

# Osteoporosis Screening Guidelines

Dear [Patient's Name],

We hope this letter finds you well. As part of your ongoing health management, we would like to inform you about important guidelines regarding osteoporosis screening.

## What is Osteoporosis?

Osteoporosis is a condition that weakens bones, making them more likely to fracture. Early detection and management are crucial.

## Who Should Be Screened?

It is recommended that the following individuals undergo osteoporosis screening:

- Women aged 65 years or older
- Men aged 70 years or older
- Women and men at age 50 with risk factors

## Screening Method

The most common screening test is a Dual-energy X-ray Absorptiometry (DXA) scan. This test measures bone density and helps in assessing fracture risk.

## Next Steps

Please contact our office at [Office Phone Number] to schedule your screening appointment. If you have any questions or concerns, feel free to ask.

Thank you for your attention to this important health matter.

Sincerely,  
[Your Name]  
[Your Title]  
[Your Practice Name]