

Community Connection

Learn more about

PEDIATRIC WATER SAFETY

WHAT'S HAPPENING?

SEE THE LATEST AT GUTHRIE
COUNTY HOSPITAL & CLINICS

MEDICAL MINUTES

DEXA SCAN: BONE DENSITY TEST

SUMMER 2023

WWW.GUTHRIECOUNTYHOSPITAL.ORG



An Affiliate of  UnityPoint Health

SERVING GUTHRIE
COUNTY IN THE
FOLLOWING
LOCATIONS

GUTHRIE COUNTY HOSPITAL

710 N. 12th Street
Guthrie Center, Iowa
(641) 332-2201



GCH CLINICS—ADAIR

401 Audubon Street | Adair, Iowa
(641) 742-1000



GCH CLINICS—PANORA

103 SE 13th Street | Panora, Iowa
(641) 755-4000



GCH CLINICS—STUART

312 N. Fremont Street, Suite A | Stuart, Iowa
(515) 523-8050



GCH CLINICS—GUTHRIE CENTER

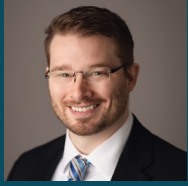
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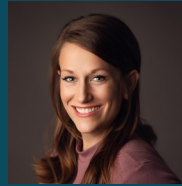
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Mosquitoes and Ticks

Don't let mosquitoes and ticks ruin your carefree summer fun. As we spend more time outdoors for activities like camping, hiking, swimming, picnicking and barbecuing, there is a greater chance of getting bitten by mosquitoes and ticks. According to the American Mosquito Control Association there are 176 known species of mosquito in the U.S.—putting Americans at risk from coast to coast. And while mosquitoes may be the most obvious detractor from summer fun – ticks are silent but dangerous. Most active during warmer months (April to September), it is especially important to be vigilant of blacklegged ticks, more commonly known as deer ticks, especially if you live in the Northeast, Mid-Atlantic, North-central or Northwest.

Mosquitoes and ticks are more than just itchy and annoying – if infected, these pests can pose a major health risk to people by possibly transmitting diseases. Follow these tips to prevent mosquito and tick bites this summer:

- Use insect repellents containing DEET (N, N-diethyl-meta-toluamide) when you are outdoors. Be sure to follow the directions on the package.
- Consider staying indoors at dusk and dawn, when mosquitoes are most active.
- Wear long-sleeved shirts and long pants and tuck your pant legs into your socks or boots.
- Use a rubber band or tape to hold pants against socks so that nothing can get under clothing.
- Tuck your shirt into your pants. Wear light-colored clothing to make it easier to see tiny insects or ticks.
- When hiking in woods and fields, stay in the middle of trails. Avoid underbrush and tall grass.
- If you are outdoors for a long time, check yourself several times during the day. Especially check in hairy areas of the body like the back of the neck and the scalp line.
- Inspect yourself carefully for insects or ticks after being outdoors or have someone else do it.
- If you have pets that go outdoors, spray with repellent made for their breed/type. Apply the repellent according to the label and check your pet for ticks often.

Get rid of mosquito breeding sites by emptying sources of standing water outside of the home, such as from flowerpots, buckets and barrels.

Resource:

American Red Cross

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/summer-safety.html#:~:text=Wear%20long-sleeved%20shirts%20and,see%20tiny%20insects%20or%20ticks.>

Pediatric Water Safety: Don't let your kids get in over their heads!

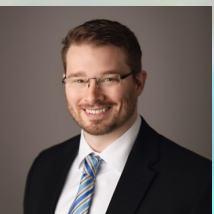
As temperatures start to warm up, I have heard several of my patients talk about summer plans that involve boating, floating, and otherwise frolicking in the water. All their plans sound so fun, I find myself envious of all these activities that are sure to make a splash with the kids! However, I do occasionally find myself thinking back to a rotation I had in the Blank Children's Emergency Department where during one shift we had a young child come in who had fallen into a swimming pool, inhaled a small amount of water, and who could have had a much worse outcome than they did had their parents not been close by.

Drowning is the leading cause of death in children from ages 1-4 according to the American Academy of Pediatrics (AAP) and is the 3rd leading cause of injury/death among patients from 5-19 years of age. Fortunately, the number of children who drown has been steadily decreasing in recent years, and there are a number of simple and effective steps that anyone can take to decrease the risk of drowning.

