



Is It Time for a Bone Density Scan?™

Use your age, menopause stage and personal risk factors to prepare for the conversation.



START HERE

A DXA scan measures bone mineral density, usually at the hip and spine.

1



ARE YOU AGE 65 OR OLDER?

YES

Osteoporosis screening is recommended for women in this age group. Ask when your DXA should be scheduled.



NO

Continue to Question 2.

2



ARE YOU POSTMENOPAUSAL AND UNDER 65?

YES

Review your risk factors with your healthcare provider. If your estimated fracture risk is increased, screening may be recommended.



NO

Continue to Question 3.

3



DO YOU HAVE A FRACTURE OR AN IMPORTANT BONE-LOSS RISK?

YES

Ask whether you need individualized bone evaluation rather than waiting for routine screening.



NO

Keep supporting your bones and revisit screening as your age or health history changes.



SCREENING MAY BE CONSIDERED SOONER WITH



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| <ul style="list-style-type: none"> ☐ A fracture after a minor fall or everyday movement ☐ Menopause before age 45 or early loss of ovarian function ☐ Long-term use of steroid medicines or another bone-affecting treatment | <ul style="list-style-type: none"> ☐ Low body weight, smoking or a parent with a hip fracture ☐ A health condition that may affect bone or nutrient absorption |
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WHAT A DXA CAN TELL YOU



Your bone density at the areas measured and how it compares with a reference population.

WHAT IT CANNOT TELL YOU ALONE



Exactly whether or when you will fracture. Age, falls, health history and previous fractures also matter.



Gentle Reminder

Screening recommendations guide conversations. Your personal history may change the timing that is right for you.



Martine's Midlife Wellness Tip

Do not wait for your birthday to mention a major risk factor. Bring your checklist and ask, 'Would a DXA be appropriate for me now?'

