

## What to expect

During a bone density exam, you lie on your back on a padded cushion while the technologist performs the spine and hip scans to determine your bone density. The TBS (Trabecular Bone Score) is calculated from the same spine scan images, requiring no additional positioning or scan time.

## Preparing For the Test

**No pain is associated with the test, and no preparation is needed. You will be lying on your back for about 10-15 minutes. If you can't safely lie on your back, cannot transfer onto the table, or if your weight exceeds the table limit (350 lbs.), we may scan your forearm instead from a chair.**

Bone densitometry uses only minimal radiation. The amount is so small that the technologist stays in the room with you. The dose is about 1/10 of a chest x-ray. If you think you may be pregnant, please let your doctor and technologist know. You may eat as you usually would. However, PLEASE DO NOT TAKE calcium supplements, multivitamins containing calcium, Tums, or Rolaids on the day of your appointment, or we will have to reschedule your bone density appointment. Please continue to take all prescription medications.

*You can wear something comfortable, but you'll need to remove any clothes that have metal snaps like zippers, underwire bras, hooks, or buckles.*

## Your Results

**Your results are sent to your referring physician within a day or two of your appointment. In addition, your results will be available on the EWBC patient portal.**

This test measures your bone mineral density (BMD) to assess fracture risk. At Elizabeth Wende Breast Care, we combine BMD testing with Trabecular Bone Score (TBS) as our standard of care for comprehensive bone health evaluation. While BMD measures bone mass, TBS provides superior fracture risk prediction by analyzing bone microarchitecture. This combined approach enables more accurate identification of at-risk patients and personalized treatment strategies to prevent fractures.



BRIGHTON LOCATION:

170 Sawgrass Dr., Rochester, 14620

585 442-2190 | [ewbc.com](http://ewbc.com)



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# Bone Health & Enhanced Bone Density Testing



**EWBC**  
Breast Imaging Excellence

(585) 442-2190

# What is Osteoporosis

Osteoporosis is a condition in which the bones become increasingly porous, brittle, and subject to fracture owing to loss of calcium and other mineral components. It sometimes results in pain, decreased height, and skeletal deformities that are common in older persons, primarily postmenopausal women. Osteoporosis is also associated with long-term steroid therapy and certain endocrine disorders.

The most common bones to break or fracture are those of the spine, hip, and wrist — bones can break even from a minor injury.

Women can lose up to 20% of their bone mass 5 to 7 years after menopause.

This condition decreases one's bone strength without causing any signs for symptoms.

Before you schedule a DEXA scan with EWBC, you'll need a referral from your primary care provider and check with your insurance provider to see what coverage you may have.

Talk to your healthcare provider about bone health. For more information, check out the National Osteoporosis Foundation website at [www.nof.org](http://www.nof.org)

Additional Resources  
[ewbc.com/services/bone-density-testing/](http://ewbc.com/services/bone-density-testing/)

## Risk Factors for Osteoporosis

**GENDER** — Women are more likely to develop this disorder, although men are also susceptible. **Age** — The longer you live, the more susceptible you become to the disease.

**HEREDITY** — Individuals with a family history of osteoporosis or fractures are more likely to develop the disorder.

**BODY SIZE** — Small-boned, thin women and men are at more risk, but bigger bone size is no guarantee that you will not get osteoporosis.

**ETHNICITY** — Caucasians, Asians, and Hispanic/Latino descent are at a higher risk.

**HORMONE LEVELS** — Early menopause can increase a woman's likelihood of developing the disease.

**DIET** — Inadequate calcium and vitamin D intake and excessive protein, sodium, and caffeine intake are harmful to bone health.

**EXERCISE** — Individuals who are less physically active are at higher risk.

**LIFESTYLE CHOICES** — Smoking and excessive alcohol consumption are unhealthy for your body, especially your bones.

**CERTAIN DISEASES AND CONDITIONS** — Anorexia nervosa, rheumatoid arthritis, and gastrointestinal diseases may contribute to osteoporosis.

## Who Should be Tested

- Postmenopausal women under age 65 with one or more risk factors for osteoporosis
- Postmenopausal women who have stopped taking estrogen therapy or hormone therapy
- Men age 50-69 with one or more risk factors for osteoporosis
- Women age 65 or older without risk factors
- Men age 70 or older without risk factors
- A woman or man after age 50 who has a broken bone and a history of fractures
- Women going through menopause with certain risk factors (Source: National Osteoporosis Foundation)

## Bone Density Testing with Trabecular Bone Score (TBS)

A specialized bone mineral density (BMD) test measures the density of the bone in various parts of the body. Testing used at EWBC to measure bone density is the DXA\* (Dual Energy X-Ray Absorptiometry) scan. This test measures the bone mineral density of the spine and hip. Once you have your test, your results are sent to the physician who ordered it.

The Trabecular Bone Score (TBS) is a bone structure and quality measurement obtained through special software during the same scan that measures bone density. No additional scanning, imaging, radiation, or time is needed for TBS. TBS gives us even more information about your bone quality and fracture risks and is our standard of care at Elizabeth Wende Breast Care.

### THE TEST IS USED TO

- Detect low bone density before a person suffers a bone fracture
- Predict a person's chances of breaking a bone in the future
- Confirm a diagnosis of osteoporosis when a person has already suffered a bone fracture
- Determine whether a person's bone density is increasing, decreasing, or remaining stable
- Monitor a person's response to treatment