Bone Density Test



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What is a Bone Density Test?

A bone density test determines if you have osteoporosis — a disease that causes bones to become more fragile and more likely to break.

In the past, osteoporosis could be detected only after you broke a bone. By that time, however, your bones could be quite weak. A bone density test makes it possible to know your risk of breaking bones before the fact.

A bone density test uses X-rays to measure how many grams of calcium and other bone minerals are packed into a segment of bone. The bones that are most commonly tested are located in the spine, hip and forearm.

What will happen during a Bone Density Scan?

You will lie on a padded exam table while a mechanical arm passes over your body. The amount of radiation you're exposed to is very low, much less than the amount emitted during a chest X-ray.

The procedure takes about 30 minutes.

What will happen after a Bone Density Scan?

You will be able to return to normal activities. The Radiologist will send the report to your physician. The results will be given to you by your physician.



At Thunder Bay Regional Health Sciences Centre, patients are first. As leaders in Patient and Family Centred care, we partner with patients and their families every step of the way to treat the person instead of the disease or injury. As an academic health sciences centre, we teach the next generation of healthcare providers and advance medical research. Patients benefit from a team approach to care, and the chance to take part in clinical trials. Your donation to the Health Sciences Foundation advances care in all areas.

For information or to provide your input, please visit www.tbrhsc.net or contact 807-684-6000.