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After a DXA bone scan: What happens next?

***Information for
patients and carers***

**Grampian Osteoporosis Service
Ashgrove House
Aberdeen Royal Infirmary
Aberdeen AB25 2ZA**

What happens after a DXA scan?

All DXA bone scans are individually reported and will make any recommendations. It can sometimes take a few weeks for the review to be completed, especially at busy times. Please be aware that this is an **individual** assessment for the time point it was performed and therefore may change in the future.

Who gets the DXA scan results?

We send the report with your results to the doctor/person who referred you. Your GP will receive a copy of the report. They can explain the DXA scan results and any treatment you may need to you.

Please wait 4 weeks after your DXA scan and then contact your GP to get your results.

Will I be contacted after my DXA Bone scan?

If it has been recommended that you start treatment to reduce your risk of fracture (breaking a bone), we will send you some useful information approximately a month after your scan result. We will also contact you again approximately 4 months after your bone scan.

Will I have another scan?

If we recommend that you have another scan, we'll write this in your report.

You will need a referral for a repeat DXA scan when the time comes.

How can I find out more about any treatments, lifestyle and exercise?

We'll list any recommendations on your DXA report. These could include lifestyle advice and/or treatments.

Treatments are recommended for those at the highest risk of fracture as they can reduce this risk if they are taken correctly and long term.

A healthy lifestyle is good for **everyone's** bones and includes:

- staying physically active
- not smoking
- drinking alcohol in moderation
- keeping a healthy weight
- eating a balanced calcium-rich healthy diet

The Royal Osteoporosis Society (ROS)

There is lots of information, support and advice on the ROS website about treatments, a healthy lifestyle, exercise, bone health, osteoporosis and reducing your risk of a fractures (broken bones).

They also have a range of leaflets that you can download or they can post to you.

The Royal Osteoporosis Society (ROS):



www.theros.org.uk



0808 800 0035

Freephone helpline - including mobiles

Monday to Friday 9am to 5pm

**Answered by nurses with specialist
knowledge**

NHS Grampian healthpoint

Healthpoint Advisors can help assess your risk of falling, bone health, and provide support and advice about lifestyle, stopping smoking etc.

There are drop in centres in the Main Concourse, Aberdeen Royal Infirmary, in the Health Village, Frederick street, Aberdeen and near the main entrance of Dr Gray's Hospital in Elgin.

healthpoint



08085 20 20 30

(Monday to Friday, 9am to 5pm)

Text 82727 (advisor will call you back)



gram.healthpoint@nhs.scot

Grampian Osteoporosis Advice Line

NHS Grampian Osteoporosis Specialist Nurse information and support.

Grampian Osteoporosis Advice Line



01224 553352 (answering machine)



gram.osn@nhs.scot

I'm not very steady on my feet. What can I do?

Falls are not inevitable as we get older, but if you fall and have thinner bones then you have a greater risk of breaking a bone.

It's important to stay active, but this can be difficult if you're worried about falling. Speak to your GP about local help.

There are some simple things that you can do yourself to make a positive difference. The resources below can help.

Super Six balance and strength exercises

You can find out more about these at:

- ❖ Chartered Society for Physiotherapy

📄: **www.csp.org.uk**

Has a video about six simple exercises for strength and balance. Downloadable book also available

- ❖ Care about physical activity
(from the Care Inspectorate)

📄: **www.capa.scot**

In the "Moving more" section there is a downloadable leaflet about the Super Six exercises.

Community strength and balance classes

- ❖ Sport Aberdeen Move More:
📍: www.sportaberdeen.co.uk/move-more-aberdeen
☎ 01224 507744

- ❖ Sport Aberdeen Active lifestyles
📍: www.sportaberdeen.co.uk/pages/category/active-lifestyles

- ❖ GCRA
A charity led by patients providing exercise classes for people with a wide range of long term health conditions including osteoporosis and arthritis.
📍 www.gcra.org.uk/classes
☎ 01888 569160

- ❖ Live Life Aberdeenshire
📍 www.livelifeberdeenshire.org.uk
☎ 01467 530777

- ❖ Moray Council Life, Sports and Leisure
📍: www.moray.gov.uk
and go to “Community life, sports and leisure” page.
☎ 01343 543451

- ❖ Falls Assistant
📍 www.fallsassistant.org.uk
Has advice as well as exercises. You can assess your risk of falling and make a plan to prevent falls for yourself.

❖ NHS inform

Information available on falls, exercise, diet and support

📄 www.nhsinform.scot/healthy-living/

preventing-falls

☎ **0800 22 44 88**

This leaflet is also available in large print.

Other formats and languages can be supplied on request. Please call Quality Development on 01224 554149 for a copy. Ask for leaflet 1879.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call us on 01224 554149 to let us know.