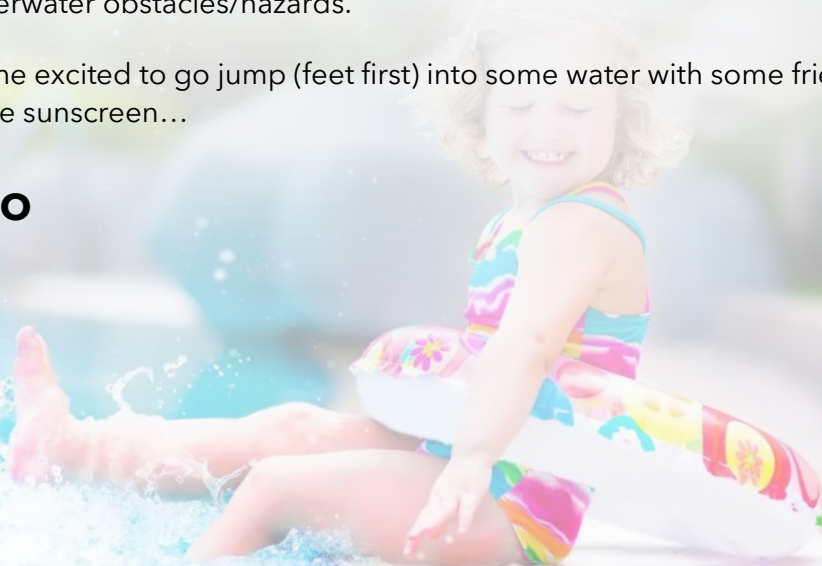
The AAP has a number of recommendations that are aimed at minimizing the number of children who suffer drowning/water accidents:

1. NEVER leave young children alone/unsupervised around water that is more than even 1-2 inches deep. Bathtubs, buckets, and even toilets are possible drowning hazards for young children.
2. Whenever young children or children who are not strong swimmers are in water, an adult with good swimming skills should be within arm's reach of the child and watching them intently.
3. If you have a pool, it should have an at least 4 ft barrier surrounding it with access limited by self-closing gates.
4. Parents, caregivers, older children, and teenagers should learn CPR as early as possible after drowning events has been proven to decrease deaths and long-term disability.
5. Safety equipment (rings, floaties, pool noodles, life-vests, shepherd's crooks) should be kept immediately available around the pool.
6. Swimming lessons have been shown to decrease the risk of drowning, but DO NOT "drown-proof" children. Swim-safety skills are recommended for the parents to learn as well.
7. EVERYONE should wear a lifejacket when they are on/in a watercraft (jet-ski, boat, etc...). Those who are not competent swimmers should wear them when around water, period.
8. DO NOT DIVE into murky water, water with unknown depth, or water that you are not absolutely certain does not contain underwater obstacles/hazards.

All this talk about swimming has me excited to go jump (feet first) into some water with some friends. I'll just have to remember to bring the sunscreen...



Eric Jones, DO



What's happening at Guthrie County Hospital & Clinics?

WELCOME TO OUR NEW PATIENT PORTAL

As a patient, you have easy access to your health information through MyUnityPoint – wherever you go.

USING KEY FEATURES

The online portal or the MyChart app for iPhone® or Android®, gives you instant and secure access to your health records. Where you can:



SEND A NON-URGENT MESSAGE TO YOUR CARE TEAM

- Please expect to receive a response within 2-3 business days.
- Include files and images in your messages.
- Keep in mind, this feature is intended for questions about your care. Your provider may request you make an appointment.



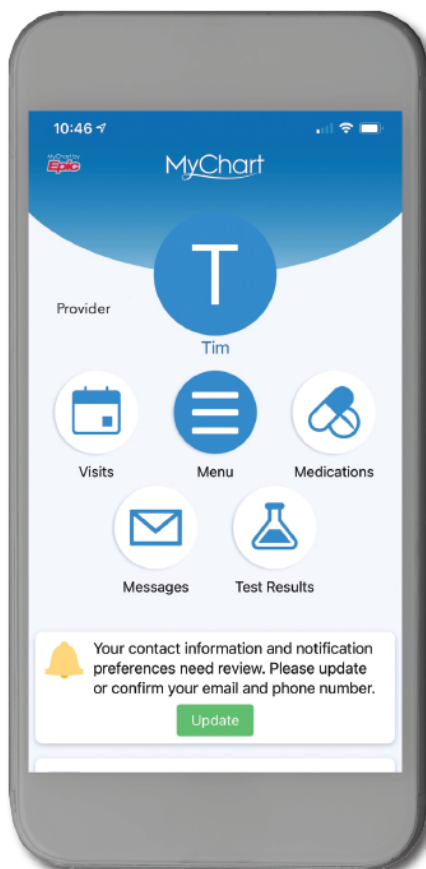
SCHEDULE OR REQUEST PRIMARY CARE APPOINTMENTS

