

DEXA Bone Mineral Density Vertebral Fracture Assessment Body Composition Assessment Visceral Fat Analysis

PATIENT DETAILS

Name: _____ Sex: F M Is Patient Pregnant? Y N
 Date of Birth: _____
 Address: _____ Telephone: _____
 Medicare: _____

CLINICAL DETAILS / MEDICATIONS

DEXA REFERRAL/REQUEST

REFERRER DETAILS

REPORT

Routine delivery More referral pads
 Fax (no.)
 Return with Patient
 Copies to _____

Signature: _____ Date: _____

Bone Mineral Density - Testing for diagnosis & monitoring of osteoporosis

Initial follow-up

The Hologic Discovery A DEXA scanner delivers 1) exceptional precision and accuracy 2) High Resolution Digital detector Array
 3) Speed and Image quality 4) Superb Visualisation 5) Consistency from Exam to Exam

*** ALL MEDICARE ITEM NUMBERS ARE BULK BILLED**

Medicare item no 12323 (no time restriction on service)

over 70 years screening

Medicare item no 12306 (1 service per 24 mths)

proven low BMD or osteoporosis (at least 12 mths prior)
 wedging/fracture after minimal trauma

Medicare item no 12312 (1 service per 12 mths)

prolonged steroid therapy (≥ 4 mths & ≥ 7.5 mg prednisolone)
 prolonged steroid therapy (≥ 4 mths & ≥ 800mcg/day budesonide)
 early menopause (lasting > 6 mths & < age 45)
 male hypogonadism (low testosterone)
 conditions associated with excess glucocorticoid secretion
 cushing's disease

Non rebatable items

under 70 years screening
 vertebral fracture assessment

Medicare item no 12321 (1 service per 12 mths)

monitor bmd after change in osteoporosis treatment

Medicare item no 12315 (1 service per 24 mths)

rheumatoid arthritis
 primary hyperparathyroidism
 thyroxine excess / hyperthyroidism
 chronic liver disease
 chronic renal disease
 proven malabsorption disorder
 coeliac disease (histologically proven)
 crohn's disease
 malabsorption of fat (faecal fat > 18gm per 72 hrs)
 ulcerative colitis
 bowel disease + vit. D malabsorption 25(OH)D ≤ 80nmol
 lactose intolerance
 anorexia nervosa

Whole Body Composition Assessment (non rebatable) 2 scans 3 scans 4 scans

Measure or monitor total and subregional fat and muscle mass including % body fat, providing baseline measurement
 Measure or monitor effect of interventions: diet exercise medication bariatric surgery
 Diagnosis or monitor of disease progression: fat distribution disorders muscle wasting low body fat high body fat
 Visceral Adipose Tissue Assessment

Appointment Date	Time	am/pm	Date of last densitometry _____
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What is DEXA?

A DEXA (dual energy x-ray absorptiometry) scan is a means of measuring bone density and body composition (fat, muscle & bone) accurately and precisely using advanced technology.

Preparation for DEXA

No preparation is involved. Where possible, please wear clothing with no metallic object such as zips or metal buttons as these can affect the scan.

You must notify the technician if you think you could be pregnant.

DO NOT schedule your DEXA scan within one week of having a barium x-ray, a nuclear medicine study or an injection of x-ray dye.

For bone density testing, please bring along any previous x-rays, list of medications and medicare card.

Procedure

It is a simple and fast procedure, involving no injections and is not painful. You are required to lie on a table supported by a cushion whilst you are scanned.

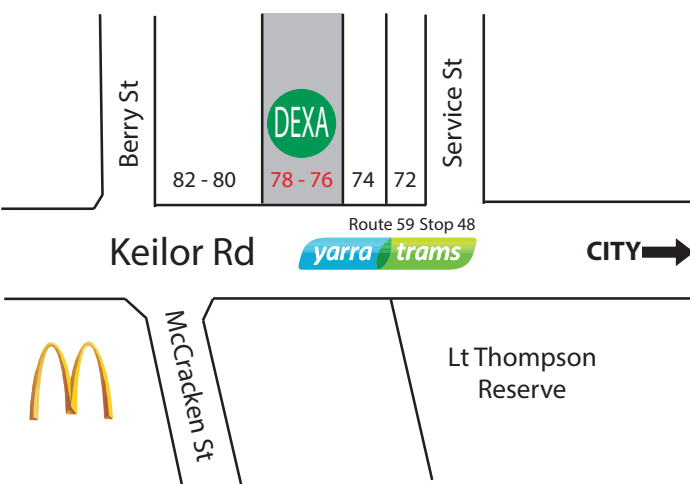
The scan normally takes 3 minutes.

Is DEXA Safe?

Body DEXA FIT utilizes the Hologic Discovery A, State-of-the-Art DEXA whole body scanner.

