



Are there any limitations to getting this bone health assessment?

The screening is intended for postmenopausal women. You must be at least 18 years of age and in generally good health to participate. You cannot participate in this screening program if you have an injured ankle or foot, or any open cuts, wounds, or rashes in the area that comes into contact with the system.

Please remember that this machine is just a screening device. Feel free to share your results with your primary care provider, who may have recommendations for you based on your T-score.

Thank you,
The WorkingWell. Staff

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866-552-WELL (9355)



WorkingWell.
a network of occupational healthcare workingwell.org

Understanding a bone health assessment
An Important Step to Better Bone Health

Many women are unaware... that they may be at risk for osteoporosis.

You could be doing everything right for your bone health, including exercise and a diet rich in calcium and Vitamin D, but it may not be enough. An important step to understanding your risk is having a Bone Health Assessment. Early detection and prevention are the best ways to protect yourself against the debilitating effects of this disease.

What is a bone health assessment?

The assessment consists of two steps and requires about 15 minutes. First, you will be asked several questions on a "Risk Factor Assessment", then the technician will perform a heel scan. The Bone Densitometer (heel scan) uses ultrasound to produce images of the heel. The Calcaneal (heel) ultrasound is an excellent screening method because it is portable, does not use radiation, and accurately measures the bone mass and quality of bone.

How is the Bone Densitometry done?

The tech will ask for your age and enter this information into the computer. The procedure will require you to be seated and remain still. You will be asked to remove your shoe. Next you will place your foot into the scanning machine.

Why is the scan done on the heel?

The heel is a weight bearing bone and has mass similar to that found in the hip and spine, where most osteoporotic fractures occur.



What will the bone health assessment reveal?

The scan will measure the bone mineral density (BMD), or bone mass, at the heel and will compare that value with a reference population. This value is called a "T-Score". The T-Score may not be as predictive of fracture risk for women who are not Caucasian. Your T-Score, combined with the information on your Risk Factor Assessment, could show that you are at a higher risk of getting the disease. Only a physician can assess your screening results along with other clinical factors to aid in the diagnosis of osteoporosis. Please share these results with your Primary Care Provider, who may have recommendations for you based on your T scores.

T-Scores:

+ 1 to - 1 is Normal Bone Density
(examples are: 0.8, 0.2 and .05)

- 1 to -2.5 is Low Bone Density, or Osteopenia
(examples are: -1.2, -1.6 and -2.1)

Less than -2.5 is considered Osteoporosis
(examples are: -2.8, -3.3 and -3.9)

The lower a person's T-Score, the lower the bone density. A T-score of -1.0 is lower than a T-score of 0.5; a T-score of -2.0 is lower than a T-score of -1.5; and a T-score of -3.5 is lower than a T-score of -3.0