- Directly schedule, confirm and cancel primary care appointments and enter details about the reasons for visit. If your provider requests more time for your appointment, we'll be sure to contact you.
 - See details about future appointments, including instructions and driving directions.
- Complete most of the check-in process from home, verify demographic information, allergies and pre-visit forms.
- Add or remove yourself to wait lists and move appointments to an earlier date when a new time is available. To complete, click on the upcoming appointment and review the wait list options.



REQUEST PRESCRIPTION REFILLS

- Send a refill request to the prescribing provider.



REVIEW YOUR TEST RESULTS AND PROVIDER NOTES

- Our commitment to providing timely access to test results means you may be viewing the results before your provider has had the opportunity to review them.
 - If you have an active MyUnityPoint account, your care team may not call you if you have normal lab results.
- If you have any questions about your test results, please send a secure message to your care team.
- View and download details of past appointments and admissions - including after visit summaries and provider notes.



ACCESS YOUR FINANCIAL STATEMENTS AND PAY YOUR BILL

- Prepay estimates and copays in advance.
- Pay bills from recent appointments.
- If you have questions, please contact our billing department customer service at 844-849-1260.



MANAGE YOUR HEALTH

- Add, remove, modify: health issues, medications and allergies.
- Print immunization records.
- Review the medical history we have on file.
- Review your plan of care summary and goals
- To-do reminders notify you of upcoming health checks.
- Request a copy of your medical record.

Don't Have An Account Yet?

Creating an account is easy, you can:

- Sign-up at chart.myunitypoint.org.
- Sign-up during an office visit with a unique email or text link.

Getting Started

Visit account settings:

- Your thumb print or face recognition security feature.
- Your communication preferences.
- Your email and phone number.
- Check the FAQ section of chart.myunitypoint.org for additional tips.

Have Questions?

Please contact the MyUnityPoint Support team at (877) 224-4430 or MyUnityPointSupport@unitypoint.org.

If you would like to update how you receive MyUnityPoint communication notifications:

- Access MyUnityPoint
- Select "communication preferences" under the Account settings
- Select a category from the drop-down menu
- Click the notification icons of your choice for each corresponding item

What's happening at Guthrie County Hospital & Clinics?

UPCOMING EVENTS & FITNESS CENTER CLASSES

- Every Monday & Wednesday - Let's Get Pumped Class* @ 5:30 p.m.
- August 10–GCH Auxiliary Meeting @ Todd-Neff Conference Room at 10:00 a.m.
- August 17–Principles of Cardiac Rehabilitation Lunch & Learn at noon. For more information, contact Stacy Lambert at (641) 332-3912.
- August 17–Diabetes Support Group - Located in Sneakers Café @ 7:00 p.m.
- September 13–Blood Drive from 9-12:30*
- November 17–Blood Drive from 9:00-12:30*

* The Lifeserve Bloodmobile parks at the north end of the building. Appointments can be made at <https://donor.lifeservebloodcenter.org> or walk-ins are accepted.

**Must be a current paid member. Not a member but want to take a class? Only a \$5 drop-in charge for each class.*

OUTREACH

- GCH Clinics walked in the Stuart Good Egg Days parade, Adair Chuckwagon Days parade, and Earlham 4th of July parade. They also participated in the STEAM event at the AC/GC Schools with the Extension Office, and have been to several Chamber meetings. They provided popcorn at the AC/GC vs. WCV softball and baseball games.



Join our team!

For all position vacancies and details, visit www.guthriecountyhospital.org.

Online applications now available.

Women's Health

Women's Health, Whole Health: Prevention, Care and Wellbeing

Taking care of yourself includes caring for your physical, mental, social, and emotional health. There's a lot that you can do - from practicing healthy habits to making and keeping all health care appointments. Practice healthy behaviors to get the care you need.

