



NORTH FLORIDA WOMEN'S PHYSICIANS

Building healthy relationships.

Bone Mineral Density Testing

Your provider has recommended that you have a Bone Mineral Density test (BMD) in our office to determine if you have developed osteoporosis, or if you need to take precautions to prevent this disease. When this test is repeated over time, it can also help your provider to measure both your rate of bone loss and the effects of treatment.

BMD is recommended if you have a family history of osteoporosis, are postmenopausal, are taking steroid medications, have thyroid disease, or have had a fracture that may have been related to osteoporosis.

BMD testing is more sensitive than ordinary X-rays, and is better able to diagnose early stages of bone loss. Your BMD results will help your provider determine ways to prevent or slow the progress of osteoporosis.

The BMD test is quick, painless, and safe. It takes two to five minutes to complete. You don't need to undress. It uses less radiation than a standard X-ray test, and is noninvasive. You should wear comfortable clothes.

It is important to have no metal buttons, buckles, zippers or jewelry below your chest.

North Florida Women's Physicians believes that BMD testing is a very important part of assuring your good health. However, insurance benefits vary, and we recommend that you contact your insurance company before scheduling so as to prevent any unexpected expenses.

NFWP Bone Density testing is performed in Suite #502 in the Women's Center