

## Know Your Bone Density

Nowadays doctors with good diagnostic skills often suggest medical tests to precisely find out the medical problems. Screening test has become a necessity as only with the help of a series of tests various ailments can be identified. Bone density test is one such test conducted to find out the health of your bones and if conducted at an early stage many serious ailments can be avoided. When you go to a doctor for bone density measurement, you have to undergo a simple and painless test in which the mineral density of bone is measured by x-rays. With this test, the doctor will be able to see and examine the content of calcium and other vital minerals and whether you have strong and healthy bones. Usually a doctor will prescribe you a bone density test if your bones appear thin and brittle. The doctor, with a bone density test, can quickly and easily examine the upper section of femur, bones of wrist and forearm and lumbar vertebrae of lower spine. There is no need of any special preparation on your part to undergo this painless test. After the completion of the bone density test, a T-score will be generated by the doctor for your reference. With that result, you can learn about the density of your bones. The bones are healthy, strong and normal when the T score is more than -1 and there is nothing to worry. You are facing the risk of osteoporosis when the T-score is in the range of -1 to -2.5 as the bones are on the deteriorating stage. You require immediate medical attention only when the T-score goes lower than the danger mark of -2.5 as it is an indication of high level of osteoporosis. You may have to undergo your bone density test when you attain the age of 65. However, when you face certain risk factors you will be recommended by your doctor to take the test even when you are young. You can either prevent or slow-down the bone loss at an early age through regular exercises and diet. To prevent fractures, you have to know your condition clearly. There are some risk factors which necessitate a bone density test such as history of fractures, family history, treatment of thyroid with synthroid or other hormones, early menopause, treatment of rheumatoid arthritis with glucocorticoid drugs and having weight lower than 127 pounds. The bone mineral density is usually measured by a DXA scan which takes not more than 20 minutes and it done with a low radiation device, just like a typical x-ray. As there is no penetration in your body's skin, the non-invasive test is not going to cause you any pain. The DXA scan would provide a T-score after measuring your BMD at hip and spine. Also, you should know about the type of exercises that you should practice to strengthen your bones. Poor vision may also lead to broken bones. If you have problem in vision or balance while you walk, you have to check your vision immediately. Remember that only having bone density test at an appropriate time can keep your bones strong and healthy and also can prevent osteoporosis, the life threatening and distressing disease.

## About the Author

You can know more about [bone density](#) and its importance from the website. You can also find information on [bone density scan](#) and [bone density test](#) from this website.

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