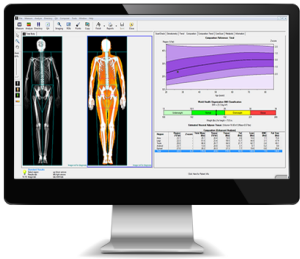




SEE WHAT YOU ARE MADE OF WITH A WHOLE BODY COMPOSITION SCAN

Clarinda Regional Health Center cares about you and your health. That's why we're offering whole body composition scans for \$30.

The Horizon® system from Hologic® scans the whole body to give you a detailed health assessment. Use this information if you are a student athlete, on a weight loss journey, or recovering from an injury or surgery.



FIND OUT YOUR:

- **BODY FAT %**
- **SKELETAL MUSCLE MASS**
- **BONE MINERAL CONTENT**
- **INTERNAL FAT**
- **& MUCH MORE!**

Only \$30*! Call 712-542-8330 now to schedule a Body Composition Scan!

**This service is self-pay only. Cannot be billed to insurance.*



DXA BONE DENSITOMETRY

Bone densitometry, also called dual-energy x-ray absorptiometry, or DXA, uses a very small dose of ionizing radiation to produce pictures of the inside of the body to measure bone loss. It is commonly used to diagnose osteoporosis and to assess an individual's risk for developing osteoporotic fractures.

What are the benefits?



- DXA bone densitometry is a simple & non-invasive procedure.
- No anesthesia is required.
- The amount of radiation used is very small—less than one-tenth the dose of a standard chest x-ray, and less than a day's exposure to natural radiation.
- DXA bone density testing is currently the best standardized method available to diagnose osteoporosis and is also considered an accurate estimator of fracture risk.
- DXA is used to make a decision whether treatment is required and it can be used to monitor the effects of the treatment.
- No radiation remains in a patient's body after a DXA examination.

Who should have a DXA test?

Particularly if you have risk factors, you should inquire about the possibility of having a DXA test. A referral from your provider is necessary in order to obtain a DXA test.

It is important to discuss your bone health with your doctor. **Recommendations of who should be tested vary and may determine whether the DXA test will be reimbursed by your health insurance.**

A DXA test, together with a medical examination and a fracture risk assessment, will enable your doctor to gain a good understanding of your bone health status.

DXA testing is recommended for:

- All women aged 65 and older
- Men aged 70 years or older
- Younger postmenopausal women or men who have risk factors for osteoporosis;
- Including anyone who has broken a bone after the age of 50

