Important risk factors for osteoporosis include:

- Female
- Caucasian
- Advanced age
- A history of bone fracture
- A small thin frame
- A family history of osteoporosis
- Removal of the ovaries
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- Eating disorders
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How do I know if I have Osteoporosis?

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How does the densitometer work?

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- **Normal**: above –1
- **Osteopenic** (low bone density): –1 to –2.5
- **Osteoporosis**: below –2.5

Your T-score is one factor that your doctor will consider in making a diagnosis.

WHO Definition of Osteoporosis

The bone densitometry test is also useful in following bone changes. The bone densitometer can monitor the effects of age, diet, or treatments on your bone status. Your doctor may suggest follow-up tests to detect change over time.

Are there other tests?

Ultrasound can also be used to measure the status of the bone. Biochemical tests may be used for additional information in some cases.

Where can I get more information about bone measurements and osteoporosis?

The National Osteoporosis Foundation (NOF) is one of the leading sources of information about osteoporosis and bone measurements.

Contact the NOF:

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1150 17th St. N.W., Suite 500
Washington, D.C. 20036-4603
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**My bone densitometry test**

What can I expect during my bone densitometry test?

The bone densitometer is like a large examination table. It is padded and comfortable. Your name, age, height, weight and ethnicity will be entered into the computer before your test. This information is used to compare your results to a normal reference group. You will be asked to lie on your back, remaining in your normal clothing in most cases. Belt buckles, metal or thick plastic buttons and metal jewelry will need to be removed from the region being examined. The operator will position your arms and legs for the test, which is painless and typically takes 10 minutes. You just need to lie still and breathe normally.
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