TALK WITH YOUR HEALTH PROVIDERS

Regular check-ups are important. Talk to a healthcare provider:

- To find out about exams you may need and when they should occur. You can also explore the covered preventive services for women and other services available for women at no cost.
- If you are pregnant or within the year after delivery, seek immediate care from a healthcare provider if you are experiencing urgent maternal warning signs.
- If anything doesn't feel right or is concerning. Make an appointment or contact your doctor or nurse by phone or e-mail. Write down any questions or issues you may have and take them to your appointment.

ENJOY A HEALTHY AND BALANCED DIET

Nutrition is an essential part of a healthy lifestyle. Learn the basics of healthier eating habits.

- Include a plan that consists of fruits, vegetables, whole grains, fat free or low-fat milk and other dairy products, and lean meats. You can also add to or substitute dairy products with lactose-free versions and fortified soy beverages and yogurts. Your eating plan should be low in salt, saturated, and trans fats, and added sugars. Learn more healthy eating tips.
- If you could become pregnant, take 400 micrograms of folic acid every day. Taking folic acid before and during pregnancy reduces the risk that the baby will have a major birth defect of the brain or spine.
- Avoid drinking too much alcohol. Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions and can lead to chronic diseases. If you choose to drink alcohol, do so in moderation, which is up to 1 drink a day for women. Check your drinking habits and make a plan to drink less alcohol.



GET ACTIVE

Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 hours and 30 minutes a week. You can break it into smaller amounts of time, such as 20 to 30 minutes a day.



Women's Health

Get out and about and enjoy the spring and summer weather. Physical activity is one of the most important things you can do for your health. Physical activity has many benefits, including lowering your risk for heart disease—the leading cause of death for women.

- Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity that requires moderate effort. You don't have to do it all at once.
- Adults should do strengthening activities at least 2 days a week that include all major muscle groups.
- More than four older people falls each year and women fall more often than men. Strength and balance training can help reduce falls.

PRIORITIZE MENTAL HEALTH

What you can do

- **Take five.** Take a deep breath and relax. Even five minutes to take care of yourself can help.
- **Be active.** Take a walk, stretch, or exercise.
- **Connect with others.** Reach out to friends and family.
- **Seek support from friends, family, and trusted organizations.** Talk about your feelings with others. Reach out to clergy or others in your faith community.
- **Get help from a professional.** Talk to a health care provider about how you are feeling.
- **Make an appointment with a counselor.**
- **Contact the 988 Suicide & Crisis Lifeline.** If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988.
- **Take time to unwind and enjoy your favorite activities.**



Keep your mind and body healthy. Research shows that positive mental health is associated with better overall health and well-being. There are some important steps you can take to get the support you need to cope with stress and improve your well-being.

PRACTICE HEALTHY BEHAVIORS

- If you menstruate, maintain healthy habits during your period, like changing your menstrual products regularly and tracking your cycle. Learn about your menstrual cycle and talk to a healthcare provider about any concerns you have. Reach out to local health or social service organizations if you need help affording menstrual products.
- Menopause is a normal change in a woman's life when periods stop. A woman has reached menopause when she has not had a period for 12 months in a row. If you are experiencing menopause, learn about ways to help relieve your menopause symptoms.

Women's Health

Take care of your body.

Staying physically healthy can improve your emotional well-being. Here are some suggestions:

- **Take steps to prevent yourself from getting sick**– Keep up with regular health appointments and make sure to get vaccinated.
- **Get enough sleep** for your overall health. It impacts how you feel and perform during the day. Adults need at least 7 hours of sleep each night. Good habits, such as following a regular sleep schedule, including weekends, make it easier for you to get the sleep you need.
- **Avoid using illegal drugs or prescription drugs** in ways other than prescribed. Don't take someone else's prescription. Substance use treatment is available and recovery starts with asking for help.
- **Avoid smoking, vaping, and the use of other tobacco products.** People can and do quit smoking for good.
- **Make time to unwind.** Try to do some activities you enjoy.
- **Connect with others.** Having quality relationships and a sense of belonging is important for both our physical and mental health. Talk with people you trust about your concerns and how you are feeling.
- **Find a local support group.** Support groups provide a safe place for people to find comfort. You are not alone.
- **Recognize when you need more help.** If stress gets in the way of your daily activities for more than two weeks, or you are thinking about suicide, talk to someone who can help. You can talk to a psychologist, social worker, or professional counselor.
- **If you or someone you know is struggling or in crisis,** help is available. Call or text 988 or chat 988.
- **If you are experiencing violence,** reach out for support. Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224.

