

# What is a DEXA Scan?

DEXA (or DXA) stands for Dual-Energy X-Ray Absorptiometry. This radiology test uses a small amount of x-ray to look at the mass and density of bones.



## Why Do I Need a DEXA Scan?

DEXA scans are used for screening purposes to evaluate your bone health and bone density. For people with CF, it is recommended that they have an initial scan at age 18, unless otherwise recommended by their physician.

## How Long Does the Scan Take?

20 minutes.

## Do I have to Prepare for the Test?

No. There is no preparation needed.

## Where can I get the Scan?

**Vassar Brothers Medical Center**

**Scheduling: 845-790-8855**

**WMC-Mid-Hudson Regional**

**Scheduling: 845-431-8776**

**WMC-Valhalla Advanced Imaging Center**

**Scheduling: 914-493-2500**

**MD Imaging**

**Scheduling: 845-471-2848**

## What Happens with My DEXA Scan Result?

Your CF physician or dietitian will review results with you and provide follow up recommendations and/or interventions.