A DEXA scan is very safe, and there are no complications associated with the procedure. The radiation doses are very low, which, in fact, is less than one days' exposure to natural background radiation.

The technologist can sit just a few feet from you without a protective barrier because the levels are so low.



Bone Mineral Densitometry (BMD)

The DEXA bone densitometry measures bone mineral density to detect possible osteoporosis.

Osteoporosis is the thinning and weakening of bones that happens naturally as we age, but other factors such as medications and family history can increase the likelihood of this *"silent disease"*. Screening for osteoporosis is much easier than trying to reverse bone loss once it has occurred.

Early detection is the best prevention

"In Australia over the age of 60 years, 1 in 2 women and 1 in 3 men will sustain an osteoporotic fracture"

When the bone density measurement are obtained, they are compared against the normal population of people of the same age, weight, sex and ethnic background, and also against normal young adults.

Your doctor will then use the results to assess fracture risk and decide if any treatment is required.

DEXA is also effective in tracking the effects of treatment for osteoporosis and other conditions that cause bone loss.

Body Composition Assessment (BCA)

DEXA is the superior method of measuring body composition delivering a 3 component scan – fat, muscle and bone, providing whole body and regional data – arms, legs and trunk.

DEXA **BCA** may be used as a guide in evaluating whether you may be at increased risk for heart disease, diabetes, obesity, high cholesterol, or related illnesses based on **tissue fat to muscle ratio**.

Since a DEXA scan is reproducible, any future scans will provide accurate fat and lean mass trending information.

Visceral Fat Analysis

Excess accumulation of visceral fat is a prominent risk factor for **cardiometabolic disease** and the DEXA visceral fat measurement may be useful in helping physicians to manage patients with hypertension, **type 2 diabetes**, pre-diabetes, **dyslipidemia** and metabolic syndrome.

The DEXA visceral fat measurement may be especially useful to help characterize risk where standard indices fall short in both the normal and overweight population.

BOOK AN APPOINTMENT ONLINE

[www.body DEXA fit.com.au](http://www.bodyDEXAfit.com.au)

Excellence in body composition & bone density analysis

Bone Density Testing High Definition Instant Vertebral Assessment Body Composition Assessment Visceral Fat Assessment

Billings Policy – DEXA

- All patients that are eligible for Medicare rebate (referred by a Medical Practitioner) will be **bulk billed**
- Where no Medicare rebate is applicable, the out of pocket charge is \$99 for a DEXA scan.

A Medicare rebate is claimable only when a request form is completed with one or more of the following clinical indicators

Item 12306	Item 12312	Item 12315	Item 12321	Item 12323	No rebate
<ul style="list-style-type: none"> • 1 or more fractures occurring after minimal trauma • monitoring of low bone mineral density proven by previous bone densitometry <p>1 service only in 24 months</p>	<ul style="list-style-type: none"> • prolonged glucocorticoid therapy • conditions associated with excess glucocorticoid secretion • male hypogonadism • female hypogonadism lasting more than 6 months before the age of 45 <p>1 service only in 12 months</p>	<ul style="list-style-type: none"> • primary hyperparathyroidism • chronic liver disease • chronic renal disease • proven malabsorptive disorders • rheumatoid arthritis • conditions associated with thyroxine excess <p>1 service only in 24 months</p>	<ul style="list-style-type: none"> • measurement of bmd 12 months following a significant change in therapy for established low bone mineral density • measurement of bmd after confirmation of a presumptive diagnosis of low bmd one or more fractures occurring after minimal trauma <p>1 service only in 12 months</p>	<ul style="list-style-type: none"> • Available to patients 70 years and over <p>This number takes precedence over any other bone density number and should therefore be used in all patients over 70 years of age because there is no time restriction on this service.</p>	<ul style="list-style-type: none"> • Patient is asymptomatic • Patient is below 70 years of age and does not fit into another group

'Prolonged glucocorticoid therapy' is defined as the commencement of a dosage of inhaled glucocorticoid equivalent to or greater than **800 micrograms** beclomethasone dipropionate or budesonide per day; or a supraphysiological glucocorticoid dosage equivalent to or greater than **7.5 mg** prednisolone in an adult taken orally per day; for a period anticipated to last for at least **4 months**. Glucocorticoid therapy must be contemporaneous with the current scan. Patients no longer on steroids would not qualify for benefits.

Hypogonadism is defined as serum testosterone/ oestrogen levels below the age matched normal range.

A **malabsorptive disorder** is defined as one or more of the following:

- malabsorption of fat, defined as faecal fat estimated at greater than 18 gm per 72 hours on a normal fat diet; or
- bowel disease with presumptive **vitamin D malabsorption** as indicated by a sub-normal circulating 25-hydroxyvitamin D level; or
- histologically proven **Coeliac disease**.