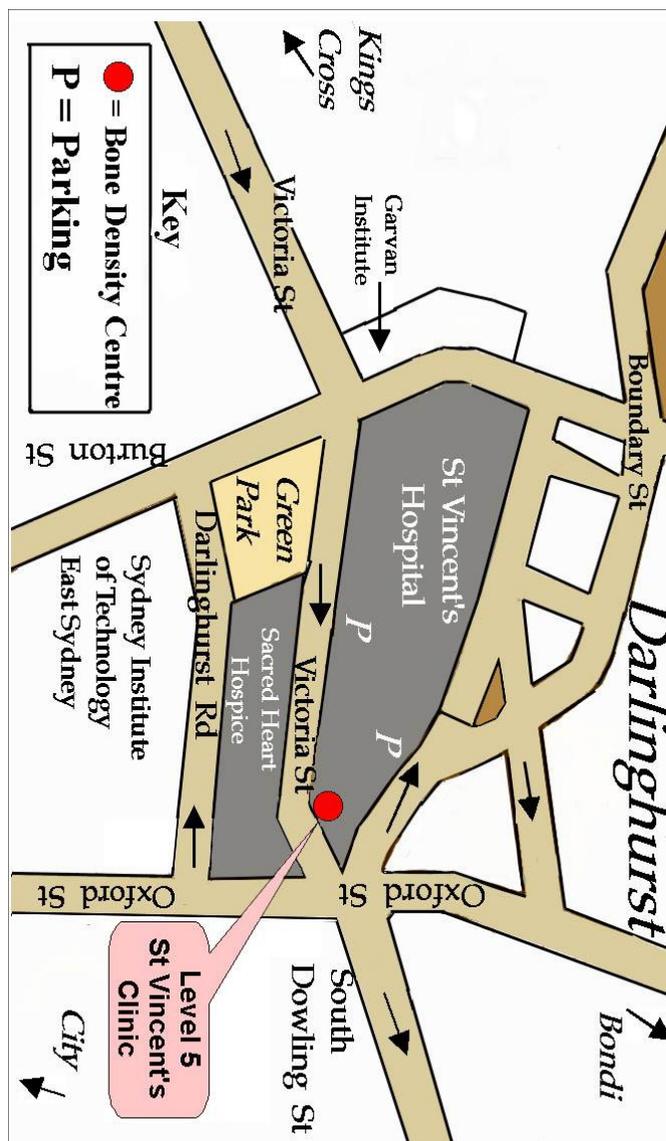
Osteoporosis

Prevention & Diagnosis.

Your Questions Answered

What is osteoporosis?

Osteoporosis is a 'thinning of bones' which become more fragile and likely to break. The hip, spine and wrist are commonly effected. Osteoporosis is a common condition and affects about two out of every three women, and one out of every three men, as they get older.

What causes osteoporosis?

There are many risk factors for osteoporosis. Postmenopausal women in particular are at risk especially with early menopause. Certain medical conditions, or their treatments, also increase the risk of osteoporosis. Other risk factors include a family history of osteoporosis, and lifestyle factors.

Which lifestyle factors are important?

Regular exercise, adequate calcium in our diets and avoiding smoking or excess alcohol and caffeine, will decrease the risk of osteoporosis. Ensuring adequate Vitamin D, and measures which lower the risk of falling, are also important in preventing osteoporotic fractures.

Is a healthy lifestyle enough?

No! Osteoporosis can still occur with the healthiest of lifestyles.

How do I know if I have osteoporosis?

Often we don't, since there are no symptoms of osteoporosis until a bone is broken (a fracture). Tests can then be done to determine the severity of the disease.

Can osteoporosis be diagnosed before a fracture occurs and does this help?

Yes. A number of effective treatments to increase bone strength are now available and the earlier therapy is started the better chance there is to prevent a fracture. Exercise programs to reduce the risk of falls, are also effective in preventing fractures.

How is osteoporosis diagnosed ?

The commonest test used is the DXA scan which measures bone density, a measure of bone strength. DXA scanners use very low dose X-rays and are considered the Gold Standard for the diagnosis of osteoporosis. A low DXA value is useful in estimating the future risk of breaking a bone. DXA scans are also valuable in monitoring treatment. Osteoporosis can also be provisionally diagnosed if a middle aged or elderly person develops a broken bone after minimal trauma. After one such fracture there is a very high risk of further fractures.
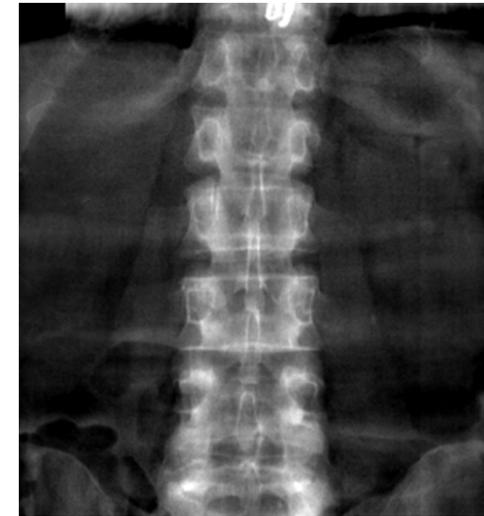
Do DXA scanners detect fractures?

The latest generation of DXA bone scanners can often detect unsuspected spine fractures using a special lateral (side) view of the spine (Lateral Vertebral Assessment).

What should I do?

If you are female and older than 50, or male and over 60, and have a family history of osteoporosis, you may benefit from an assessment of your bone density. Ideally Lateral Vertebral Assessment should also be performed to get the best estimate of 'fracture risk', particularly in those older than 60.