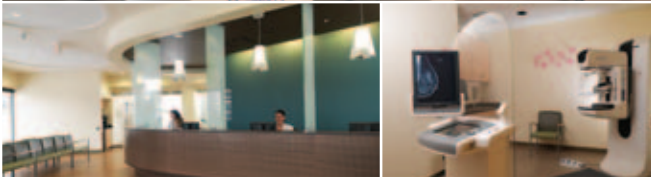


## About CDC

As a leader in exceptional patient care, we offer:

- Convenient appointment times
- Quick reporting back to your physician
- Ample free parking
- Leading-edge diagnostic imaging technology
- CD images for ultrasound, MRI, CT scans and X-ray
- Culturally sensitive professional care
- Highly trained staff and a friendly environment



Since 1993, CDC has provided Alberta patients and health care providers with highly advanced diagnostic images of the body's most important organs and systems. With clinics in Calgary, Edmonton and Okotoks, CDC offers both public and private diagnostic imaging services, including:

- Bone Mineral Densitometry
- 2D and 4D Ultrasound
- Musculoskeletal Ultrasound
- Gastrointestinal Studies
- Mammography
- Pain Management Therapy
- X-Ray
- CT
- MRI
- Preventive Health Scans

For more information, visit [CanadaDiagnostics.ca](http://CanadaDiagnostics.ca)

\*Not all imaging services are offered in all clinics

## Booking Your Appointment

Bone Mineral Densitometry services are covered by Alberta Health Care and require a medical referral. To book your appointment, please call 403.212.5855 or toll free 1.877.420.4CDC (1.877.420.4232).

[CanadaDiagnostics.ca](http://CanadaDiagnostics.ca)

### Calgary

#### Brentwood

Tel: 403.338.4000  
Fax: 403.210.0075  
830-3630 Brentwood Road NW  
Calgary AB T2L 1K8

#### Chinook

Tel: 403.253.4666  
Fax: 403.253.4669  
1- 6020 1A Street SW  
Calgary AB T2H 0G3

#### Pacific Place

Tel: 403.215.2900  
Fax: 403.215.2920  
959-999 36 Street NE  
Calgary AB T2A 7X6

#### Westhills

Tel: 403.685.6175  
Fax: 403.685.6199  
200A Stewart Green SW  
Calgary AB T3H 3C8

#### Okotoks

Tel: 403.995.2727  
Fax: 403.995.2737  
141- 31 Southridge Drive  
Okotoks AB T1S 2N3



## You and your Bone Mineral Density Exam



## Knowing Your Bones

A Bone Mineral Density (BMD) exam is a scan used to diagnose osteoporosis, a condition that leads to gradual calcium loss and structural changes in bones. Over time, bones can become thinner, more fragile and more likely to break. Without proper diagnosis and treatment, patients are at risk of recurring and debilitating fractures.

## About BMD

BMD is the most accurate diagnostic test for osteoporosis and determining treatment for patients with hip, spine and other osteoporotic fractures. It is a simple and painless exam using an enhanced form of x-ray technology. Through testing and treatment, low bone density can be managed to help prevent further bone loss, build new bone and improve your quality of life.

**According to Osteoporosis Canada, over 80% of fracture patients are never offered BMD testing and treatment for osteoporosis post fracture. Talk to your physician if you feel you are at risk.**

## Are You at Risk?

Postmenopausal women can be at risk for osteoporosis, but it can also affect men of all ages, younger women and even children. A family history of osteoporosis, low body weight, conditions such as diabetes or Crohn's disease, long-term steroid use, and smoking are also considered risk factors. Talk to your physician about your personal risks.

## Things to Know Before Your Exam

- Before booking a BMD exam, advise your physician if you have recently had a barium exam, CT scan or any other kind of scan.
- Tell your physician and the technologist if there is any possibility you are pregnant.
- Do not take calcium supplements for at least 24 hours before your exam.
- On the day of your exam, eat normally and take any necessary prescribed medicines.

## What to Expect During Your Exam

At Canada Diagnostic Centres (CDC), our priority is to provide exceptional patient care. We understand that any medical test can be stressful and are committed to making your visit as pleasant as possible.

After checking in, you will change into comfortable cloth scrubs. You will then be positioned on an examination table in a private room where the x-ray scanning will begin. This process usually takes about 15 minutes and will focus on your lower spine and one hip, where we can get the most meaningful measurements. After the scan, you can continue on with your day.

## Why Vertebral Fracture Assessment?

As part of your BMD exam, you may be offered a Vertebral Fracture Assessment (VFA). This additional procedure examines your spine to look for vertebral fractures and takes a few minutes.

It helps your physician determine treatment recommendations and is a valuable follow-up tool to assess whether treatment is working to help prevent future spine fractures. Patients over the age of 50 meeting specific criteria will be offered VFA.