Watermelon Lime Slushie

Ingredients

- 2 cups watermelon
- 2 cups ice
- 1/4 cup (from about 2 limes) lime juice
- 2 tbsp (plus more for garnish) fresh mint leaves

Instructions

1. Puree the watermelon, ice, lime juice, and mint in a blender until you get a slushie consistency. Pour into glasses and garnish with a sprig of mint (optional).



RESOURCE

American Diabetes Association | Diabetes Food Hub

<https://www.diabetesfoodhub.org/recipes/watermelon-lime-slushie.html>

Grilled Buttermilk Chicken

Ingredients

- 1-1/2 cups buttermilk
- 4 fresh thyme sprigs
- 4 garlic cloves, halved
- 1/2 teaspoon salt
- 12 boneless skinless chicken breast halves (about 4-1/2 pounds)

Instructions

1. Place the buttermilk, thyme, garlic and salt in a large bowl or shallow dish. Add chicken and turn to coat. Refrigerate 8 hours or overnight, turning occasionally.
2. Drain chicken, discarding marinade. Grill, covered, over medium heat until a thermometer reads 165°, 5-7 minutes per side.

Nutrition Facts

1 chicken breast half: 189 calories, 4g fat (1g saturated fat), 95mg cholesterol, 168mg sodium, 1g carbohydrate (1g sugars, 0 fiber), 35g protein. Diabetic Exchanges: 5 lean meat.



RESOURCE

Taste of Home

www.tasteofhome.com

Spicy Cajun Potato Salad

Ingredients

- 5 pounds medium Yukon Gold potatoes, peeled and cut into 3/4-inch cubes
- 1 large yellow onion
- 1/2 medium lemon
- 1/2 teaspoon salt
- 8 hard-boiled large eggs, chopped
- 1-1/2 cups mayonnaise with olive oil and coarsely ground pepper
- 1 cup dill pickle relish
- 1/4 cup yellow mustard
- 1 to 2 tablespoons Cajun seasoning
- 1/4 cup minced fresh parsley Paprika



Instructions

1. Place potatoes in a Dutch oven; add water to cover. Cut onion in half crosswise; add 1 half to saucepan. Bring to a boil. Add lemon and salt to cooking water. Reduce heat; cook, uncovered, until potatoes tender, 5-6 minutes.
2. Meanwhile, chop remaining half onion. Combine with eggs, mayonnaise, dill pickle relish, mustard and Cajun seasoning.
3. Drain potatoes; rinse under cold water. Discard onion and lemon. Add potatoes to egg mixture; gently toss until well mixed (do not overmix, or potatoes will break down). Refrigerate, covered, 1-2 hours. Just before serving, sprinkle with parsley and paprika.

Nutrition Facts

3/4 cup: 229 calories, 10g fat (2g saturated fat), 81mg cholesterol, 400mg sodium, 31g carbohydrate (3g sugars, 2g fiber), 5g protein.

RESOURCE

Taste of Home

www.tasteofhome.com

Sugar Free Yogurt Parfait with Fresh Berries

Ingredients

- 1 cup Plain Fat-Free Greek Yogurt
- 1/2 cup Fresh Blueberries
- 5 drops SweetLeaf® Sweet Drops® Clear®

Instructions

1. In a bowl, mix Greek yogurt and SweetLeaf Sweet Drops Clear with a spoon until the mixture is a creamy consistency.
2. Take a tall glass or small bowl for your parfait and add a layer of yogurt to the bottom. Add berries and nuts (optional) between layers of yogurt until you reach the top. Enjoy!
3. Tip: A finished parfait stores great in the fridge for easy meal prep on the go!



RESOURCE

American Diabetes Association | Diabetes Food Hub

<https://www.diabetesfoodhub.org/recipes/sugar-free-yogurt-parfait-with-fresh-berries.html>

DEXA Scan: Bone Density Test

A DEXA scan is an imaging test that measures bone density (strength). DEXA scan results can provide helpful details about your risk for osteoporosis (bone loss) and fractures (bone breaks). This test can also measure your body composition, such as body fat and muscle mass.

What is a bone density test?

