



25+ YEARS

of Expertise
Preventing illness & Promoting Wellness

FACILITIES AVAILABLE AT P. H. SANTACRUZ & KANDIVALI

- | | |
|---------------------------|-------------------------------|
| ▪ MRI (Santacruz) | ▪ Body Fat Analyzer |
| ▪ C T Scan | ▪ Mammography |
| ▪ Pathology | ▪ Bone Mineral Density (Dexa) |
| ▪ Stress Test | ▪ E.E.G. |
| ▪ O.P.G. (Digital) | ▪ Diet Plan |
| ▪ Digital X-ray (DDR) | ▪ Sonography (3D/4D) |
| ▪ ECG | ▪ Eye Check up |
| ▪ 2 D Echo Colour Doppler | ▪ Colour Doppler |
| ▪ Allergy Test (Blood) | ▪ Sleep Study |
| ▪ E.N.T./Audiometry | ▪ P.F.T |
| ▪ CBCT (Santacruz) | ▪ Lateral Cephalogram |
| ▪ Health Checkup | |

For Home Blood Collection :
Kindly call at your nearest location

P. H. MEDICAL CENTRE

Juhu Road, Near Santacruz Police Station,
Santacruz (W), Mumbai - 400 054.

☎ : 902 902 3030 - 703 903 3030 - 902 939 9090

☎ : 98690 06382

Shri Ganesh Aangan Soc., Next to Thakur Mall,
Thakur Village, **Kandivali East**, Mumbai 400 101.

