



St. Teresa's Hospital
聖德肋撒醫院



Tel: (852) 22003434

Website: www.sth.org.hk

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- East Rail Line
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- * Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154

References:

Hospital Authority Hong Kong

Effective since: 1 March 2022

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Bone Densitometry

Examination Information

程序簡介

Bone Densitometry



X-Ray Department

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St. Teresa's Hospital

Phone : (852) 2200 3112

Working Hours: 09:00-17:00 (Monday to Friday)

09:00-13:00 (Saturday)

Introduction

A Bone Densitometry is the best way to determine your bone health. The test can identify osteoporosis, determine your risk of fractures (broken bones), and measure your response to osteoporosis treatment.

The most widely recognized Bone Densitometry test is called a dual-energy x-ray absorptiometry, or DEXA test. It is a simple and painless way of measuring the concentration of calcium in your bones using a computerized x-ray scanner. The amount of radiation involved is less than half that of a chest x-ray.

What does the test do?

A DEXA test measures your bone mineral density and compares it to that of an established norm or standard to give you a score. Although no bone density is 100 percent accurate, the DEXA test is the single most important predictor of whether a person will have a fracture in the future.

T-Score

Most commonly, your DEXA test results are compared to the ideal or peak bone density of a healthy 30-year-old adult and you are given a T-score. A score of 0 means your bone density is equal to the norm for a healthy young adult. The more standard deviations below 0 indicated as negative numbers, the lower your bone density and the higher your risk of fracture.

WHO Definitions Based on Bone Density Levels	
Level	Definition
Normal	Bone density is within 1 (+1 or -1) of the young adult mean
Low bone mass	Bone density is between 1 & 2.5 SD below the young adult mean (-1 to -2.5)
Osteoporosis	Bone density is 2.5 SD or more below the young adult mean (-2.5 or lower)
Severe osteoporosis	Bone density is more than 2.5 SD below the young adult mean, and there have been 1 or more osteoporosis fractures.

Low Bone Mass Versus Osteoporosis

Although not everyone who has low bone mass will develop osteoporosis, everyone with low bone mass is at a higher risk for the disease and the resulting fractures.

As a person with low bone mass, you can take steps to help slow down your bone loss and prevent osteoporosis in your future. Your doctor will want you to develop healthy habits such as eating foods rich in calcium and vitamin D and doing weight-bearing exercise such as walking, jogging, or dancing. In some cases, your doctor may recommend medication to prevent osteoporosis.

If you are diagnosed with osteoporosis, these healthy habits will help, but your doctor will probably also recommend that you take medication. Several effective medications are available to slow-or even reverse-bone loss.

Who should get a bone densitometry?

All women over 65 should have a bone densitometry. Women who are younger than 65 and at high risk of fractures should also have a bone densitometry.

In addition, bone densitometry should be considered in people taking glucocorticoid medications for 2 months or more and in those with conditions that place them at a high risk of an osteoporosis-related fracture.

Please consult your attending doctor for any queries.

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