

# DEXA / BMD REFERRAL GUIDE

## Bone Mineral Density (BMD) & Dual-Energy X-ray Absorptiometry (DEXA) Indications

**Supporting General Practitioners, Endocrinologists, Rheumatologists, Geriatricians, Orthopaedic Surgeons, Oncologists, Women's Health Practitioners and Specialists**

DEXA (Dual-Energy X-ray Absorptiometry) is the gold-standard investigation for assessing bone mineral density, diagnosing osteoporosis, estimating fracture risk and monitoring treatment response.

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## OSTEOPOROSIS SCREENING

### Common Indications

#### Age-Related Risk

- Women aged  $\geq 70$  years
- Men aged  $\geq 70$  years
- Postmenopausal women
- Older adults at risk of falls

#### Early Osteoporosis Risk Assessment

- Family history of osteoporosis
  - Family history of hip fracture
  - Low body weight
  - Frailty
  - Premature menopause
  - Early menopause
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# **FRACTURE RISK ASSESSMENT**

## **Common Indications**

### **Minimal Trauma Fracture**

- Wrist fracture
- Hip fracture
- Vertebral fracture
- Humeral fracture
- Pelvic fracture
- Rib fracture
- Any fragility fracture

### **Recurrent Fractures**

- Multiple low-impact fractures
  - Unexplained fractures
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# **POSTMENOPAUSAL WOMEN**

## **Common Indications**

- Menopause
  - Early menopause
  - Surgical menopause
  - Oophorectomy
  - Estrogen deficiency
  - Long-term hormone deficiency
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# **MEN WITH OSTEOPOROSIS RISK FACTORS**

## **Common Indications**

- Age-related bone loss
  - Hypogonadism
  - Low testosterone
  - Androgen deprivation therapy
  - Previous fragility fracture
  - Long-term corticosteroid therapy
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# **LONG-TERM CORTICOSTEROID THERAPY**

## **Common Indications**

- Prednisolone therapy
- Chronic steroid use
- Rheumatological disease requiring steroids
- Respiratory disease requiring steroids
- Autoimmune disease requiring steroids

## **High-Risk Conditions**

- Rheumatoid arthritis
  - Polymyalgia rheumatica
  - Lupus
  - Severe asthma
  - COPD
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# RHEUMATOLOGICAL CONDITIONS

## Common Indications

- Rheumatoid arthritis
  - Psoriatic arthritis
  - Ankylosing spondylitis
  - Systemic lupus erythematosus
  - Connective tissue disorders
  - Chronic inflammatory diseases
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# ENDOCRINE DISORDERS

## Common Indications

### Thyroid Disease

- Hyperthyroidism
- Long-standing thyroid disease

### Parathyroid Disease

- Hyperparathyroidism
- Secondary hyperparathyroidism

### Other Endocrine Disorders

- Cushing syndrome
- Addison disease
- Pituitary disorders
- Growth hormone disorders

- Diabetes mellitus
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## **ONCOLOGY-RELATED INDICATIONS**

### **Common Indications**

#### **Breast Cancer**

- Aromatase inhibitor therapy
- Chemotherapy-induced menopause
- Long-term endocrine therapy

#### **Prostate Cancer**

- Androgen deprivation therapy (ADT)
- Hormonal therapy monitoring

#### **Other Malignancies**

- Cancer treatment-associated bone loss
  - Long-term corticosteroid use
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## **LOW TESTOSTERONE / MALE HYPOGONADISM**

### **Common Indications**

- Testosterone deficiency
  - Androgen deficiency
  - Long-standing hypogonadism
  - Reduced bone density risk
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# **GASTROINTESTINAL CONDITIONS**

## **Common Indications**

### **Malabsorption Disorders**

- Coeliac disease
- Crohn disease
- Ulcerative colitis
- Bariatric surgery
- Chronic malnutrition
- Vitamin D deficiency

### **Chronic Liver Disease**

- Cirrhosis
  - Chronic liver disease
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# **CHRONIC KIDNEY DISEASE**

