

Setting A New Standard

Early Detection of Osteoporosis



1. What is the purpose of bone densitometry?

Bone densitometry is an invaluable tool for the diagnosis of osteoporosis. It enables detection of osteoporosis or low bone density at a preclinical stage, prior to the development of fracture.

2. What is the definition of osteoporosis?

The WHO working group defined osteoporosis on the basis of the relationship between bone density and fracture risk in post-menopausal women. According to WHO, women with a bone mineral density more than or equal to 2.5 standard deviations below the mean for young adult women have osteoporosis.

For a summary of the new bone densitometry guidelines, please go to page 60.

Based on the new bone densitometry guidelines by **Aliya Khan, MD, FRCPC, FACP**; and the ISCD Canadian Panel.

3. What are the contraindications for bone densitometry?

- Pregnancy
- Recent gastrointestinal contrast
- Body weight exceeding limit for dual X-ray absorptiometry scanners

4. What are the qualifications for the practice of bone densitometry?

In Canada, licensing is a provincial responsibility. Prerequisites for densitometry practice for physicians is Royal College certification in a specialty traditionally involved in the diagnosis and care of patients with osteoporosis. The International Society for Clinical Densitometry course is available in continuing medical education.