A bone density test, DEXA, measures the mineral content of the bones in certain areas of the skeleton. It's a way to measure bone loss as you age. Healthcare providers sometimes call these tests bone densitometry tests, or DXA.

What is a DEXA scan?

A DEXA scan is a type of medical imaging test. It uses very low levels of x-rays to measure how dense your bones are. DEXA stands for "dual-energy X-ray absorptiometry."

Medical experts consider DEXA scans to be the most useful, easy, and inexpensive test for helping to diagnose osteoporosis. The test is quick and painless.



What is osteoporosis?

Osteoporosis is a term used to describe brittle bones and also the risk of having a broken bone. As you age, your bones can lose thickness and strength. Osteoporosis literally means "porous bone." DEXA tests help your healthcare provider track your bone density and risk for having a broken bone over time. Providers often use DEXA tests to help diagnose osteoporosis.

Osteoporosis results when you lose bone faster than your body can create new bone tissue. This is most common in postmenopausal women. Over time, bones get weaker. Brittle bones break more easily.

Providers sometimes call osteoporosis a "silent" disease because it doesn't hurt. Many people first realize they have osteoporosis after they break a bone from a minor fall.

What is Osteopenia?

Osteopenia is a term used to describe "low bone mass." Many individuals, including those who are slender and very active, have lower bone mass all of their lives. But this does not necessarily mean that they will develop osteoporosis. Many world-class athletes have low bone mass, but their bones are healthy and very strong. Osteopenia is not "pre-osteoporosis," but sometimes, if a person has other risk factors for fracture, an osteoporosis medication will be recommended to help prevent future fractures.

How does a DEXA scan work?

DEXA scans measure the mineral content in certain bones, such as the hip, spine and/or wrist. It works this way:

1. You will be asked to lie on a special DEXA x-ray table. The technologist will help position you correctly and use positioning devices such as foam blocks to help hold the desired position.
2. As the arm of the DEXA machine passes over the body, IT uses two different x-ray beams. The beams use very little radiation to keep the test safer and help to distinguish bone from other tissues.
3. The scanner translates the bone density measurement data into pictures and graphs. Bone is most easily seen in white, while the fat and muscle tissue look like shadows in the background on the technologist's computer monitor.
4. These results are then reviewed and interpreted by a radiologist or other physician trained in DEXA interpretation.

Your healthcare provider is sent a copy of the written report to discuss with you and consider what treatment is most appropriate.

Who gets a DEXA scan?

Healthcare providers consider many factors when deciding who may benefit from a DEXA scan and how often. Healthcare providers often recommend a DEXA scan to assess your bone health for osteoporosis and fracture risk if you are older than 50, have had a broken bone, or other illnesses that put your bone health at risk.

Research shows women start losing bone mass earlier and faster than men. So, healthcare providers usually recommend women get a DEXA scan to screen for osteoporosis at younger ages compared to men.

Your provider may recommend a DEXA scan if you have one or more risk factors for osteoporosis or fractures:

- **Increased age:** Many individuals lose bone mass as they get older. The National Osteoporosis Foundation recommends people at average risk get a DEXA scan starting at 65 (women) and 70 (men).
- **Family history:** If one or more family members have had osteoporosis or more than one fracture, you could be at a higher risk for bone loss.
- **Previous fracture injuries:** Breaking a bone, especially after age 50, may be a sign that you're at greater risk. Porous (less dense) bones break more easily.
- **Medications:** Some medications, such as the steroid prednisone, cancer drugs, and drugs used after an organ transplant can weaken your bones.

Your overall health: Many chronic medical disorders can make your bones more likely to break. Risky conditions include rheumatoid arthritis, lupus, diabetes, liver disease and kidney disease.

What else do healthcare providers use DEXA scans for?

Healthcare providers may also order a DEXA scan to:

- **Track bone health changes** over time.
- **Monitor your response to treatment**, such as an osteoporosis medication.
- **Evaluate body composition**, such as how much fat and muscle mass your body has (and where).

How often should a DEXA scan be done?

Medicare allows a DEXA scan to be done once every two years, and this is the current recommended timeframe. There are exceptions to this rule if you have certain diseases. Your healthcare provider will consider several factors, such as your age, level of fracture risk, previous DEXA scan and current medications. Your healthcare provider will then make a personalized plan for how to assess and protect your bone health.

TEST DETAILS



How should I prepare for a DEXA scan?

