INDICATIONS FOR
BONE MINERAL DENSITY
(BMD) TESTING

- Women age 65 and older
- Postmenopausal women under age 65 with risk factors for fracture*
- Women in menopausal transition with risk factors for fracture*
- Men aged 70 and older
- Men under age 70 with risk factors for fracture*
- Adults with a fragility fracture
- Adults with a disease or condition associated with low bone mass or bone loss (hyperparathyroidism, chronic liver/kidney disease, malabsorption, eating disorders, etc.)
- Adults taking medications associated with low bone mass or bone loss (corticosteroids, anticonvulsants, heparin, etc.)
- Anyone being considered for osteoporosis treatment
- Anyone being treated, to monitor treatment effect
- Anyone not receiving therapy in whom evidence of bone loss would lead to treatment

*Risk Factors for Fracture
- Body weight less than 127 pounds
- Family history of osteoporosis or fragility fracture
- Personal history of fracture in adulthood
- Low calcium and Vitamin D intake
- Little or no weight-bearing exercise
- Current cigarette smoking
- Significant alcohol intake
- Lack of estrogen
- Use of high-risk medications

Please ask your doctor if a bone mineral density test is appropriate for you.