

Are you at risk?

The more times you answer “yes” to the following questions, the greater your chances are for developing Osteoporosis.

- Are you of Caucasian or Asian descent?
- Do you have a small body build?
- Does your family have a history of the disease?
- Are you over the age of 45?
- Are you a post-menopausal woman?
- Did you have early menopause (before age 45)?
- Did you have a surgical removal of your ovaries that induced menopause?
- Do you have an estrogen deficiency due to anorexia nervosa or over-exercise?
- Do you take high doses of corticosteroids?
- Do you lack exercise?
- Do you smoke cigarettes or drink alcohol in excess?
- Is your diet low in calcium?

The National Osteoporosis Foundation recommends bone density tests for:

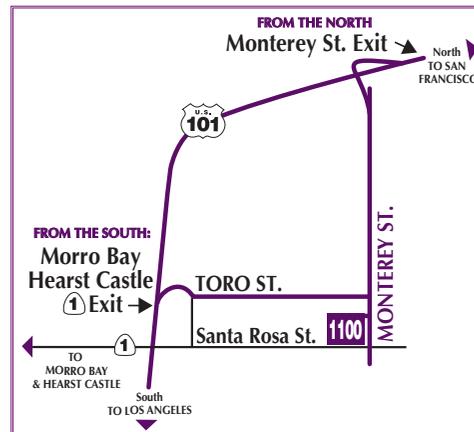
- All women greater than 65 years of age
- All postmenopausal women who have at least one risk factor listed above
- All postmenopausal women who suffer a fracture
- All women who are considering therapy for osteoporosis
- All women who have received prolonged hormone replacement therapy

San Luis Diagnostic Center recommends that you discuss with your doctor whether a bone density exam is needed based on your individual risk. The results of these exams will accurately show any loss of bone mass. If you are diagnosed with Osteoporosis, contact your doctor. There are a number of new treatment options available.

Insurance

San Luis Diagnostic Center contracts with most major insurance companies and bills patients' insurance companies for them. Prior to an examination, we contact all patients for details regarding their insurance coverage. We ask patients to sign an *assignment of benefits* form so that payment comes directly to our center. Any amounts not covered by insurances, such as deductibles or co-insurance amounts, we collect at the time of service. For our patients' convenience, we accept personal checks and credit cards.

Specific insurance inquiries are handled by our business office at 805-542-9700.



FROM THE NORTH: Hwy 101 South to Monterey St. exit. Left over the freeway. Stay on Monterey Street 4 blocks. Driveway is on right before Santa Rosa St. Park at street level, below the building.

FROM THE SOUTH: Hwy 101 North to Morro Bay / Hearst Castle Hwy 1 exit. Veer left on Toro, straight 5 blocks to Monterey St. Right on Monterey. Driveway is on right before Santa Rosa St. Park at street level, below the building.

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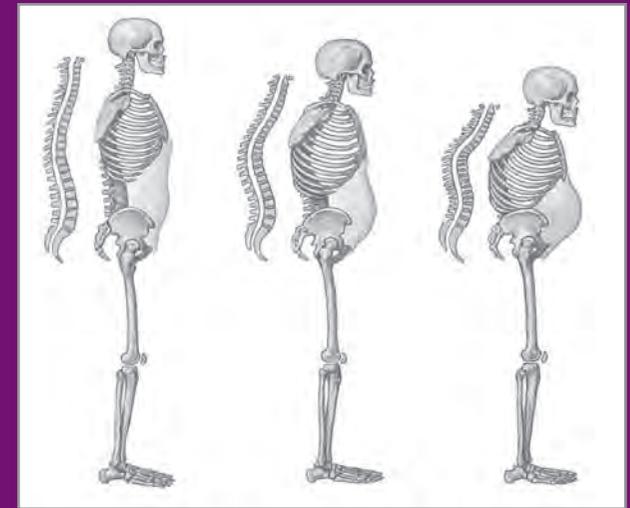


