

## New Technology at Spooner Health System Helps in Fight Against Osteoporosis

Osteoporosis, the disorder in which progressive bone loss results in increased risk of fracture, is a major public health threat for an estimated 44 million Americans, or 55 percent of people age 50 and older. The prevention, detection and treatment of osteoporosis is an increasingly important medical concern.

Currently, bone densitometry tests are the only accurate measurements of bone mass and fracture risk.

Spooner Health System recently purchased a Lunar Prodigy Advance DEXA (Dual Energy X-ray Absorptometry) densitometer to assist in the fight against osteoporosis. DEXA scans are non-invasive and comfortable for the patient, with very low radiation. The patient lies on the scanner bed while a small beam of radiation passes through the region of concern. Patient bone density is measured automatically.



The Prodigy Advance is the only direct-digital bone densitometer, which means that it converts x-rays directly into electronic signals without the use of an intermediary step. This results in reduced scan times and lower radiation dose, ultimately greater efficiency and quality. Prodigy has up to 40% better clinical precision when compared to competing systems.

Using a bone densitometer, physicians can measure patient bone density and follow it over time. If the patient's bone density is low, or decreases at an abnormally fast rate, the patient may be at risk for osteoporosis. Through changes in diet, exercise habits and/or medication, further deterioration of bone can be prevented.

Bone mass measurements can influence clinical decisions in four key ways: to decide about hormone replacement therapy in estrogen deficient women, to diagnose spinal osteoporosis, to adjust therapy of patients on long-term glucocorticoids, and to decide about surgery in patients with primary hyperparathyroidism.

"We are very pleased to be able to provide this new service to patients close to home," states Director of Diagnostic Imaging Craig Norheim. "The Prodigy Advance really is a great diagnostic tool to help prevent bone loss and reduce fractures."

Both men and women are encouraged to have their bone density measured. Osteoporosis is historically known as a women's disease, but 20% of those affected by osteoporosis in the United States are men. If you are interested in having your bone density measured, talk to your doctor and schedule an appointment at Spooner Health System, 715-635-1271.