

Bone Density Aur DEXA Scan

Ek simple guide – DEXA scan, T-score, aur fracture se bachne ke do pehlu samajhne ke liye

Aapne shayad suna hoga "bone density kam hai" ya "DEXA scan करवाओ" – aur yeh sunkar chinta hona natural hai. Yeh guide isliye banayi hai ki aap simple bhasha mein samajh sakein DEXA scan actually kya hai, T-score ka matlab kya hai, aur agar result low aaye to aage kya karna chahiye – bina kisi confusion ya darr ke.

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■ **DEXA Scan Kya Hota Hai**

DEXA (Dual-Energy X-ray Absorptiometry) ek scan hai jo aapki bone density measure karta hai – matlab, aapki haddiyon mein mineral content kitna hai. Yeh painless test hai, kuch minutes mein complete ho jata hai, aur radiation exposure bhi bahut kam hota hai.

Ek baat clearly samajhna zaroori hai: DEXA scan yeh guarantee nahi deta ki aapko fracture hoga ya nahi hoga. Yeh sirf ek snapshot hai ki is waqt aapki bone density kaisi hai – jo doctor ko ek baseline deta hai, jisse future mein changes track kiye ja sakte hain.

- DEXA scan karta hai: bone mineral density measure, future comparison ke liye baseline set
- DEXA scan NAHI karta: fracture ka guaranteed prediction, pain ka cause diagnose, ya clinical exam ka replace

■ **T-Score Ka Matlab Kya Hai**

DEXA report mein aapko ek T-score milega. Yeh number aapki bone density ko ek healthy young adult ki average bone density se compare karta hai. Simple bhasha mein – number jitna zero ke kareeb, utna aapki density us average ke kareeb; number jitna negative (minus) side mein jayega, utna density us average se kam hai.

Yahan ek cheez clear kar dena zaroori hai: T-score sirf ek number hai – treatment ka automatic faisla nahi. Aapki age, fracture history, family history, aur other medical conditions – yeh sab milkar decide karte hain ki aapke case mein kya appropriate hai. Isi liye hum yahan koi specific cutoff nahi de rahe ki 'is number ke neeche ka matlab yeh hai' – yeh interpretation sirf aapka doctor, aapki poori history ke saath, kar sakta hai.

■ **Screening Ke Baare Mein Kab Baat Karein**

Kuch situations mein DEXA screening ke baare mein doctor se baat karna sensible hota hai – jaise menopause ke baad, agar family mein osteoporosis ya hip fracture ki history hai, agar aap long-term steroid medication par hain, agar body weight kaafi kam hai, ya agar pehle bhi kisi minor fall se fracture ho chuka ho.

Yeh ek complete checklist nahi hai, aur na hi iska matlab yeh hai ki in mein se kuch apply na ho to bilkul chinta na karein. Screening ka decision individual hota hai – apni age, lifestyle aur history ke baare mein doctor se khulke baat kijiye, aur woh decide karenge ki aapke liye sahi waqt kya hai.

- Menopause ke baad ki women
- Family mein osteoporosis ya hip fracture history
- Long-term steroid ya kuch specific medications par hone par
- Kaafi kam body weight hone par
- Pehle kabhi minor fall se fracture hua ho

■ **Agar Result Low Aaye To Kya Karein**

Agar aapka DEXA result low aata hai, sabse pehli baat – panic mat kijiye. Low bone density ka matlab automatically fracture nahi hota. Yeh ek signal hai ki is cheez par dhyaan dene ki zaroorat hai, aur agle steps kya honge yeh aapke doctor decide karenge, sirf report dekhkar nahi.

Doctor aapki poori picture dekhega – kuch blood tests (jaise Vitamin D, calcium), aapki diet, activity level, aur koi underlying condition jo bone density ko affect kar rahi ho. Uske baad hi ek plan banega, jo lifestyle changes se lekar medical management tak – case-to-case decide hota hai.

Internet dekhkar khud se supplements start mat kijiye ya treatment decide mat kijiye. Bone health ka management doctor-guided hona chahiye, self-guided nahi.

