

9. Have you ever been prescribed:

- Alendronate (Fosamx)  Yes  No  
Risedronate (Actonel)  Yes  No  
Etidrinate (Didronel PMO)  Yes  No  
Raloxifene (Evista)  Yes  No  
Calcium and/or vitamin D  Yes  No

**For women only**

10. Is there any possibility that you may be pregnant?  Yes  No

11. At what age did you start your periods?  
\_\_\_\_\_

12. Have you ever experienced a loss of periods for more than three months in a row?  Yes  No

13. Have your periods finished?  Yes  No  
If yes, at what age?  
\_\_\_\_\_

14. Have you had surgery which involved removal of both ovaries?  
 Yes  No

15. Are you taking hormone replacement therapy (HRT)?  Yes  No

16. Have you taken hormone replacement therapy (HRT) in the past?  
 Yes  No  
If yes, when?  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**For Centre use**

Signature of Radiographer \_\_\_\_\_ Date \_\_\_\_\_

**Referring GP - Name/Address**

GP Name \_\_\_\_\_

Address \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**The Holly**  
PRIVATE HOSPITAL

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[www.aspen-healthcare.co.uk](http://www.aspen-healthcare.co.uk)

V2 July 2016

**The Holly**  
PRIVATE HOSPITAL

# Taking care of your bone health

## Patient Information

Welcome to exceptional healthcare

[theholly.com](http://theholly.com)



### Osteoporosis Primary Assessment

As part of our range of Diagnostic Services, The Holly Private Hospital offers bone densitometry assessment to detect the onset of osteoporosis.

#### What is Osteoporosis?

Osteoporosis is a fairly common condition that will affect one in three women and one in five men.

It weakens the density and quality of bones, making them fragile and more likely to break following an injury such as a bump or fall.

Many people have no symptoms and aren't aware that they have developed osteoporosis; it's often only diagnosed when a bone is fractured.

The most common type of fractures that affect people with osteoporosis are wrist, hip and vertebrae (bones in the spine) breaks. However, they can also occur in other bones, such as in the arm, ribs or pelvis.

Such fractures can be very serious in later life, especially hip fractures, yet early detection and preventative treatment at a younger age can help you avoid the most serious.

### What is Osteoporosis Primary Assessment?

Our new innovative technology gives us the opportunity to measure bone density and allows you to take personal control of your bone health.

We use the unique DXR technology, which measures and assesses bone mineral density (BMD) from a standard hand X-ray image.

The scan is completely painless and is performed using a low dose of radiation.

The scan takes less than a minute to perform, bone density values are assessed and a report will be sent to both you and your GP.

It's an easy first step towards identifying if you are in the high-risk group for osteoporosis. If you need further examination and treatment at The Holly Private Hospital we also offer a full DEXA scan.

### Should I be Assessed?

When you are young, bones grow and repair very quickly. They stop growing when you're around 16 - 18 years old but keep increasing in density until you are in your late 20s. Bone density generally starts to decline from around 35 years of age and this accelerates in women after the menopause. We can assess females from 45 years and males from 40 years upwards.

Certain lifestyle factors can increase your likelihood of developing osteoporosis, such as:

- being underweight and/or excessive dieting (BMI < 19)
- family history - especially maternal hip fracture
- early menopause - surgically or naturally (<45 years)
- diet that is poor in calcium and/or Vitamin D
- Long term steroid requirement, smoking or alcohol excess
- previous fracture following a minor fall.

You may particularly benefit from an osteoporosis primary assessment if you have any of these risk factors.

### Treatments for Osteoporosis

In recent years our knowledge of treatments for osteoporosis has increased significantly and new medicines have been developed in combination with self-help programmes.

Take care of your bone health and you will have a greater chance of maintaining and improving your quality of life.

#### Full DEXA Scan

A full DEXA scan provides a more accurate measurement of your bone density. We use it to provide an accurate diagnosis of osteoporosis and to track changes in your bones from year to year.

We will compare any future scans to the original and assess the results to determine if you need any medication.

#### What happens?

The DEXA scanner is passed over your lumbar spine and one of your hip joints. The scan is painless and takes about 20 minutes.

We will write up a report and recommendations and send this to both you and your GP

## Osteoporosis Primary Assessment Questionnaire

We use a tool called the Fracture Risk Assessment Tool (FRAX) to identify people who are at a high risk of a fracture within the next ten years.

Please complete the survey below so that we can carry out your assessment.

Forename \_\_\_\_\_ Surname \_\_\_\_\_

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Weight \_\_\_\_\_ Height \_\_\_\_\_

1. Do you have a family history of osteoporosis or hip fracture  Yes  No

2. Have you fractured any bones in the last ten years?  Yes  No

3. Have you lost any height? If yes, how many inches or cms? \_\_\_\_\_

4. Have you ever had:

Anorexia/bulimia  Yes  No

Liver disease  Yes  No

Breast cancer  Yes  No

Rheumatoid arthritis  Yes  No

Thyroid disease  Yes  No

5. Have you ever taken steroids long-term?  Yes  No

6. Current smoker?  Yes  No

7. Do you avoid milk/milk products in your diet or have specific dietary restrictions?  Yes  No  
If yes, please give details \_\_\_\_\_

8. Do you drink alcohol regularly?  Yes  No  
If yes, how many units per week? \_\_\_\_\_  
(1/2 pint of beer/1 glass of wine/1 spirit measure = 1 unit)