Cassidy Messer

Joti Gill

Specialized Imaging Reflection BMD #1.

27 July 2026

Specialized imaging BMD Reflection #3.

A Bone Mineral Densitometry main exam is performed using a Dual-Energy X-ray Absorptiometry (DEXA) scan, which is an important tool for diagnosing and monitoring osteoporosis. It measures bone mineral density to determine whether a person has normal bone mass, osteopenia, or osteoporosis. Osteoporosis is a disease of the bones characterized by low bone mass and deterioration of bone tissue. It leads to increased bone fragility and risk of fracture, particularly of the hip, spine and wrist, which are the most common fracture sites. A BMD scan can detect bone loss before a fracture occurs. The results also help healthcare workers assess a patient's risk of fractures and determine whether treatment is needed.

As a medical imaging technologist, understanding osteoporosis is essential for providing safe and compassionate patient care. Patients with osteoporosis have fragile bones that can fracture easily, so extra care must be taken during positioning and movement. The technologist should explain the procedure clearly, move the patient gently, and avoid sudden twisting, bending, or excessive pressure that could cause pain or injury. If a patient has limited mobility or discomfort, positioning techniques may need to be modified while still obtaining diagnostic-quality images. By understanding the effects of osteoporosis, medical imaging technologists can help reduce the risk of injury, ensure patient comfort, and provide high-quality imaging that supports accurate diagnosis and effective treatment.