



Location: The Imaging Center
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Bone Density Scan with Vertebral Fracture Assessment (DEXA with VFA)

What is a Bone Density Scan Vertebral Fracture Assessment?

Our bones are forever changing in density (loss of bone mass), and as we get older our bones can lose their strength due to many factors such as poor nutrition, estrogen, disease, smoking, lack of exercise, medication, age and many others.

The identification of vertebral fracture risk is very important in the diagnosis of osteoporosis and many of these vertebral fractures go undiagnosed. The new technology we offer allows the patient to simultaneously receive a bone mineral density (BMD) assessment. The BMD assessment is used to diagnose osteoporosis, a condition found in both men and women that can cause one's bones to suffer a gradual loss of calcium leading to a decrease in bone density and an increase in susceptibility to fractures and breaks.

Low bone mass afflicts both men and women and early detection is the key to prevention. You may not know if you have osteoporosis, but with this study you can find out. If your results do show abnormalities then you'll know you at least have the power to do something to treat, prevent, and even possibly reverse the effects of your health issues.

Quakerbridge Radiology Associates' dual x-ray absorptiometry known as DEXA includes the Hologic vertebral fracture assessment (VFA) in high definition with instant vertebral assessment (IVA-HD). This new feature dramatically improves the detection of vertebral fractures. IVA-HD doubles the resolution of previously available techniques with a safe, low dose, x-ray image.

Vertebral fractures can lead to back pain, loss of height, immobility... and even reduced pulmonary function. Their impact on the quality of your life and the effects they can have on your daily activities can be profound. Talk to your physician about Vertebral Fracture Assessment (VFA) and see what you can do to improve and secure your health by diagnosis and treatment.

Preparing for your Bone Density with Vertebral Fracture Assessment (DEXA with VFA)

The examination should not be done within 2 weeks of a nuclear medicine procedure, within 1 week of any contrast study or for 48 hours following a barium study. Do not take calcium supplements/antacids with calcium or osteoporosis medications for 24 hours prior to exam. Patients wearing clothing without metal can have exam without changing clothes.

What to Expect During the Scan

- The study is easy and safe for patients.
- The x-ray images pass through the patient's lumbar spine, occasionally a forearm, and one hip.
- The left hip is usually examined because it allows for earlier detection of osteoporosis since it is not the dominant hip for most people.
- The VFA is completed in about 10 seconds and there is very low dose of radiation.
- The entire exam is painless and can be completed in 15 minutes.

A Few Common Myths about Osteoporosis:

Fiction: Only women need to worry about osteoporosis.

FACT: 80% of all osteoporosis patents are women. 20% of cases are men and since the disease affects 10 million people and is growing, that means 2 million men in the U.S. have osteoporosis. Men have a greater risk of developing a fracture related to osteoporosis than prostate cancer.

Fiction: If you are on medication for osteoporosis, you don't need to worry about getting enough calcium and vitamin D.

FACT: Medication can help prevent bone loss, but they don't give you the raw materials -- calcium and phosphorus -- that make up bone minerals. If the body doesn't have that, the drugs can't help it. Be sure to eat a diet rich in calcium, even if you are taking medication, and ask your physician about adding the Vertebral Fracture Assessment to your next Bone Density Exam (DEXA).

FACT: Vertebral fractures can lead to back pain, loss of height, immobility and even reduced pulmonary function. Their impact on quality of life can be profound. Vertebral fractures can significantly impact on activities of daily living. Talk with your physician about Vertebral Fracture Assessment (VFA) today.

Most insurance companies, including Medicare, will pay for this additional scan if the patient meets select criteria:

1. Loss of height of 1" or greater
2. History of any fracture in a patient over the age of 50
3. Osteoporosis
4. Hyperparathyroidism
5. Symptomatic Menopause

Ask your doctor to write your prescription: Dexa with VFA (if indicated).