Testing for Osteoporosis

As you age your bones get thinner naturally, but sometimes a condition called osteoporosis may set in. Osteoporosis causes severe bone thinning that can lead to fractures, pain, and as a result, difficulty in caring for yourself.

Talk to your doctor about your risk for osteoporosis and what preventive measures are right for you. Your doctor may recommend a **Bone Mineral Density (BMD) test**, which can tell if you have osteoporosis. This test measures the bone density (thickness) in several places in the body. The National Osteoporosis Foundation recommends women age 65 and older and men age 70 and older be tested for osteoporosis regularly. In post-menopausal women and men ages 50–69 with risk factors, osteoporosis testing may also be recommended.

BMD testing for MVP Medicare Advantage members is covered every two years.

Sometimes, if it is medically necessary, you may get a BMD test more often than every two years. If you have suffered a fracture you may also want to talk to your doctor about BMD testing.

It is never too late to improve your bone health!

Reduce your risk of osteoporosis and fractures by:

- Eating a diet rich in calcium, magnesium, and Vitamin D (found in dairy products, dark greens and fatty fish).

- Exercising regularly. Talk to your doctor about what activities are right for you.

- Not smoking.

- Asking your doctor about supplements or medications to prevent or treat osteoporosis.

> Talk to your doctor about whether testing for osteoporosis, or prescribing medications and/or supplements to prevent or treat the disease, may be right for you.