Healthy Bones Start With Healthy Habits

Building and maintaining strong bones starts with everyday choices. Keep your bones strong by:

- Staying active with weight-bearing exercise
- Including calcium-rich foods in your diet and getting enough vitamin D
- Avoid smoking and limit alcohol consumption
- Talk with your provider about your risk factors

Did You Know?

- Exercise and movement are some of the best ways to maintain strong, healthy bones throughout life.
- Staying active does more than strengthen your bones. It also improves your balance, strength, flexibility and coordination.
- Better balance and stronger muscles can lower your risk of falls and help keep you active and independent.

KEARNEY COUNTY
HEALTH SERVICES

Contact Us

727 East First Street
Minden, NE 68959

Contact Us
308-832-3400

Our Website
www.kchs.org

KEARNEY COUNTY
HEALTH SERVICES



Protect Your Future From the Inside Out

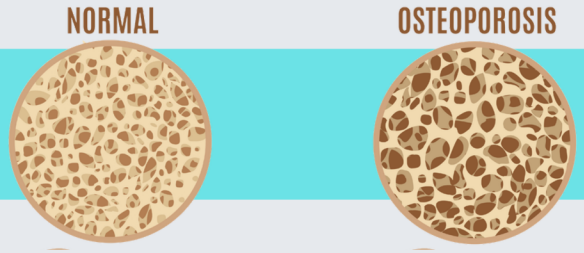
Bone Density (DEXA) Scans & Osteoperosis Screening

A simple 15 minute scan can help identify bone loss before a fracture happens.

What is Osteoporosis?

Osteoporosis is a disease that weakens bones, making them less dense and more likely to break. It develops when the body loses bone faster than it can replace it, doesn't make enough new bone, or both.

Since bone loss often has no warning signs, a **bone density (DEXA) scan** is one of the best ways to detect osteoporosis early and help protect your bone health.



Because osteoporosis often develops silently, many people don't realize they have it until they experience a fracture. **Early detection** allows you and your healthcare provider to take steps to help protect your bones before a break occurs.

Osteoporosis is more common than many people realize. About 1 in 2 women and up to 1 in 4 men over age 50 will experience a broken bone related to osteoporosis or low bone mass. Knowing your risk and getting screened when appropriate can help you stay active and independent.

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Bone Density (DEXA) Scans at KCHS

A Bone Density Scan or DEXA scan, is the most common screening test for osteoporosis.

During your appointment:

- The exam takes about 15 minutes
- Your hips and lower spine are scanned
- The test is painless and non-invasive
- No injections or special preparation are typically needed.

Vitamin D & Calcium Testing

Kearney County Health Services also offers laboratory testing for Vitamin D and Calcium levels. Low levels can contribute to poor bone health and increase your risk for osteoporosis.

Talk with your provider to see if testing is right for you.



Appointments

All scans at KCHS require an order from a qualified healthcare provider to be scheduled. Your Primary Care Provider can screen you and order the exam.

Call 308-832-3400 to make an appointment with a provider.

Risk Factors

Your provider may recommend screening if you:

