

What is DEXA (Dual Energy X-Ray Absorption)?

DEXA is a bone densitometry test that helps doctors diagnose osteoporosis. Throughout childhood and as young adults, bones grow in strength and in size. Around the age of 30, bones reach their peak strength and then naturally become weaker with age. Osteoporosis is a condition where bones become weak to the point of breaking.

Bone Densitometry (DEXA Scan):

The bone densitometry is a large, padded and comfortable examination table. This test provides your risk score (T-Score) in just a few minutes.

On the [day of your exam](#):

- Wear elastic waist pants
- Wear tennis shoes
- You may eat and drink as normal

[During your exam](#):

- You will be asked to lie on your back
- The entire exam will take about 15-20 minutes

The DEXA Scan determines your T-score to check for osteoporosis. This score will be considered in making a diagnosis.

Normal T-score: Above -1

Osteopenic: Between -1 and -2.5

Low Bone Density

Osteoporosis: T-score below -2.5

The following are risk factors for osteoporosis:

Small, Thin Frame

Female

Asian Ancestry

Early Menopause

Family History of Osteoporosis

Avoidance of Dairy Foods

Low Vitamin D Intake

Rheumatoid Arthritis

Excessive Alcohol Intake

Smoker

Caucasian Ancestry

Sedentary Lifestyle

Excessive Caffeine Intake