

Bone Mineral Densitometry (BMD)

When do I need a BMD Scan?

A Bone Mineral Densitometry (BMD) Scan is also known as a Dual Energy X-ray Absorptiometry (DEXA) Scan. It is a type of X-ray that measures the density of your bones. The more dense the bone, the stronger they are. When bones become less dense we call it 'osteopenia' and, if they are even less dense, it is called 'osteoporosis'.

One of the results this scan produces is a T score; this score is used to diagnose these conditions:

Normal bone density:	T score is -1 or above
Osteopenia:	T score is between -1 and -2.5
Osteoporosis:	T score is -2.5 or below

So, BMD gives information on the strength and quality of your bones, which is important to know when diagnosing and treating spine conditions.

How do I prepare for my BMD?

There is no specific preparation required to have a BMD. You can eat and drink beforehand and take all your medications as per usual. You can wear normal clothing throughout this scan. However, try and wear clothing that does not have metallic buttons or zips as this could interfere with the quality of the scan. You will be asked to remove any metallic items (e.g. belts).

It is also important that you bring your referral letter or request form to your appointment.

How is a BMD done?

You will be asked to lie on a flat bed and X-rays will be taken; commonly of your lower spine and the top or 'neck' of your thigh bone (femur).

There is no pain and this simple test takes approximately 10-30 minutes to complete. Your weight and height may also be measured which helps in analysis of the data produced.

What can I expect after the BMD?

There are no limitations on your activity levels once the scan is complete.

What are the risks of BMDs?

Like many types of radiology, a BMD involves exposure to radiation. An increased lifetime cancer risk is a rare risk due to this exposure to X-rays. Due to this exposure this test should be also avoided in female patients who are, or may be, pregnant.



Location

Southport Central, Building G
27 Garden Street
Southport Queensland
Australia 4215

Postal

PO Box 8295
Gold Coast Mail Centre
Queensland Australia 9726
ABN 77 424 176 677

Telephone +61 7 5528 6477

Facsimile +61 7 5503 1933
Email info@goldcoastspine.com.au
Web www.goldcoastspine.com.au
Social  

Delivery of Results

Images obtained from your BMD scan are digitally recorded and stored. A radiologist interprets the images and provides a detailed report for your surgeon within 24 hours.

Your surgeon will review the BMD scan with you at your next appointment.

If the scan was performed by [Qscan \(www.qscan.com.au\)](http://www.qscan.com.au), patients are able to access their BMD scan report and images electronically via the Qscan patient online app and web portal.

How much will it cost?

Some investigations are bulk billed while others have out-of-pocket costs associated. This can depend on the investigation and the radiology clinic performing the investigation.

If Gold Coast Spine staff book an investigation for you, we will advise you of any costs.

A radiology referral can be taken to any Australian radiology company and the investigation performed. However, our surgeons have very specific requirements in relation to most of their investigations and it is important these are met each time an investigation is performed.

Should you wish to take your referral to another radiology company, please check with one of our staff first to ensure that the correct imaging is taken.