

THE OSTEOPOROSIS CENTER



CENTRAL MAINE MEDICAL FAMILY

Women's Health



CENTRAL MAINE MEDICAL CENTER'S
OSTEOPOROSIS CENTER PROVIDES
STATE-OF-THE-ART BONE DENSITY SCANNING
SERVICES FOR THE DETECTION OF
OSTEOPOROSIS.

LOCATED WITHIN THE SAM AND
JENNIE BENNETT BREAST CARE CENTER,
SUITE 103 OF THE 12 HIGH STREET
MEDICAL OFFICE BUILDING, WHICH IS
DIRECTLY CONNECTED TO CMMC,
THE OSTEOPOROSIS CENTER OFFERS A
DIAGNOSTIC SERVICE THAT IS IMPORTANT TO
MEN AND WOMEN ALIKE.

WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease in which bones become fragile and more likely to break. Though the problem is more common to women, it can rob women and men alike of mobility and independence. But the disease's damaging effects are largely preventable.

The National Osteoporosis Foundation generally recommends bone density scans for all women aged 60 and older, postmenopausal women who break a bone, and postmenopausal women with a known risk factor, such as having a small frame or a parent or sibling with the disease.

HOW DOES THE SCAN WORK?

An osteoporosis scan, also called a bone densitometry, is painless and takes less than 15 minutes to complete. The scan uses low-dose x-rays to gather information about the composition of bones in the lower back and one hip. A radiologist or physician who specializes in osteoporosis reviews this information. The findings are sent to the patient's referring physician.

If an individual is diagnosed as having osteoporosis or even the earliest stages of the disease, their physician can provide them with information about treatment options.

The important thing to remember is that osteoporosis is treatable. And the earlier it's detected, the more successfully it can be treated.

YOUR TECHNOLOGIST

Radiologic technologists who have been trained in bone densitometry administer osteoporosis scans at CMMC. All radiologic technologists who practice in Maine must pass a national certification exam and be licensed by the state.

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