



Why should I have a DEXA scan?

A DEXA scan detects your risk of developing osteoporosis before symptoms occur. Early detection will allow treatment of the disease, therefore preventing broken bones.

Where can I have a DEXA scan?

GP Care is offering private appointments for osteoporosis diagnosis and screening at:

Concord Medical Centre
Braydon Avenue
Little Stoke
Bristol
BS34 6BQ

Concord Medical Centre is an NHS registered medical centre. DEXA scanning is offered to patients on a private basis at a cost of just £75.

National Osteoporosis Society

For more information about osteoporosis, call the National Osteoporosis Society on 0845 450 0230 or view their website www.nos.org.uk. The National Osteoporosis Society is the only UK-wide charity dedicated to improving the diagnosis, prevention and treatment of osteoporosis.

About GP Care

GP Care is a recognised provider of community based healthcare services including diagnostics, outpatient and ancillary services to NHS and private patients.

How do I make an appointment?

Please have your debit or credit card to hand, as we require payment at the point of booking. Confirmation of the appointment, a receipt and directions to your chosen medical centre will be sent to you once this is completed.

For more information, please visit our website at www.gpcare.org.uk.

Please call GP Care on 0333 332 2106 to make an appointment.

GP Care UK Limited
2430-2440
The Quadrant
Aztec West
Bristol BS32 4AQ

T 0333 332 2106
F 0845 649 2101
E info@gpcare.org.uk
www.gpcare.org.uk



Osteoporosis Screening

Osteoporosis Diagnosis

Your simple guide

www.gpcare.org.uk
Tel: 0333 332 2106

What is osteoporosis?

Osteoporosis is a condition which reduces bone density, leading to weak bones that can break easily. Wrists, spinal bones and hips are commonly affected.

For women there is a 1 in 6 lifetime risk of sustaining a hip fracture. The impact of a hip fracture is that, even after 12 months, around 80% of patients are still unable to carry out tasks such as shopping, gardening or climbing the stairs. Hip fractures are also the cause of more than 13,000 premature deaths each year in the UK.

Source: National Osteoporosis Society.

How do I know if I'm at risk?

Patients who may be at increased risk of developing osteoporosis include:

- Post-menopausal women.
- Men with low testosterone levels.
- People who have a family history of broken bones or osteoporosis.
- People who are taking medicines which may cause bone density loss, such as steroids.
- People who have conditions which affect the absorption of food, such as inflammatory bowel disease (Crohn's disease and ulcerative colitis) and coeliac disease.

How is osteoporosis detected?

Osteoporosis or the onset of the condition (osteopenia) can be detected by having a scan to measure bone density. A DEXA (dual energy x-ray absorptiometry) scan is a common, reliable and safe method of measuring bone density. Only this type of test can diagnose osteoporosis before a bone fracture occurs.

What does a DEXA scan involve?

A DEXA scan involves you lying on your back while a scanner is passed over the area to be tested, usually your hip, spine or wrist. Before the scan you will be asked to remove your jewellery and any other clothing which includes metal fastenings.

The scan exposes you to no more than one day's worth of natural radiation. A computer attached to the machine produces a "T-score" from which your risk of osteoporosis is calculated along with other health factors. A low T-score indicates that the bone is less dense and is therefore weaker and at higher risk of fracture.

The scan will be completed within about 20 minutes. A report will be given to you to keep and a copy will be sent to your GP practice.

Information for Patients

Osteoporosis affects around half of the UK population by the time they reach 75 years of age. The condition is more common in women but 1 in 5 men also develop the disease.

Osteoporosis has no easy cure but with treatment it can be reversed.

Early screening, from the age of 55, can determine whether or not you are at risk of developing osteoporosis. If you are found to be at risk of developing osteoporosis, you may be able to make changes to your lifestyle to prevent bone fractures later in life. Getting enough calcium and vitamin D and taking regular exercise are all steps you can take to prevent osteoporosis in the future.

