

Arlington Orthopedic Associates is now offering in this building **D**ual **E**nergy **X**-ray **A**bsorptiometry. DEXA is the “state-of-the-art” diagnostic test for bone density quantitation. If you are interested in discussing this with your physician please check the box at the bottom of this page, and give this form to your nurse. We will make the results available to your primary care physician.

INDICATIONS FOR BONE MINERAL DENSITY (BMD) TESTING

- **Women aged 65 and older**
- **Postmenopausal women under age 65 with risk factors**
- **Men aged 70 and older**
- **Adults with a fragility fracture of any bone**
- **Adults with a disease or condition associated with low bone mass or bone loss**
- **Adults taking medications associated with low bone mass or bone loss**
- **Anyone being considered for pharmacologic therapy**
- **Anyone being treated, to monitor treatment effect**
- **Anyone not receiving therapy in whom evidence of bone loss would lead to treatment**
- **Women discontinuing estrogen should be considered for bone density testing according to the indications listed above**
- **Men at any age with secondary causes of low BMD (e.g. glucocorticoid therapy, hypogonadism, hyperparathyroidism) may be diagnosed clinically with osteoporosis supported by findings of low BMD**

YES I am interested in discussing a bone density test with my health care provider. Please give this form to your nurse.