

Weak Bone Disease

Osteopenia and Osteoporosis

Osteopenia and osteoporosis are bone conditions with low mineral densities. This makes the bones weaker and thinner and more likely to break.

Poor bone health can impact lung health. This can cause problems for patients that may need organ transplants.

Who is at risk for osteopenia or osteoporosis

Conditions or Diseases

- Cystic Fibrosis
- Celiac disease
- Crohn's disease
- Poor nutrition
- Malabsorption
- Mal-digestion
- Abnormal bone age x-ray

Other risks include: Taking medicines that affect bones, non-weight bearing on legs, pain when walking, or have difficulty standing.

Why do I need a DEXA scan?

A DEXA scan is an x-ray that measures your bone mineral density. The DEXA scan can:

- Help find weak bones before they break.
- Predict the chance of future breaks.

Your doctor will decide how often you need a DEXA scan. This depends on the cause of the osteopenia or osteoporosis.

Scheduling your DEXA scan

1. Check with your insurance company.
2. Schedule appointment with Radiology or your Clinic Scheduler.

Cook Children's Radiology: 682-885-4076

Before the DEXA scan

1. **24 hours before scan:** Stop Calcium Supplements. Taking calcium before the scan can lead to inaccurate readings.
2. **1 week before scan:** No barium or contrast studies.
3. **Clothing:** Wear comfortable clothing. You may be asked to put on a hospital gown.

How we do a DEXA scan

Cook Children's Outpatient Radiology located in the lower level of the Dodson Specialty Building.



The scanner is open. The imaging arm takes x-rays.

1. You will lie down on this flat table.
2. Please lay very still.
3. The imaging arm moves over you while taking x-rays. This only takes a few minutes.

Typically we do 2 scans. Your doctor will decide the best scan for your child and may also order a bone age hand x-ray.

Reporting the DEXA scan

A Radiologist will read the exam and send a report to your child's doctor. Your doctor's office will then call you with the results.

These instructions are only general guidelines. Your health care providers may give you special instructions. If you have any questions or concerns, please call your health care providers.