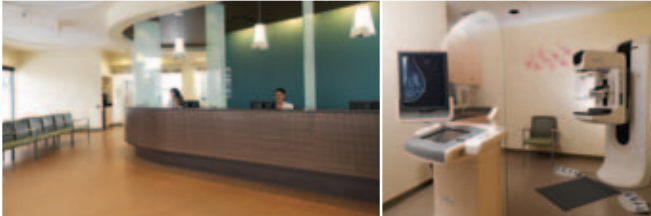


## About CDC

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 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 Edmonton, Calgary and Okotoks, CDC offers the following imaging services:

- Bone Mineral Densitometry
- 2D and 4D Ultrasound
- Musculoskeletal Ultrasound
- Gastrointestinal Studies
- Mammography
- Pain Management Therapy
- X-Ray

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 780.484.1672 or toll free 1.877.420.4CDC (1.877.420.4232).

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

## You and your Bone Mineral Density Exam



### Edmonton

Tel: 780.484.1672  
Fax: 780.484.2982  
172 - 17010 90 Avenue  
Edmonton, AB T5T 1L6



## 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.

