

RADIOLOGY DEPARTMENT NOW OFFERS ULTRASOUND BONE MINERAL DENSITY SCREENING



frames. Women also are affected by the change-of-life, known as menopause. After menopause, women produce less of a hormone called estrogen. Estrogen helps protect women against bone loss.

What can I expect during my Achilles EXPII test?

The Achilles EXPII test is simple and fully automated and only takes about 10 seconds. The Achilles EXPII passes ultrasound through the heel. The heel is measured because its bone is similar to that found in the spine and hip, where osteoporotic fractures occur most. Results are automatically generated and a printed result with an equivalent T-Score is provided to the ordering physician.

Is the Achilles EXPII test safe?

Yes. The Achilles EXPII is approved by regulatory agencies. However; the Achilles test should be avoided if you have an open wound or sore on your heel or sole to prevent possible transmission of infection.

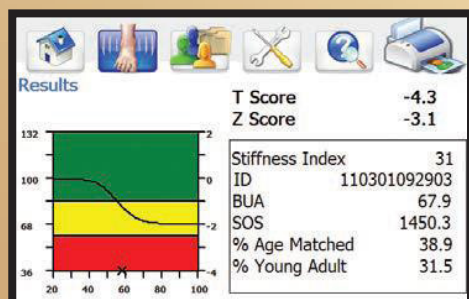
What information will Achilles EXPII give my doctor?

The Achilles is an aid to doctors in the diagnosis of osteoporosis. The Achilles test compares your bone density to that of a “young adult” at peak bone strength (T-score). It also compares your results to people of your same age, called “age-matched” (Z-score). This information, along with other factors, will help your doctor to gauge your risk of osteoporotic fracture and what course of action should be taken.

Buford L. Rolin Health Department Radiology will now be offering ultrasound bone mineral density screening. We have recently purchased a GE Healthcare Achilles EXPII Bone Ultrasonometer. This equipment offers portable and accurate technology for measuring bone properties at the calcaneus (heel bone) without the use of ionizing radiation to help accurately predict fracture risk.

Who is at Risk?

Age is an important risk factor. Everyone, both men and women, loses bone strength, as they grow older. Women have higher risk for osteoporosis than men do as women often have smaller, thinner



The World Health Organization has developed categories that define the amount of bone loss such as Normal: a T-score above -1; Low bone mass: a T-score between -1 and -2.5; Osteoporotic: a T score less than -2.5.