

# BONE MINERAL DENSITOMETRY

## Are any injections given?

No injections are given for this test. This is a completely painless, non-invasive procedure.

## Are there any side effects?

None whatsoever documented so far (however this test is not done in pregnancy, since this test involves an extremely small dose of radiation).

## How is the test done?

You have to lie down on a table used for BMD. A scanner placed above you will then automatically measure the BMD.

## When does one get the reports?

Reports are given immediately within 30 minutes. Prior appointment is not required.

## BFC Body Fat Composition

Will accurately assess Lean Mass as well as Body Fat. This is an extremely good tool for people who are on a weight control regime, and who would like to assess weight loss scientifically and accurately.

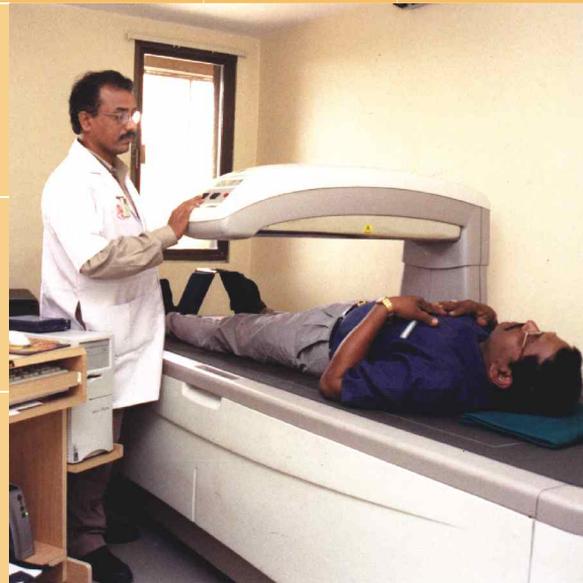
Hinduja Hospital is having the latest BMD i-DEXA model in the healthcare industry. It can measure the bone density and body fat composition with more precisely at the faster speed than the other BMD machines.

Timings : 9:00 a.m. - 5:00 p.m. (Monday to Saturday).

For further information please contact

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### **ARE YOU AWARE?**

- 2 out of 3 women and 1 out of 8 men are at risk for Osteoporosis.
- WHO places Asians at higher risk of Osteoporosis with the highest prevalence amongst Indians.
- The lifetime fracture risk in Indian women at 50 years is as high as 60%.

### **What is Osteoporosis?**

"Osteoporosis" means porous and weak bones, which are prone to fractures, due to loss of calcium and collagen. It is currently the most underdiagnosed and undertreated disorder in medicine.

### **What is DEXA / BMD ?**

DEXA (Dual Energy X-ray Absorptiometry) and BMD (Bone Mineral Densitometry) essentially are the same. It is used to detect Osteoporosis at an early stage.

### **How is BMD useful?**

- Helps to detect osteoporosis at an early stage.
- Helps to monitor the treatment of osteoporosis.
- Helps to assess the fat content of the body.

### **Which bones are assessed for BMD?**

- Lumbar Spine
- Hips
- Wrist

Essentially, BMD is done for the Lumbar Spine and Hips, as these are the common bones that fracture due to osteoporosis.

### **What is whole body BMD?**

In this, BMD of the spine, hips, both forearms and wrists is done to give an estimate of the BMD. The fat content of the whole body is also assessed by this method.

### **Why do a Body Fat Composition assessment?**

Excess body fat is associated with cardiovascular

diseases, high blood pressure, high cholesterol and triglycerides, diabetes, stroke and certain cancers. Hence assessment of fat muscle ratio helps to evaluate risk of cardiovascular diseases, evaluates need to undergo weight reduction programme and also evaluates sportsmen to optimize performance level.

Will accurately assess Lean Mass as well as Body Fat. This is an extremely good tool for people who are on a weight control regime, and who would like to assess weight loss significantly and accurately.

Nutrition, exercise and aging may have profound effects on an individual's body composition. Body composition measurement with dual-energy, X-ray absorptiometry (DXA) can look beyond weight and the traditional body mass index (BMI) to determine body fat distribution an important risk factor in a variety of serious diseases.

In all these cases, body composition scans measurement contributes to a thorough patient evaluation and helps physicians monitor the effects of therapy, diet or exercise.

### **Who needs a BMD?**

- Pre /Post menopausal women
- To evaluate risk of osteoporosis in patients who have undergone hysterectomy
- Alcoholic / smoker
- Family history of fractures
- People on steroids
- People with chronic liver disease or renal failure
- People who have undergone Organ Transplant

### **What preparation does one require?**

No preparation of any sort is required. You can have your full meal, and need not be fasting.

### **How long does the test take?**

BMD test takes roughly 5 minutes to a maximum of 15 minutes if a whole body BMD is to be performed.