## **Common Indications**

- CKD
  - Renal osteodystrophy
  - Mineral and bone disorders
  - Dialysis patients
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# NEUROLOGICAL CONDITIONS

## Common Indications

- Multiple sclerosis
  - Parkinson disease
  - Stroke-related immobility
  - Chronic neurological disability
  - Long-term immobility
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# ORTHOPAEDIC INDICATIONS

## Common Indications

- Vertebral compression fractures
  - Fragility fractures
  - Joint replacement planning
  - Fracture risk assessment
  - Monitoring bone health
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# EATING DISORDERS & LOW BODY WEIGHT

## Common Indications

- Anorexia nervosa
- Significant weight loss
- Chronic undernutrition
- Low BMI

- Eating disorders
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## **MONITORING TREATMENT RESPONSE**

### **Common Indications**

#### **Osteoporosis Treatment Monitoring**

- Bisphosphonate therapy
- Denosumab therapy
- Teriparatide therapy
- Hormone replacement therapy
- Other osteoporosis medications

#### **Follow-Up Assessment**

- Monitoring disease progression
  - Monitoring treatment effectiveness
  - Reassessment of fracture risk
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## **BODY COMPOSITION ANALYSIS (IF AVAILABLE)**

### **Common Indications**

- Sarcopenia assessment
  - Sports performance
  - Weight loss monitoring
  - Obesity assessment
  - Muscle mass assessment
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# COMMON GP REFERRAL INDICATIONS

## Women's Health

- Menopause
- Early menopause
- Family history of osteoporosis
- Previous fracture

## Men's Health

- Low testosterone
- Androgen deficiency
- Fragility fracture

## Chronic Disease

- Long-term steroid use
- Rheumatoid arthritis
- Thyroid disease
- Coeliac disease
- Chronic kidney disease

## Older Adults

- Fall risk
  - Frailty
  - Fracture prevention
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# COMMON REFERRERS TO DEXA

## General Practitioners

- Osteoporosis screening • Menopause • Fragility fractures • Long-term steroid use

## Endocrinologists

- Hormonal disorders • Metabolic bone disease

## Rheumatologists

- Rheumatoid arthritis • Chronic inflammatory disease

## Oncologists

- Aromatase inhibitor therapy • Androgen deprivation therapy

## Geriatricians

- Frailty • Falls risk • Osteoporosis

## Orthopaedic Surgeons

- Fracture assessment • Bone health optimisation
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# HIGHEST-VOLUME DEXA REFERRALS

1. Postmenopausal osteoporosis screening
2. Fragility fracture assessment
3. Long-term corticosteroid therapy
4. Women over 70 years
5. Men over 70 years
6. Low testosterone / hypogonadism
7. Aromatase inhibitor therapy
8. Androgen deprivation therapy

9. Rheumatoid arthritis

10. Monitoring osteoporosis treatment

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## **RED FLAGS FOR OSTEOPOROSIS ASSESSMENT**

- Low-trauma fracture after age 50
  - Vertebral compression fracture
  - Height loss
  - Kyphosis
  - Long-term steroid use
  - Premature menopause
  - Hypogonadism
  - Strong family history of hip fracture
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## **WHY REFER DEXA TO RRD IMAGING CARSELDINE?**

- ✓ Same-Day & Next-Day Appointments Available\*
  - ✓ Competitive Independent Clinic Pricing
  - ✓ Bulk Billing Available for Eligible Medicare Referrals
  - ✓ Fast Report Turnaround
  - ✓ Comprehensive Fracture Risk Assessment
  - ✓ Referrer Portal Access
  - ✓ Convenient North Brisbane Location
  - ✓ Patient-Friendly Service
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## **RRD IMAGING CARSELDINE**

### **Bone Health & Osteoporosis Assessment**

DEXA/BMD | Mammography | MRI | CT | Ultrasound | X-Ray | OPG & CBCT

### **Supporting GPs, Specialists and Women's Health Providers Across North Brisbane**

**Early Detection. Better Bone Health. Reduced Fracture Risk.**