

# Have you had a bone density exam?

Osteoporosis causes two million bone fractures every year. This devastating disease affects **4 out of 5** women, as well as many men.

**Fortunately, it can be detected and treated.** A bone density test is the **ONLY** test that can diagnose osteoporosis before a broken bone occurs.

**Know your risks. Talk to your doctor today about scheduling a bone density exam.**

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## BONE BASICS



OSTEOPOROSIS LEADS TO MORE THAN **800,000** EMERGENCY ROOM VISITS AND MORE THAN **2.6 MILLION** DOCTOR'S APPOINTMENTS ANNUALLY<sup>[i]</sup>



**1 OF 2 WOMEN** 50+ WILL SUSTAIN AN OSTEOPOROSIS FRACTURE<sup>[ii]</sup>



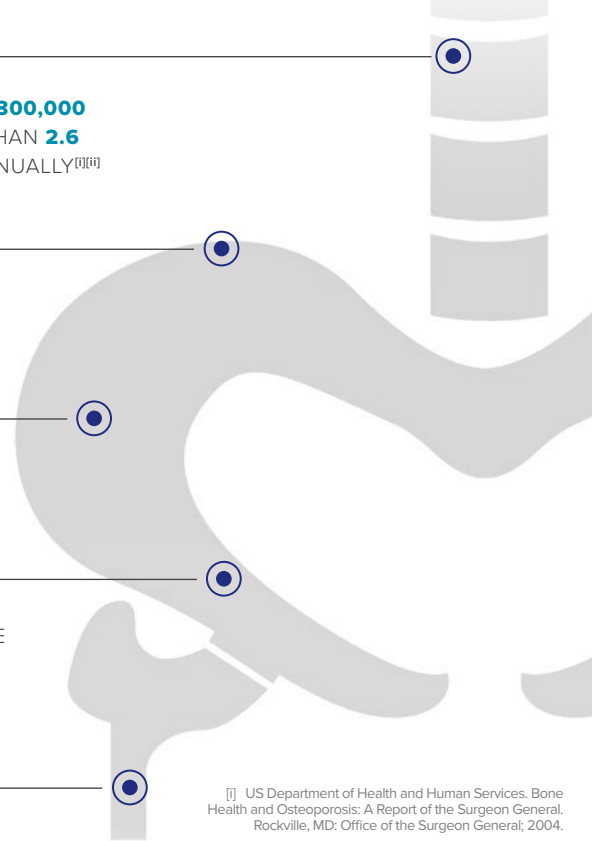
**54 MILLION AMERICANS** HAVE LOW BONE DENSITY OR OSTEOPOROSIS<sup>[iii]</sup>



BY 2025, OSTEOPOROSIS WILL LIKELY BE RESPONSIBLE FOR ROUGHLY **3 MILLION** FRACTURES AND **\$25.3 BILLION** IN COSTS ANNUALLY<sup>[iii]</sup>



A WOMAN'S **RISK** OF HIP FRACTURE EQUALS HER COMBINED RISK OF BREAST, UTERINE, AND OVARIAN CANCER<sup>[iv]</sup>



[i] US Department of Health and Human Services. Bone Health and Osteoporosis: A Report of the Surgeon General. Rockville, MD: Office of the Surgeon General; 2004.

[ii] Burge R, Dawson-Hughes B, Solomon DH, Wong JB, King A, Tosteson A. Incidence and economic burden of osteoporosis related fractures in the United States, 2005-2025. J Bone Miner Res. 2007;22(3):465-475.

[iii] <https://www.nof.org/patients/what-is-osteoporosis>

[iv] <https://www.nof.org/prevention/general-facts/bone-basics/are-you-at-risk>

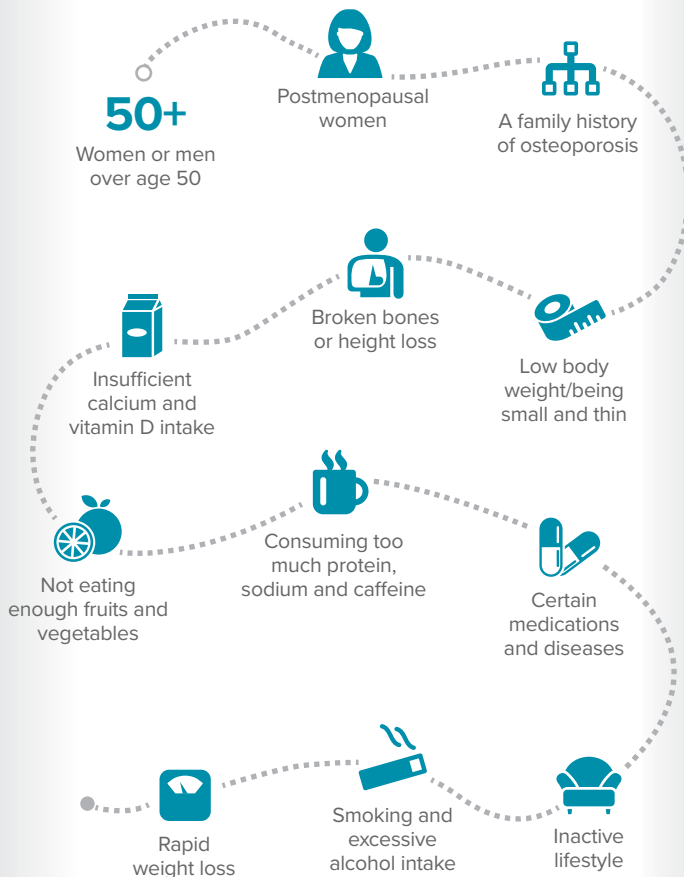
Learn more at [WWW.NOF.ORG](http://WWW.NOF.ORG)

