

Bone Density

What is Osteoporosis?

Osteoporosis literally means porous bone. In osteoporosis, poor bone density and quality can lead to bones so weak that they might break with something as simple as bending over.

How is the Heel Ultrasound Test Different From the DEXA Scan?

People often ask how the heel screening differs from the DEXA scan. The DEXA scan is a somewhat invasive full body X-ray used to diagnose osteoporosis, etc. The heel ultrasound simply requires a bare foot and has proven to be an excellent screening tool for predicting risk of hip or spine fracture related to osteoporosis. It has proven as such because, as research shows, the bone mineral density (BMD) of the heel correlates with the BMD of the spine and hips, which are the areas most prone to fracture from osteoporosis.

Consider This:

Consider the bones a savings account for calcium, the most abundant mineral in the body. Calcium plays an important role in bone structure (99% of calcium in the body is stored in the bones). A certain blood level of calcium must also be maintained for other vital body functions. Therefore, if individuals do not take in enough calcium through their diets, it will be taken from their bones! Bones are constantly remodeling—giving and taking nutrients. When the taking exceeds the giving, problems can arise.

Statistics:

Osteoporosis is a major health risk for 28 million Americans. Ten million of those have osteoporosis while the rest have low bone mass. Osteoporosis is four times more common in American women than men. Half of all women and one in eight men over 50 will have an osteoporosis-related fracture in his or her lifetime. Every year, there are approximately 300,000 hip; 700,000 spinal; 250,000 wrist; and over 300,000 fractures at other sites. One-third of all postmenopausal women suffer serious bone deterioration. Bone loss is most rapid in the first 5-7 years following menopause (up to 20% may be lost). Between the ages of 55 and 70, the average woman will have lost 30-40% of her bone mass. This means you have to establish healthy bones before it's too late!

What are the Risk Factors and Causes of Osteoporosis?

Three factors attribute to osteoporosis:

- (1) Accelerated bone loss at menopause in women or as men and women age
- (2) Below optimal bone growth during childhood and adolescence resulting in failure to reach peak bone mass
- (3) Bone loss due to disease conditions, eating disorders, or certain medications and medical treatments

Risk factors to consider include:

- Increased Age
- Female Gender
- Family History of Osteoporosis
- White, Asian and Native American Races
- Low Weight and Small Bone Structure (i.e., petite, thin build; under 127 pounds)
- Hormonal Deficiencies (primarily testosterone in men and estrogen in women [i.e., natural menopause, hysterectomy, etc.])
- Lifestyle:
 - Sedentary Lifestyle (little or no weight-bearing and resistance exercise)
 - Dietary Factors (primarily not consuming enough calcium and drinking too much alcohol)
 - Smoking
- Medications and Chronic Diseases (Osteoporosis can be caused by certain medications used to treat disorders like rheumatoid arthritis, an under-active thyroid, seizures, and gastrointestinal diseases.)

Men and Younger Participants:

In general, men are at risk of osteoporosis for the same reasons as women (see previous section on Risk Factors). These days, people living longer, and increased use of medications mentioned above, are just two reasons men have become more at risk of the disease. Today, two million American men have osteoporosis and 1.2 million more are at risk.

Our bones are under construction into our thirties. Therefore, it is not abnormal for younger participants to have low bone density readings. Before our bones are fully developed at age thirty-something, we can make an impact on our long-term bone health by ensuring we are doing what's necessary to have strong and healthy bones and, thereby, prevent osteoporosis.

What do my results mean? My T-Score: _____

T-Score	-2.5 or Lower	-2.5 to -1.0	-1.0 or Higher
Fracture Risk	High Risk	Medium Risk	Low Risk
Bone Mass	Osteoporosis	Low Mass	Normal Mass

T-Score: Lower, -3.0, -2.5, -2.0, -1.5, -1.0, -0.5, 0, +0.5, +1.0, +1.5, Higher

Bone Density Study Guide

**Michael Katz, Kathryn R.
Matthias, Marie Chisholm-Burns**

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Study Guide for Abrams' Clinical Drug Therapy Geralyn Frandsen, 2013-03-07 This study tool provides a wealth of activities to reinforce content from the text. The activities accommodate many learning styles and promote the reader's ability to apply information in the patient care setting. Applying Your Knowledge exercises challenge readers to develop critical thinking skills. Mastering the Information exercises expand the reader's understanding of drug therapy and develop insight about client teaching needs. NCLEX style multiple choice and alternate format questions offer opportunities to practice test taking skills. Study Guide and Procedure Checklist Manual for Kinn's The Medical Assistant - E-Book Brigitte

