



BONE MINERAL DENSITY TESTING (BMD)

You have been scheduled for a Bone Mineral Density test, also known as a BMD.

Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist. Women are four times more likely than men to develop the disease, but men also suffer from osteoporosis.

Any bone can be affected, but of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability or even death. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity.

A bone density test uses a small amount of radiation (a fraction of a normal x-ray – about equivalent to taking a cross country airplane flight).

INSTRUCTIONS:

1. Wear comfortable clothing, preferably without metal buttons, buckles, or zippers.
2. Please arrive at least 15 minutes before your scheduled BMD.
3. If you arrive late, you may be asked to reschedule.
4. **If you are unable to keep your appointment, please call (815) 726-2200 to reschedule.**

Your appointment is scheduled for

Date: _____ Time: _____