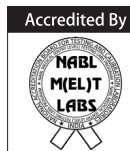
☎ : 022 2887 8777 ☎ : 9167 67 61 67

Email : info@phmedicalcentre.com

www.phmedicalcentre.com

Timings 7 am to 8 pm

Sundays 8 pm to 2 pm

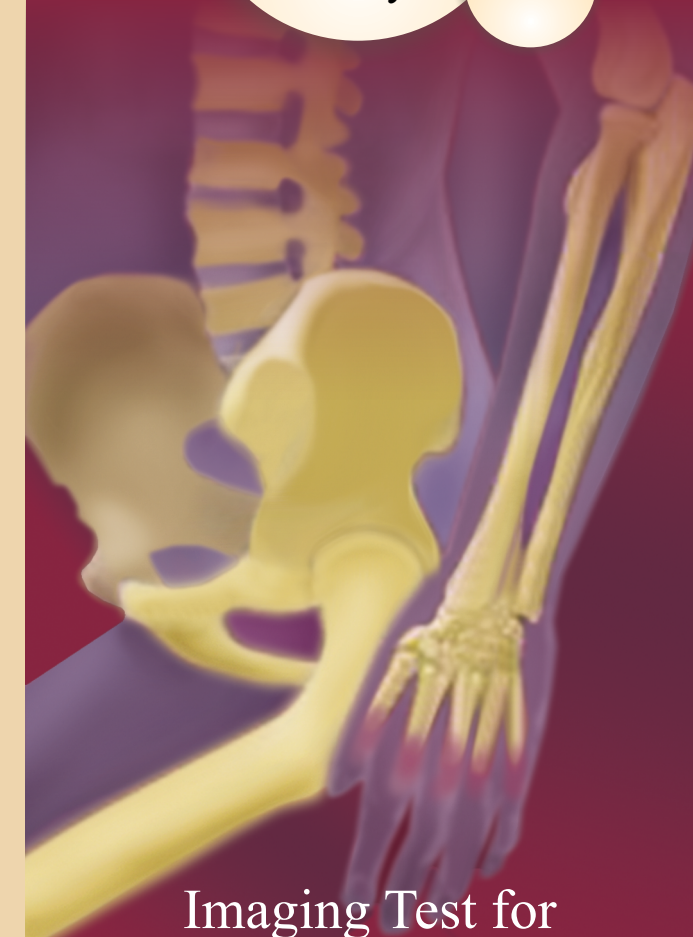


BMD

DEXA

Bone
Density
Study

BMD

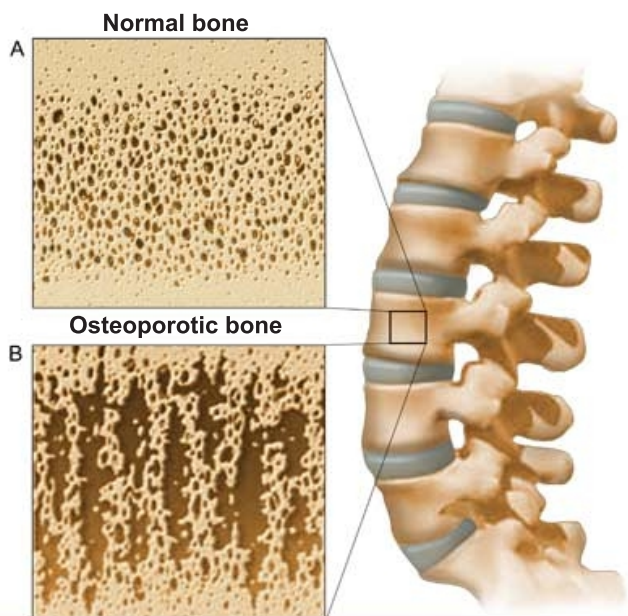


Imaging Test for
Detecting Bone Loss



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Preparation:-

Preparing for Bone Densitometry Scanning

- Eat normally on the day of the exam.
- Wear loose, comfortable clothing. Sweat suits and other casual attire without zippers, buttons, grommets or any metal are preferred.
- You should not have had a barium study, radioisotope injection, oral or intravenous contrast material from a CT scan or MRI within seven days prior to your DXA test.

BMD

DEXA

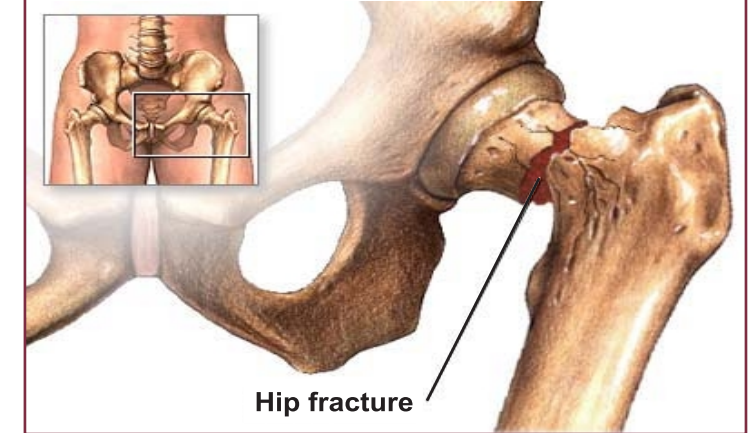
Bone
Density
Study

BMD



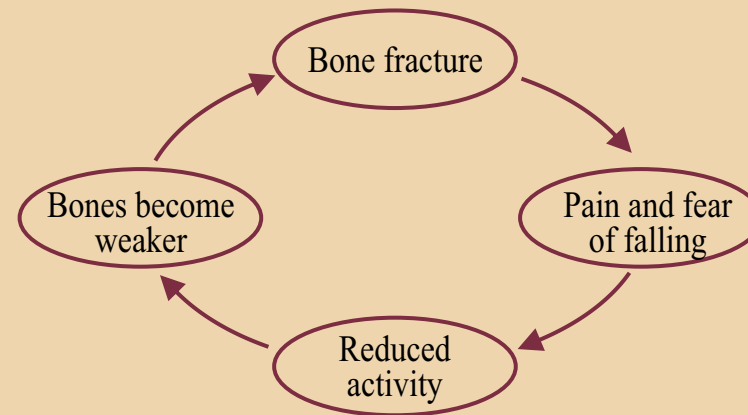
A "Vicious Cycle"

A person with osteoporosis can be caught in a "vicious cycle." A bone breaks. This leads to pain, immobility, fear of falling, and reduced activity. Inactivity, in turn, causes the person's bones to become even weaker and more vulnerable.



What is Osteoporosis ?

Osteoporosis is the most common metabolic bone disorder characterized by reduction in bone density with or without presence of fragility fractures. The compromised bone strength predisposes individuals to an increased risk of fracture. Although osteoporosis is typically considered as a disease of post menopausal females, it is becoming increasingly common in elderly males as their life span is increasing. The estimated lifetime risk of osteoporotic fractures of the hip, spine & wrist, combined after the age of 50 years is about 40% in females & 13% in males. Most of the patients of osteoporosis are asymptomatic, until the fracture occurs. Hence it is important to have a high degree of suspicion & screen the individuals at risk.



Who is at Risk ?

Factors:-

- Thin or small framed
- Approaching menopause / post menopause
- Milk intolerant or having a low calcium intake
- A cigarette smoker or drinking alcohol in excess
- Taking thyroid medication or steroid-based drugs for asthma, arthritis or cancer
- A Family history of osteoporosis
- Chronic intestinal & renal disorders
- A sedentary lifestyle
- Women are at greater risk than man.