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Osteoporosis

The brittle bone disease



200 million people
worldwide will suffer
from Osteoporosis

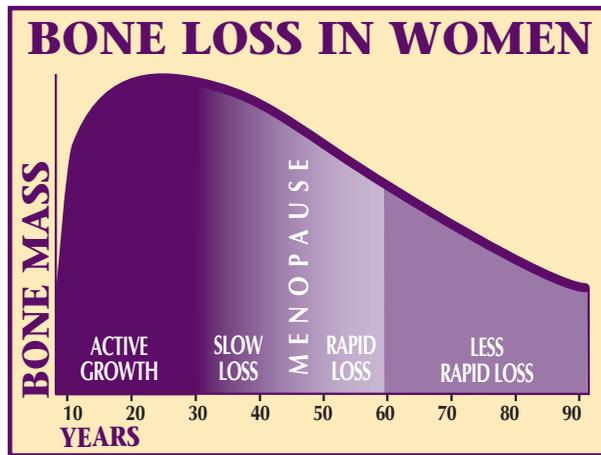
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 **Dignity Health**
French Hospital Medical Center

What is Osteoporosis?

Osteoporosis is a disease of the bones characterized by a decrease in bone mass and density. When bones become less dense, they become weak and brittle. The resulting weakness in the skeleton increases the risk of broken bones, particularly those of the vertebra (backbone), wrist and hip. Often people may lose height due to collapsed vertebrae without realizing they have Osteoporosis.

Osteoporosis is a “silent disease” that progresses without any outward signs, sometimes for decades, until the sufferer breaks a bone. These broken bones are often caused by a minor fall or bump that normally would not cause a break. By the time this has happened, up to 30 percent of the sufferer’s bone mass may already have been lost.



How does it develop?

Particular groups, such as post-menopausal women, are especially at risk. At menopause, the ovaries stop working and women’s estrogen levels drop. Estrogen has a protective effect on bones. Therefore, women who have low levels of estrogen before menopause (for reasons such as over-dieting, excessive exercise, or an early loss of estrogen supply due to chemotherapy or surgical removal of the ovaries) are often at risk earlier in life.



NORMAL BONE



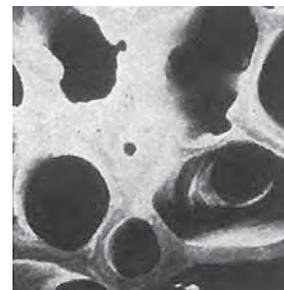
OSTEOPOROTIC BONE

Who is at risk?

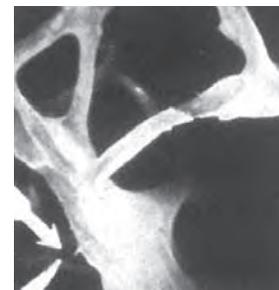
People build bone mass until about the age of 30. After the age of 30, bones naturally begin to lose some of the calcium that gives them their density and strength. Therefore, it tends to be in older age that people are diagnosed with Osteoporosis.

More than 50 million Americans, mostly women, are at risk for developing Osteoporosis. About one in two women and up to one in four men over 50 will break a bone due to osteoporosis. Yet, a Gallup survey of women ages 45 to 75 indicates that three out of four women have never spoken to their doctor about the disease.

Men are also at risk for developing osteoporosis. A family history of a hip or spine fracture may indicate a need for testing.



NORMAL BONE



OSTEOPOROTIC BONE

Note the osteoporotic bone has less bone tissue (mass) than normal bone

How is bone density measured?

Bone Density can be measured using Dual Energy X-ray Absorptiometry (DEXA) or a Computed Tomography scan (CT). Low bone density means you are at risk or may have Osteoporosis.

San Luis Diagnostic Center uses both 3D-Quantitative CT (3D-QCT) of the spine and CT X-ray Absorptiometry (CTXA) of the hip. A CTXA of the hip acquires absolute bone density readings using the same parameters as that of DEXA. The CTXA study is used primarily for the diagnosis of osteoporosis. However, the examination of the hip is not nearly as precise for measuring the change in bone densitometry. That is why we also perform the 3D-QCT of the spine.

Because 3D-QCT of the spine is the most precise bone mass measurement available, it is the best way to monitor any change in a patient’s bone mass. 3D-QCT can measure bone mass within 0.7% - 1.1% of your true bone mass.

With the CTXA of the hip, we provide a result that your doctor is familiar with for the diagnosis of osteoporosis. With 3D-QCT of the spine, we provide an accurate method for monitoring therapy, should you be placed on bone-building drugs.

3D-QCT and CTXA bone density examinations are painless and take about 5 minutes. The radiation exposure is equal to the background radiation of a round-trip transcontinental plane flight. Most insurance companies, including Medicare, cover the exam.