



## DEXA Information for Referrers

By offering the latest technology in bone densitometry we hope to increase the number of patients who should receive a DXA scan, especially as osteoporosis often goes undiagnosed until a person experiences their first fracture – and once this occurs there is about a 50% chance they will have another fracture.

### Who to send for a DEXA scan.

<b>Patients over 70 years of age</b>	<b>MBS item</b>
For men and women over 70 years, MBS rebate applies regardless of other risk factors.	12323

<b>Patients over 50 with risk factors</b>	<b>MBS item</b>
Family history – parent or sibling	<i>No rebate</i>
Early menopause	12312
Hypogonadism	12312
≥3 months glucocorticoids (Prednisone ≥7.5mg)	12312
Coeliac disease/malabsorption disorders	12315
Rheumatoid arthritis	12315
Primary hyperparathyroidism	12315
Hyperthyroidism	12315
Chronic kidney or liver disease	12315
Androgen deprivation therapy	12312
Recurrent falls	<i>No rebate</i>
Breast cancer on aromatase inhibitors	<i>No rebate</i>
Treatment with antiepileptic medications	<i>No rebate</i>
Low body weight	<i>No rebate</i>
HIV and its treatment	<i>No rebate</i>
Major depression/ SSRI treatment	<i>No rebate</i>
Type 1 and type 2 diabetes mellitus	<i>No rebate</i>
Multiple myeloma/monoclonal gammopathy	<i>No rebate</i>
Organ or bone marrow transplant	<i>No rebate</i>



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### **Patients with a minimal trauma fracture MBS 12306**

A minimal trauma fracture in a patient over 50 indicates probable osteoporosis. DEXA is recommended to confirm low bone density and to establish a baseline BMD for treatment.

### **Suspected vertebral fracture MBS 12306**

Refer for spinal X-ray when:

- Height loss of 3cm or more
- Thoracic kyphosis
- New onset back pain suggestive of fracture.

If fracture confirmed, refer for DEXA

### **Body fat distribution measurement (Total Body Mass Index)**

The Discovery DXA system is not only a diagnostic tool for osteoporosis and osteopenia, it also measures body fat and internal organ fat using Advanced Body Composition™, designed to determine a person's risk of developing obesity-related diseases such as type 2 diabetes, cardiovascular disease, metabolic syndrome and osteoarthritis.

**Note: This is a non-rebatable item**

### **Results reporting**

Following a DXA scan we will provide you with a detailed report on the bone health and/or body fat distribution of your patient.