

**Smoke Free**

**Please remember that all Central Health sites are smoke-free.**



**Please do not smoke while visiting Central Health sites.**

**Thank you!**



**▶ Diagnostic Imaging**

**James Paton Memorial Regional Health Centre,**  
125 Trans Canada Highway,  
Gander, NL A1V 1P7

**Central Newfoundland Regional Health Centre,**  
50 Union Street,  
Grand Falls-Windsor, NL A2A 2E1

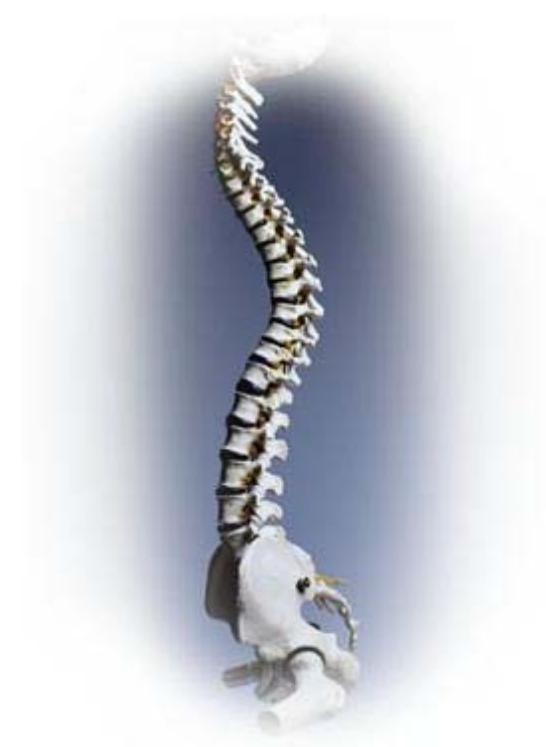
**CH-DI 004**

**Diagnostic Imaging**



**Central Health**

**Having a bone mineral density test**



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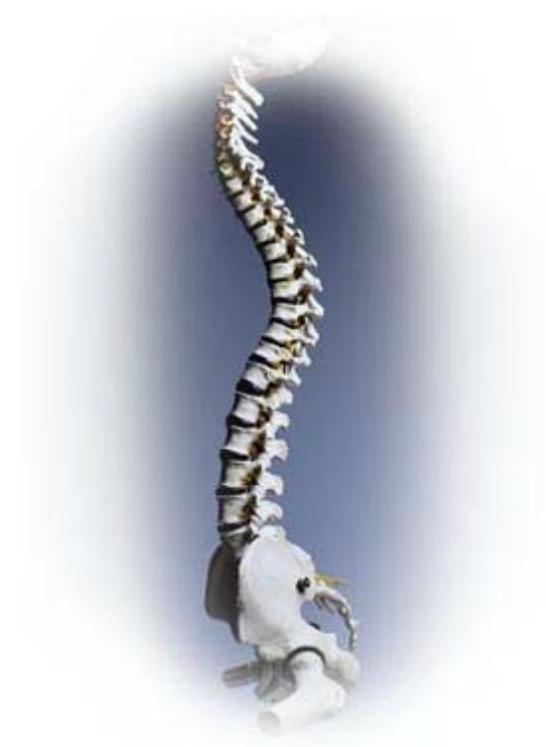
**CH-DI 004**

**Diagnostic Imaging**



**Central Health**

**Having a bone mineral density test**



## Diagnostic Imaging - Bone mineral density test

This is an x-ray procedure used to check the mineral content and strength of your bones. It will determine if you have and/or are likely to develop osteoporosis.

Diagnostic Imaging has the latest state-of-the-art x-ray bone densitometer that can diagnose your bone mineral density. It can provide specific information relating to fracture risk of the lumbar spine (lower back) and the femoral neck (hip).

This procedure is performed by a nationally certified technologist with additional training in bone mineral density.

### Procedure

You will have to lie on your back on an x-ray table for a short period of time (less than 15 minutes) while a small arm scans you. No injection or needles are necessary and the radiation is less than one tenth of a chest x-ray. Due to weight restrictions of the machine we cannot perform this test on patients who weigh more than 295 pounds.

It is best if you wear a two-piece outfit with no metal from your waist down; otherwise, you may have to undress and put on an x-ray gown.

The report generated by this machine will be reviewed by doctors at the facility where the test is conducted. These doctors will issue a full report to your physician.

***Please note:*** *If you have any further questions, please contact your healthcare provider, radiologist or technologist at the site where your test is scheduled before your examination.*

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