Niedzwiecki, Julie Pepper, 2022-09-08 Designed to support the trusted content in Kinn's The Medical Assistant 15th Edition this study guide is an essential review and practice companion to reinforce key concepts encourage critical thinking and help you apply medical assisting content. This robust companion guide offers a wide range of activities to strengthen your understanding of common administrative and clinical skills including certification preparation questions a review of medical terminology and anatomy and application exercises. Trusted for more than 65 years as a key part of the journey from classroom to career it also features competency checklists to accurately measure your progress and performance from day one until you land your first job as a medical assistant. Comprehensive coverage of all administrative and clinical procedures complies with accreditation requirements. Approximately 190 step by step procedure checklists enable you to assess and track your performance for every procedure included in the textbook. Chapter by chapter correlation with the textbook allows you to easily follow core textbook competencies. Matching and acronym activities reinforce your understanding of medical terminology anatomy and physiology and chapter vocabulary. Short answer and fill in the blank exercises strengthen your comprehension of key concepts. Multiple choice questions help you prepare for classroom and board exams. Workplace application exercises promote critical thinking and job readiness before you enter practice. Internet exercises offer ideas for expanded and project based learning. NEW Content aligns to 2022 Medical Assisting educational competencies. NEW Advanced Clinical Skills unit features three new chapters on IV therapy radiology basics and radiology positioning to support expanded medical assisting functions. NEW Coverage of telemedicine enhanced infection control related to COVID 19 and catheterization. NEW Procedures address IV therapy limited scope radiography applying a sling and coaching for stool collection. UPDATED Coverage of administrative functions includes insurance coding privacy security and more. EXPANDED Information on physical medicine and rehabilitation. EXPANDED Content on specimen collection including wound swab nasal and nasopharyngeal specimen collections. Study Guide and Procedure Checklist Manual for Kinn's The Clinical Medical Assistant - E-Book Brigitte Niedzwiecki, Julie Pepper, 2022-09-06 Designed to support the trusted content in Kinn's The Clinical Medical Assistant 15th Edition this study guide is an essential review and practice companion to reinforce key concepts encourage critical thinking and help you apply medical assisting content. This robust companion guide offers a wide

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R. Matthias, Marie Chisholm-Burns, 2010-12-20 A case based companion study guide to Pharmacotherapy Principles and Practice 2e learn how to apply your knowledge to actual patient situations Pharmacotherapy Principles and Practice Study Guide uses 98 cases to help you learn how to apply pharmacotherapeutic concepts to specific patient situations Each case is presented in a consistent manner similar to what you would see in a clinical setting and focuses on one primary topic or problem Patients discussed in these cases will have drug therapy problems requiring identification and management For each case you will be asked to develop a Patient Database Drug Therapy Problem Worksheet and Pharmacotherapy Care Plan using the forms provided These forms are adapted from those originally developed by the American Society of Health System Pharmacists Clinical Skills program Each case includes Learning Objectives Patient Presentation Targeted Questions followed by a hint that refers you to pages in Pharmacotherapy Principles and Practice 2e where you can find the information to answer the question Follow up Global Perspective which highlights an issue related to the case that is important to countries outside of North America or involve different ethnic groups or races Case Summary

Williams Gynecology, Third Edition, Study Guide Claudia L. Werner, Elysia Moschos, William F. Griffith, Victor E. Beshay, David D. Rahn, Debra L. Richardson, Barbara L. Hoffman, 2016-11-05 Gain a better understanding of the basic principles of gynecology presented in Williams Gynecology Third Edition with this full color study guide Directly derived from the content of Williams Gynecology Third Edition this authoritative study guide is designed to assess your understanding and retention of the acclaimed evidence based coverage of the parent text Here you will find everything you need for an efficient chapter by chapter review of the text material Featuring a full color open design the study guide contains more than 2 000 review questions with clinical vignettes an answer key that includes corresponding textbook page numbers to aid further study and hundreds of precise images to sharpen your visual diagnosis skills The most rigorous gynecology summary available NEW Color images included as question material NEW Clinical case questions assess your ability to apply the content to real world patient encounters More than 2 000 evidence based multiple choice questions cover every major topic in clinical gynecology includes a mix of straight Q A and clinical vignettes Answer key provides the correct answer and cites page numbers in Williams Gynecology Third Edition to prompt in depth discussion and continued study Coverage spans reproductive endocrinology and infertility female pelvic medicine reconstructive surgery and gynecologic oncology

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students with a detailed review of chapter material reiterating chapter objectives and key concepts The guide challenges students with crossword puzzles and matching exercises reviewing glossary terms from the chapter and probing short answer and essay questions to test the students overall grasp of the material Included is a sample test for each chapter as well as helpful study tips

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Study Guide to The American Psychiatric Press Textbook of Geriatric Psychiatry, Second Edition F. M. Baker, 2001 The key to improving the health and quality of life of the elderly is understanding and treating the psychiatric disorders associated with late life This unique study guide offers readers an invaluable opportunity to evaluate their understanding of the material contained in The American Psychiatric Press Textbook of Geriatric Psychiatry Second Edition a comprehensive clinically focused textbook that provides the critical knowledge clinicians need to deliver the highest quality of care to their patients This concise study guide helps clinicians assess their knowledge of the important basic science

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