

Bone Density (DXA) Services



Campbell Clinic®
ORTHOPAEDICS

Why does Campbell Clinic have its own DXA Program?

Like everything we do at Campbell Clinic, our bone density program is built around two things — an elevated level of care and convenience for the patient.

Because our DXA is in-house, results move quickly to the team treating, and you never leave the familiar Campbell Clinic setting. Our certified technologists are also highly capable at providing consistent, interpretable imaging results to your Bone Health team.

Your scan is interpreted by our dedicated Center for Bone Health team — providers who specialize in osteoporosis and treat what they find. Many scans also include advanced measures like VFA (a check for silent spine fractures) and TBS (a measure of bone quality), giving a fuller picture of your bone strength than a standard scan.

It's simply more proof of the unsurpassed level of care found at Campbell Clinic.

Notice: Unaccompanied minors are not permitted in the DXA suite or reception area. Please make arrangements so that your minor child is not left unattended during the duration of your scan.

Commonly asked questions

What is an DXA scan?

DXA (dual-energy X-ray absorptiometry) is a quick, painless, and safe test that measures your bone mineral density — the strength of your bones. It is the most trusted way to check for osteoporosis and estimate your risk of a future fracture. The scan usually measures your lower spine and hip, and sometimes the forearm.

What is the test looking for?

- Osteoporosis and low bone mass (osteopenia)
- Your risk of breaking a bone in the coming years
- Whether treatment is working, if you are on a bone medication

Results are reported as a T-score (and sometimes a Z-score). Your clinician will explain what your numbers mean for you.

How do I prepare?

- Wear loose, comfortable clothing without metal zippers, buttons, belts, or an underwire bra — and leave jewelry and metal objects at home.
- Hold calcium supplements for 24 hours before your scan (food and water are fine).
- Tell the staff if you recently had contrast dye, barium, CT, or a nuclear medicine study — you may need to wait up to 2 weeks.
- Tell the staff about metal implants or hardware, a recent fracture, or if you are or might be pregnant.

Commonly asked questions

What happens on the day of the exam?

A technologist will ask a few questions about your health, height, and weight. You lie on your back on a padded, open table — there is no tunnel and nothing closes around you. A scanning arm passes slowly above you while you lie still and breathe normally. The whole visit typically takes about 20 minutes; the scan itself is only a few minutes. No injections, no medications, nothing to swallow — and you can return to normal activities right away.

Is it safe? What about radiation?

DXA uses a very small amount of radiation — far less than a chest X-ray, comparable to a dental X-ray, and roughly a day or two of natural background exposure. This very low dose means the test can be safely repeated over time. The main exception is pregnancy: DXA is not done if you are or may be pregnant.

Quick answers

Does it hurt? No — no needles, and nothing touches you; the scanning arm simply moves above you.

Do I need to undress completely? Usually not — loose, metal-free clothing is often fine, though you may be given a gown.

Can I eat before the scan? Yes — only calcium supplements are paused for 24 hours.

What is the extra spine picture (VFA)?

A quick, low-dose side spine image, same visit, that looks for silent spine fractures. No extra preparation.

When do I learn the results?

Your images are reviewed by our bone health team, and your clinician will discuss the results and next steps with you — often by a scheduled telehealth results visit, so you don't need an extra trip to the office.

What if I can't lie flat or have back pain?

Let the technologist know — cushions and positioning aids can make you comfortable.

Why might my forearm be scanned?

If the spine or a hip can't be measured accurately (prior surgery, hardware, or arthritis), another site is used so your results are still reliable.

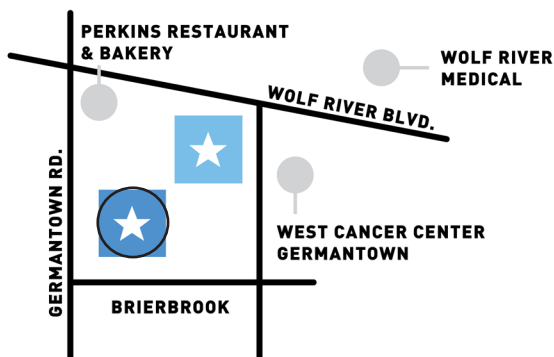
Remember to bring or mention

- Any prior DXA results, or where they were done — so your bones can be compared over time.
- A list of your medications, including steroids and calcium / vitamin D supplements.
- Any history of broken bones, height loss, or a family history of osteoporosis.

Questions before your appointment? Call the clinic (901) 779-4735— our team is happy to help you feel prepared and at ease.

Questions about DXA Scans or DA Scheduling?

Call the clinic (901) 779-4735—
our team is happy to help you feel
prepared and at ease.



Key

 Campbell Clinic

 DXA Location

DATE: _____

TIME: _____



Campbell Clinic[®]

ORTHOPAEDICS

DXA Locations: Germantown •

CampbellClinic.com