










Why choose Sunshine Coast Radiology?

-  You will be cared for by our experienced and highly qualified healthcare team.
-  We will ensure you feel comfortable and at ease throughout the whole imaging process.
-  Our practices have modern facilities with state of the art imaging equipment that uses the latest technology.
-  Fast and accurate reports to your referring Doctor so you can access your results promptly.
-  Medicare will rebate this examination in certain medical conditions and our friendly staff can discuss with you when you make the booking.
-  Easy on-site parking.
-  Assistance with bookings and follow up appointments.

BUDERIM

12-14 King Street,
Buderim QLD 4556
P 07 5450 2900 F 07 5450 2999


MAROOCHYDORE

60 Wises Road,
Maroochydore QLD 4558
P 07 5430 3900 F 07 5430 3997

NAMBOUR

Ann St, before memorial bridge
Nambour QLD 4560
P 07 5376 4500 F 07 5376 4599

Book an appointment

 07 5430 3900

 bookings@scradiology.com.au

 scradiology.com.au



SUNSHINE COAST
RADIOLOGY

Business Hours:
Monday to Friday
8:00 am to 5:00 pm



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A guide to Bone Densitometry



scradiology.com.au



Trusted care for your bone densitometry scan.

What is Bone Densitometry?

A bone mineral density scan (sometimes called a DEXA scan – Dual Energy X ray Absorptiometry) measures bone density. Our examination at Sunshine Coast Radiology uses the most advanced technology to determine the health of bones and is usually done on the lumbar spine and hips. Your forearm may be included in the examination.

What is Osteoporosis?

Osteoporosis is a condition in which bones become fragile and brittle, leading to a higher risk of breaks. The risk increases with age; 1 in 2 women and 1 in 3 men over the age of 60 are at risk of an osteoporotic fracture. Osteoporosis is both treatable and preventable. Treatment is more successful when bone loss is detected at the earliest stage.

How is it diagnosed?

Osteoporosis is often called the “silent disease,” because it doesn’t produce symptoms until a fracture occurs. The bones most likely to break are the hip, spine, and forearm. Half of all women past menopause have or are at high risk of developing osteoporosis. The diagnosis of osteoporosis begins with an objective measurement of your current bone density.

Treatment and Prevention

Several medications are now on the market which have been shown to be effective in slowing down or reversing the bone-loss process. Osteoporosis can also be prevented. Even if you already have the disease, there are measures along with therapies your doctor may prescribe that can help slow its progression.

Bone Densitometry at Sunshine Coast Radiology.

Our Bone Densitometry examination is performed in a comfortable setting with no injections. It has a very low radiation dose and is a painless procedure. You will need to book in for this examination with a referral from your doctor. There is no preparation for this scan. You will be asked to change into an examination gown and the entire procedure takes approximately 15 to 20 minutes to complete, although real scanning time is only 2-3 minutes. The results will be sent to your referring doctor.

A guide for preventing Osteoporosis:

- Eat calcium rich foods.
- Exercise regularly.
- Don’t smoke.
- Reduce your intake of soft drinks and coffee.
- Drink alcoholic beverages in moderation.
- You may also wish to consult with your doctor or your healthcare professional.