



Address:

Suite 8

27 Justin St,

Smithfield

NSW 2164.

Bookings: 9609 6400.

(Parking available).



J W NUCLEAR MEDICINE
SMITHFIELD

About Us.

Dr Johan Wijaya, who is director of JW Nuclear Medicine Smithfield, has been involved in densitometry for over 10 years and has completed the ANZBMS course in Densitometry.

Prof Pocock has extensive research and clinical experience in the field of osteoporosis. He is currently on the Scientific Advisory Committees of the International Osteoporosis Foundation, The ANZBMS and Osteoporosis Australia.

DXA bone density is available at:
JW Nuclear Medicine Smithfield.

We bulk bill when a Medicare Item number can be claimed.



JW Nuclear Medicine Smithfield

Osteoporosis

Prevention & Diagnosis.

<http://www.bonehealth.com.au>

*Your Questions
Answered*

What is osteoporosis?

Osteoporosis is a 'thinning of bones' which become more fragile and likely to break. The hip, spine and wrist are commonly affected. Osteoporosis is a common condition and will affect approximately 2 out of 3 women, as they get older.

What causes osteoporosis?

There are many risk factors for osteoporosis. Postmenopausal women are at particular risk, especially with early menopause. Certain medical conditions, or their treatments, also increase the risk of osteoporosis. In particular steroid treatment, such as Prednisone, increase the risk of osteoporosis. Other risk factors include a family history of osteoporosis, and lifestyle factors such as smoking.

Which lifestyle factors are important?

Regular exercise, adequate calcium in our diets and avoiding smoking or excess alcohol and caffeine, will decrease the risk of osteoporosis. Measures which lower the risk of falling are also important in preventing osteoporotic fractures.

Do men get osteoporosis?

Yes. At the age of 60, a man has a 1 in 3 chance of suffering a broken bone due to osteoporosis in their remaining lifetime. (A woman at 60, has a 2 in 3 chance). Men who suffer fractures do less well than women who have similar fractures.

Is a healthy lifestyle enough?

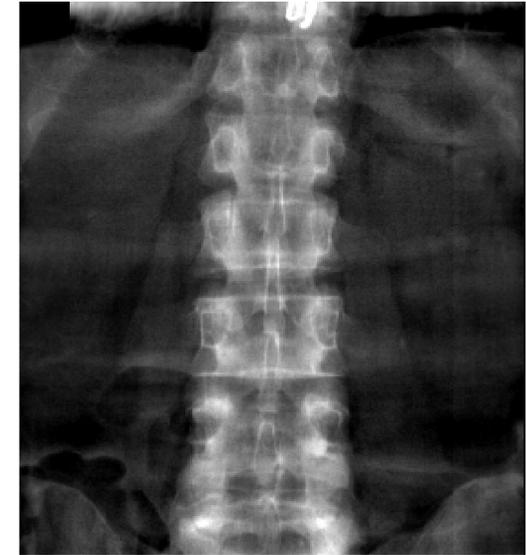
No! Osteoporosis can still occur with the healthiest of lifestyles.

How do I know if I have osteoporosis?

Often we don't, since there are no symptoms of osteoporosis until a bone is broken (a fracture). Tests can then be done to determine the severity of the disease.

Can osteoporosis be diagnosed before a fracture occurs and does this help?

Yes. A number of effective treatments to increase bone strength are now available and the earlier therapy is started the better chance one has of preventing a fracture. Exercise programs to improve bone strength and reduce the risk of falls, may also be effective in preventing fractures.



How do I find out if I have osteoporosis?

The commonest test used is the DXA scan (Dual Energy X-ray) which measures bone density, a measure of bone strength. DXA scanners use very low dose X-rays and are considered the Gold Standard for the diagnosis of osteoporosis. A low DXA value is useful in estimating the future risk of breaking a bone. DXA scans are also valuable in monitoring treatment.

Osteoporosis can also be provisionally diagnosed if a middle aged or elderly person develops a broken bone (fracture) after minimal trauma. Once a person suffers one such fracture they are at much higher risk of suffering further fractures.