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XRC Medical Imaging Highlights
Osteoporosis Awareness and Early Detection

Total Body Assessment measures bone density, body fat and lean tissue mass

SOUTH BEND, Ind. — May is Osteoporosis Awareness Month, and XRC Medical Imaging (XRCMI) will be highlighting its advanced bone density scan. Not only can the scan detect and track bone mass for the early detection and treatment of osteoporosis, the test also has the ability to identify total body composition and fat content.

Unlike many bone scans that only measure bone density of the spine and thigh bones, the Total Body Assessment performed on the dual-energy X-ray absorption (DEXA) scanner at XRCMI also measures body composition, including fat percent and lean tissue mass. Body composition can serve as an excellent measure of overall fitness and may also indicate certain disease conditions.

XRCMI Medical Director Vu Nguyen, M.D., said the advanced imaging of localized as well as total bone loss and soft tissue composition is a simple, non-invasive way to help prevent future problems.

“The measurement of low bone density is the single most predictive factor for osteoporosis,” Nguyen said. “This advanced imaging test can help us track bone density, identify conditions contributing to bone loss and can help guide appropriate therapy.”

The non-invasive, low-radiation digital fan-beam scanner at XRCMI also helps determine whether someone is at high, increased or low risk of fracturing a bone.

Although bone loss is most often associated with the natural aging process, it can also result from post-menopausal estrogen deficiency, other conditions that adversely impact bone metabolism and can sometimes even be traced to one's childhood.

The bone density scan costs \$150 and is now offered by XRCMI in South Bend. A DEXA exam only takes about 15 to 30 minutes, requires no prior preparation, and clothing does not need to be removed. The bone density scan is FDA cleared and covered under most insurance plans and Medicare. Call XRCMI at 574-243-0100 with any questions about DEXA scanning or visit www.xrcmi.com.

About XRC Medical Imaging

XRC Medical Imaging, LLC (XRCMI), is a division of X-Ray Consultants, Inc., a private radiology practice consisting of 16 radiologists. X-Ray Consultants has practiced in the Michiana area for over 50 years, providing professional radiology services to regional hospitals. Above all else is XRCMI's hallmark of providing exceptional customer service. We constantly emphasize customer service and warm, friendly patient-caregiver interactions to complement the clinical side of our business as measured through our Continuous Quality Improvement Program. For more information, call us at 574-243-0100 or visit www.xrcmi.com.

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