Most people don't need to change their daily routine before a DEXA scan. Eat, drink, and take any medications as you normally would, unless your provider tells you otherwise. You will be asked to fill out a questionnaire that asks about your current health, your family history of broken bones, smoking history, and current medications.

Before your test, please do the following:

- **Stop taking calcium supplements 24 hours before your test:** This includes multivitamins as well as antacids such as TUMS® (commonly used to treat heartburn).
- **Wear loose-fitting clothing with no metal:** Wear comfortable clothes. Try to choose items that don't have metal (zippers, buttons, or buckles). Sweatpants and a casual top may be good choices.
- **Tell your doctor if you might be pregnant:** DEXA scans use low levels of radiation. Medical experts recommend avoiding all radiation exposure during pregnancy to protect the developing fetus.

How is a bone density test done?

DEXA bone density tests are outpatient procedures. You may be able to wear your regular clothes during the test. Or you may be asked to change into a hospital gown. There are no needles or injections in this test. Getting a DEXA test is similar to having a standard X-ray.

How long does a DEXA scan take?

A DEXA scan usually takes no more than 25 minutes. Many people are in and out of the room in less than 30 minutes.

Is a DEXA scan painful?

Not at all. You won't feel a thing as the X-ray beams pass through your body.

You may feel slightly uncomfortable lying on the table, depending on how you're positioned. But you'll only need to stay in that position for a few minutes.

How accurate are DEXA scans?

DEXA scans offer a high degree of precision and accuracy. Medical experts consider DEXA scans to be an accurate test for diagnosing osteoporosis.

Unlike x-ray machines, DEXA machines are checked daily for their ability to measure bone mineral accurately, and no two DXA machines are exactly alike. That is why your healthcare provider will insist that you have all of your DEXA tests done on the same machine.

RESULTS AND FOLLOW-UP

What should I expect after a DEXA scan?

DEXA scans are quick and painless. You should be able to resume your usual activities immediately after the test.

Professionals certified to interpret DEXA images will review your results and write a report that will be sent to your healthcare provider.

Your healthcare provider will explain your test results and help you understand what they mean for your health. Your healthcare provider can help you make decisions about how to keep your bones strong. They can also recommend diet and lifestyle changes that may help to lower your risk of a fracture.

What should I ask my healthcare provider?

If your healthcare provider has recommended a DEXA scan, you may want to ask:

- Why do you recommend this test for me?
- Where do you recommend I have this test?
- What should I do to prepare for my test?
- When should I expect to get test results?
- Will I need other tests?
- What can I do at home to keep my bones healthy?

Medical experts consider DEXA scans the “gold standard” for diagnosing osteoporosis and fracture risk. Many individuals lose bone density as they age. But that doesn’t mean you have to accept fragile bones simply as a reality of getting older. It is never too early to learn how to take care of your bones! Ask your provider if a DEXA scan may help assess your bone health today. Then, talk about steps you can take to slow bone loss or protect your bones for years to come.

Where can I get a DEXA Scan and how do I schedule an exam?

Guthrie County Hospital Medical Imaging department performs these exams Monday-Friday from 8:00 a.m. to 4:00 p.m. These exams need to be scheduled and need an order from your provider.

Resource:

- Cleveland Clinic (<https://my.clevelandclinic.org/health/diagnostics/10683-dexa-dxa-scan-bone-density-test>)
- Merck Manuals. Osteoporosis. (<https://www.merckmanuals.com/home/bone,-joint,-and-muscle-disorders/osteoporosis/osteoporosis>) Accessed 11/9/2021.
- Merck Manuals. Tests for Musculoskeletal Disorders. (<https://www.merckmanuals.com/home/bone,-joint,-and-muscle-disorders/diagnosis-of-musculoskeletal-disorders/tests-for-musculoskeletal-disorders#v37122854>) Accessed 11/9/2021.
- National Health Service. Bone Density Scan (DEXA Scan). (<https://www.nhs.uk/conditions/dexa-scan/what-happens/>) Accessed 11/9/2021.
- National Osteoporosis Foundation. Bone Density Exam/Testing. (<https://www.nof.org/patients/diagnosis-information/bone-density-examtesting/>) Accessed 11/9/2021.
- Radiologyinfo.org. Bone Densitometry (DEXA/DXA). (<https://www.radiologyinfo.org/en/info.cfm?pg=dexa>) Accessed 11/9/2021.



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