# Who should have a bone density test?

The National Osteoporosis Foundation recommends that you have a bone density test if:

- You are a woman age **65 or older** or a man age **70 or older**
- You **break a bone** after **age 50**
- You are a woman of **menopausal** age (average age 51) with **risk factors**
- You are a **postmenopausal** woman **under age 65** with **risk factors**
- You are a **man age 50-69** with **risk factors**

## Learn your risk factors<sup>[iv]</sup>



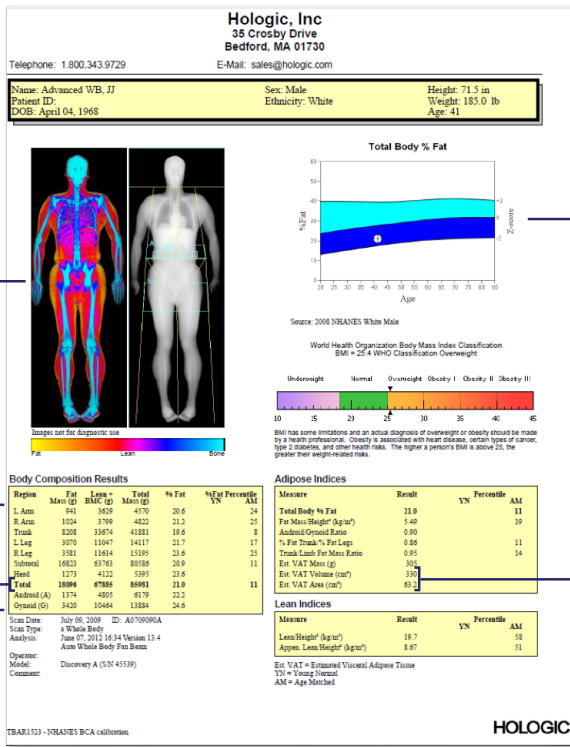
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**HOLOGIC**<sup>®</sup>  
The Science of Sure

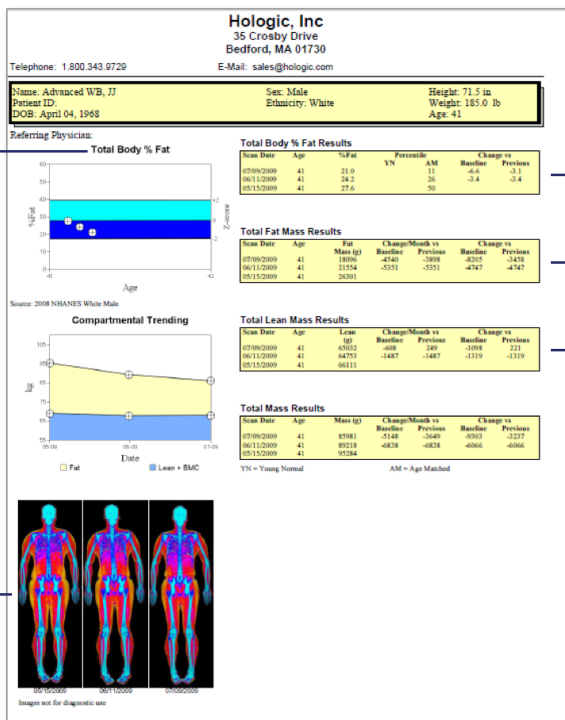
## Advanced Body Composition® Report



### Legend

1. Visual image of precise location of bone, lean mass, and fat mass
2. Plot of % Body Fat compared to age group
3. Precise Fat Mass, Lean Mass, and % Body Fat measurements of each area:
  - Left Arm
  - Right Arm
  - Torso (Trunk)
  - Abdomen (Android)
  - Hips (Gynoid)
  - Left Leg
  - Right Leg
4. Calculation of Total Mass, Fat Mass, and Lean Mass to give overall % Body Fat
5. Estimated amount of visceral fat (the type of fat around internal organs associated with medical disorders such as metabolic syndrome, cardiovascular disease, and type 2 diabetes)

## Track % Body Fat, Fat Mass and Lean Mass values over time



### Legend

1. Graph of % Body Fat values over time
2. % Body Fat values over time
3. Fat Mass values over time
4. Lean Mass values over time
5. Visual comparison over time of changes in bone, lean mass, and fat mass