



Medical Director: Hillary L. Browne, MD, FACP

ISCD Position Statement

Indications for Bone Mineral Density Testing

- Women 65 years of age and older; men 70 years of age and older
- Postmenopausal women under 65 years of age with risk factors
- Adults with a fragility fracture
- Adults with a disease or condition associated with low bone mass or bone loss
- Adults taking medications associated with low bone mass or bone loss
- Any individual being considered for pharmacologic therapy
- Any individual being treated, to monitor treatment
- Any individual not receiving therapy in whom evidence of bone loss would lead to treatment.

Women discontinuing estrogen should be considered for bone density testing according to the indications listed above.
J. Clin. Den. 7(1). Spring 2004.

Oncologist's Corner

Breast Cancer and Bone Density.

Osteoporosis is surprisingly frequent in breast cancer patients.

- Annual incidence of vertebral fractures is almost 5 X higher in breast cancer survivors (even those on tamoxifen).
- Tamoxifen decreases BMD in premenopausal women
- Tamoxifen fails to prevent the fall in BMD that occurs in women who become menopausal after chemotherapy
- Women who undergo menopause after chemotherapy have a 14% decrease in lumbar BMD
- Aromatase inhibitors may also accelerate bone loss.

Have a lower threshold for Bone Density Testing in breast cancer patients and survivors.

R.E. Coleman, Cancer (suppl). February 2003.

Patient Info Corner:

Current guidelines for medical X-rays are given in terms of a whole-body effective dose. Natural radiation is the single largest source of radiation exposure for the average person. Exposure is expressed in unites of microSieverts (μSv).

The table below gives the whole-body effective doses for a variety of medical procedures, bone density testing and daily living.

| Source | Dose (μSv) |
|------------------------------------|-------------------------|
| Annual Natural Background exposure | 2400 |
| Spine X-Ray | 700 |
| Mammogram | 450 |
| Dental X-ray | 100 |
| Chest X-ray | 50 |
| Transcontinental flight | 30 |
| One week ski vacation | 15 |
| DXA BMD | 0.6 |

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Our Facility

Spruce Street Osteoporosis Center uses a state of the art GE Lunar Prodigy densiometer with the capacity for instant vertebral assessment (IVA).

If you or your staff are interested in trying this technology for yourself, please schedule with Patty von Gruening, our office manager. She can also provide you with brochures, or whatever other information you might need. You can reach Patty at ext. 102.

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We will do precerts for your patients.
All they need to do is call.