Frequently Asked Questions about Osteoporosis Screening

1. What is osteoporosis?

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both, leading to an increased risk of fractures.

2. Who should get screened for osteoporosis?

Screening is recommended for women over the age of 65, men over the age of 70, and younger adults with risk factors.

3. What does the screening process involve?

The screening typically involves a bone density test, which measures the amount of bone mineral content in your bones.

4. How often should I be screened?

The frequency of screening depends on your initial results and risk factors. Generally, it is recommended every 2 years.

5. Is the screening process painful?

No, the bone density test is a non-invasive and painless procedure.

6. What should I do if my results indicate low bone density?

Your healthcare provider will discuss treatment options, which may include lifestyle changes, medication, or further testing.

7. Where can I get screened for osteoporosis?

Most hospitals, clinics, and specialized imaging centers offer bone density testing. Check with your healthcare provider for recommendations.

8. Does insurance cover osteoporosis screening?

Many insurance plans cover osteoporosis screening, but it is best to check with your provider for specific coverage details.

9. Are there any specific steps I can take to prevent osteoporosis?

A healthy diet rich in calcium and vitamin D, regular weight-bearing exercise, and avoiding tobacco and excessive alcohol can help prevent osteoporosis.

10. How can I learn more about osteoporosis?

Consult your healthcare provider or visit reputable health websites for more information on osteoporosis and screening options.