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## *Bone density measurement in your gynecological practice*

### **There are various methods for measuring and evaluating your bone density.**

One of these is the Sunlight Omnisene device, which, through the use of ultrasound, allows precise measurement of bone density, thus contributing to the diagnosis and early detection of diseases of the skeletal system.

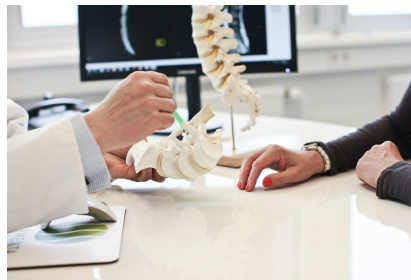
The measurement of the bone density on the forearm has proven to be particularly useful, as the measurement results allow conclusions to be drawn about the condition of the rest of the skeletal system.

The age-related loss of bone density or bone mass is a natural process. Bone mass reaches its maximum by the age of 30.

Bone density measurement is used to distinguish between normal bone loss and a reduction in bone density and an increased susceptibility to fractures.

The decrease in bone density is therefore linked to the risk of bone fracture.

**The "gold standard" for bone density measurement is actually a method based on X-rays.**



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However, the gain in bone density measurement is not based on the measurement method, but on how the advice improves your individual precaution.

Therefore, in my view, the ultrasonic method at a lower cost can be used to avoid exposure to X-rays.

### **Reasons for a bone density measurement.**

- Every patient from 45 years of age, even without risk factors for a decrease in bone density

### **Patientinside with the following risk factors:**

- Osteoporosis in the family
- Underactive ovaries due to early menopause
- No hormone replacement therapy or effective alternatives after menopause

- Calcium and vitamin-poor diet (= less than 1l milk/day)

- Food and beverages: phosphates (e.g. in processed cheese, cola and soft drinks (sugar), alcohol and smoking

- Lack of exercise (no sport - swimming and cycling do not apply)

- Underweight - (Bodymass-Index BMI) below 20 kg/m<sup>2</sup>

- unintentional weight loss of over 10kg or more than 10% in recent years

### **Other reasons:**

- Small bowel disease and gastric surgery
- Kidney weakness
- Overactive thyroid and parathyroid glands
- Therapy with medications for seizure disorders, cortisone, blood thinner.

**Regular check-ups (at least two measurements at an interval of one year are required) will significantly reduce your risk of bone fractures and increase your quality of life.**