■ **Fall-Prevention: Fracture Prevention Ka Doosra Half**

Bone density sirf aadha hissa hai fracture prevention ka. Doosra half utna hi important hai: falls ko prevent karna – kyunki kai fractures, khaaskar hip aur wrist ke, fall se hote hain, isliye bone density jitni bhi ho, fall-prevention bhi utna hi zaroori hai.

Ghar mein simple changes kaafi farq daal sakte hain. Balance aur muscle strength bhi fall risk kam karne mein madad karte hain – jaise regular walking ya doctor-recommended exercises. Agar aapko chakkar aate hain, balance issues hain, ya aap multiple medications par hain jo drowsiness cause karti hain, yeh sab bhi doctor se discuss kijiye – yeh fall risk badha sakte hain.

- Loose rugs hatana, floors clutter-free rakhna
- Bathroom mein grab bars lagana
- Achi lighting rakhna, especially raat ke time
- Proper-fitting, non-slip footwear use karna
- Regular activity se balance aur strength maintain karna

■ **Online Consultation Aur Kab Doctor Ke Paas Jaayein**

Agar aap online consultation le rahe hain, yeh samajhna zaroori hai ki yeh guidance ke liye hai – physical examination ka substitute nahi hai. Bone health, khaaskar agar fracture ya severe pain involved ho, ek in-person assessment maangti hai.

Agar aapko sudden severe pain, fall ke baad walk karne mein dikkat, ya koi bhi emergency jaisa symptom ho, please turant nearest hospital jaayein – online consultation ka wait mat kijiye.

Consultation ke liye: Prish Hospital, Vesu (12-2pm) ya Mahavir Hospital, Athwa Gate (4-6pm). DM: 89808 22922.

Turant doctor se milein agar —

- Sudden ya severe back/hip pain, especially bina kisi clear injury ke
- Fall ke baad weight-bear ya walk na kar paana
- Minor fall ya chot se hi fracture ho jaana
- Noticeable height loss ya posture mein jhukav
- Pain jo rest ya normal painkillers se improve nahi ho raha

Apne surgeon se ye poochhein

1. Mere age, gender aur family history ke hisaab se, kya mujhe DEXA scan karwana chahiye?
2. Mera T-score report mein kya bata raha hai, mere specific case ke context mein?
3. Kya mujhe Vitamin D ya calcium levels bhi check karwane chahiye?
4. Mere ghar aur daily routine mein fall-prevention ke liye kya specific changes karne chahiye?
5. Kitne time baad repeat DEXA scan sahi rahega mere liye?
6. Kya meri current medications bone density ya fall risk ko affect kar rahi hain?

DM 89808 22922 — second opinion · appointment (clinic ya online)

Prish Hospital, Vesu – 12-2pm · Mahavir Hospital, Athwa Gate – 4-6pm

Yeh guide sirf general patient education ke liye hai – yeh koi diagnosis, treatment recommendation, ya medical advice nahi hai jo aapke individual case par lagu ho. Bone density aur fracture risk har patient mein alag hoti hai, aur sirf ek qualified orthopaedic surgeon aapki poori history, examination, aur reports dekhkar sahi guidance de sakta hai. Online/teleconsultation sirf guidance ke liye hai – yeh physical examination ka substitute nahi hai; agar आपको severe pain, fall ke baad walk karne mein dikkat, ya koi emergency jaisa symptom ho, turant nearest hospital jaayein. Yeh guide Dr Aman Khanna (MS Orthopaedics, Surat; Gujarat Medical Council Reg. No. G-30260; Fellowship – Sports Medicine, Lyon France and Mumbai; Trauma, Ganga Hospital Coimbatore) द्वारा लिखा गया है। Consultation के लिये: Prish Hospital, Vesu (12-2pm) या Mahavir Hospital, Athwa Gate (4-6pm). DM: 89808 22922.

Online consultation sirf guidance के लिये है और physical examination का पूरा substitute नहीं है – emergency या severe symptoms में तुरंत nearest hospital जायें।

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Sources – International Osteoporosis Foundation – general patient education resources · Indian Orthopaedic Association – public patient guidance · General clinical practice references used for patient-education framing (no specific statistics cited)