

<b>Ste. 100 – 4980 Kingsway</b> N.E. corner of Nelson Ave. & Bennett St. <b>Burnaby, B.C. V5H 4K7</b> <b>Telephone: 604 434-1345</b> <b>Fax: 604 435-1309</b>	<b>Monday - Friday</b> <b>9 a.m. - 5 p.m.</b>  <b>(Maps on reverse)</b>	<b>Ste. 150 – 5791 No. 3 Road</b> <b>Richmond, B.C. V6X 2C9</b>  <b>Telephone: 604 278-9151</b> <b>Fax: 604 278-6315</b>	X-RAY USE ONLY
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BILLABLE TO: <input type="checkbox"/> MSP <input type="checkbox"/> ICBC <input type="checkbox"/> WORK SAFE BC <input type="checkbox"/> PATIENT <input type="checkbox"/> OTHER			NAME OF PHYSICIAN & MSP PRATIONIONER NUMBER (OR OFFICE STAMP)			
PERSONAL HEALTH NUMBER		DOB: YYYY / MM / DD				
SURNAME OF PATIENT		FIRST NAME AND MIDDLE INITIAL				
TELEPHONE # (INCLUDE AREA CODE)	GENDER <input type="checkbox"/> M <input type="checkbox"/> F	PREGNANT <input type="checkbox"/> YES <input type="checkbox"/> NO				
ADDRESS		CITY/TOWN	POSTAL CODE	COPY RESULTS TO:		

APPOINTMENT DATE	APPOINTMENT TIME
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**PERTINENT HISTORY**

PREVIOUS BONE DENSITOMETRY <input type="checkbox"/> YES <input type="checkbox"/> NO	LOCATION	DATE
PREVIOUS LUMBAR SPINE X-RAYS <input type="checkbox"/> YES <input type="checkbox"/> NO	LOCATION	DATE

**EXAMINATION REQUESTED**

**SCREENING BONE MINERAL DENSITOMETRY (BMD)**  
 Payment is the responsibility of the patient. BMD is NOT insured for:

- Routine screening of men and women less than 65 years of age
- Part of routine screening around time of menopause
- Investigation of chronic back pain
- Investigation of exaggerated dorsal kyphosis

**DIAGNOSTIC BMD**  
 BMD is only indicated if it is likely to alter treatment and is considered an MSP insured service for patients with moderate or higher risk of fracture, as outlined in the Osteoporosis Guideline at [www.bcguidelines.ca](http://www.bcguidelines.ca) The risk can be determined using the FRAX calculator at [www.shef.ac.uk/FRAX](http://www.shef.ac.uk/FRAX)

Risk factors include:

· Age > 65	· Current smoking	· Secondary Osteoporosis
· Previous fragility fractures	· Rheumatoid Arthritis	· Alcohol consumption > 3 units/day
· Having a parent with fractured hip	· Glucocorticoids	

Check One:

Moderate Risk (10 - 20% 10 year fracture risk)

High Risk (>20% 10 year fracture risk)

Recent Hip Fracture

History of Fragility Fracture

**FOLLOW-UP BMD MEASUREMENTS**  
 There is insufficient evidence to recommend testing frequency for patients not taking OP medications. For patients on OP medications, repeat BMD exams are not justified based on current evidence and not considered medically necessary prior to **3 years** after the original measurement and only if it is likely to alter patient management.

The following exceptions may apply:

Patients receiving  $\geq 7.5$  mg prednisone daily or its equivalent for three months consecutively who require a baseline examination and repeat scans at 6 month intervals while on treatment.

Patients in whom an early exam may be indicated: moderate and high risk patients on OP medications with multiple risk factors and test is likely to alter patient Management.

TELEPHONE REQUISITION TIME	INITIALS OF RECORDER	DATE SIGNED (YYYY / MM / DD)	SIGNATURE OF REQUESTING PHYSICIAN
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# OSTEOPOROSIS

Osteoporosis is a disease which weakens the bones. Bone densitometry measures bone density and can detect osteoporosis, hopefully before fractures occur. The exam is quick and painless, taking approximately 20 minutes. You simply lie on a couch while a low-radiation scanner analyzes your bone density. No preparation is required. Questions regarding the results should be directed to your family doctor or specialist at the time of your next visit.

## 骨質疏鬆症

骨質疏鬆症是一種令骨骼變得脆弱的疾病。骨骼密度測量儀能夠量度骨骼的密度，可望在發生骨折之前測出骨質疏鬆症。進行骨質疏鬆檢查需時約二十分鐘，過程快捷、毫無痛楚。你只需躺在長沙發上，低輻射的掃描儀便能分析您骨骼的密度。檢驗前，你無需作任何準備。檢驗後，您可立刻知道結果。如果對檢驗結果有任何問題家庭醫生或專家查詢。

**A FEE OF \$50.00 WILL BE CHARGED FOR MISSED APPOINTMENTS**  
**24 HOUR CANCELLATION REQUIRED**  
**Please bring this form with you**

Please try to arrive 10 minutes prior to your appointment. Wear loose clothing such as a sweat suit, without buckles or zippers if possible.

To ensure an optimum examination make appointment before or two weeks following Barium or Nuclear Medicine examinations.

DO NOT TAKE CALCIUM TABLETS ON DAY OF EXAM

