



CMMC Health Notes



CMMC Offers Bone Density Exams... Are You at Risk for Osteoporosis?

Low bone mass affects women and men. If you are a woman over 50 your risk becomes much higher. Some life choices can reduce your risk

your risk - healthy diet, active living, reduced alcohol and smoking. Only about 10% of women over the age of 65 have normal bone mass

and 77% of American women with osteoporosis are undiagnosed. Fortunately, osteoporosis is detectable and treatable and testing is safe and non-invasive. That's why we are pleased to let you know that Central Montana Medical Center (CMMC), right here in Lewistown, offers bone density exam services – Dual-energy X-ray absorptiometry (also referred to as a DEXA scan).

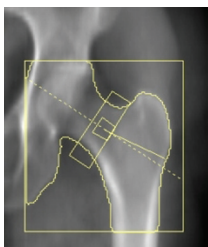
According to Rick Poss, CMMC's Radiology Manager, "the imaging technology of the DEXA Scanner at CMMC determines an individual's bone density through low dose x-ray. Detecting bone loss is the key component in preventing hip fractures."

Checking your bone density is a relatively simple and quick process, as you simply lie down on the table as the machine painlessly scans you, taking about 15 minutes. The radiologist will read the results and communicate them with your primary physician. "If it shows low bone density, patients can work with

their doctors to come up with a treatment plan. There are a lot of ways to treat low bone density once it's detected," said Poss.

If you feel you might benefit from CMMC's improved technology talk with your doctor to see if a bone density exam is right for you. For

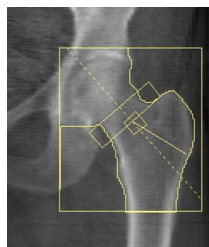
information on this service, you can also call CMMC's Radiology department at 535-6205.



Healthy Hip

Did You Know?

Each year over one million people have a hip fracture, which can devastate a person's ability to walk unassisted. And, in 50 percent of the cases a person may never regain their independence.



Osteoporotic Hip



Rick Poss with DEXA scanner

