



Call (510) 832-2663  
to schedule an appointment or  
Fax your order to (510) 208-7174

**Two Locations**

- Oakland - 300 27th Street, Suite 103
- San Ramon - 125 Ryan Industrial Court #203

**Physician Order for Bone Density Test** \_\_\_\_\_  
**Dual Energy X-Ray Absorptiometry** Date(exp. 3 mos)

Patient Name \_\_\_\_\_  New  
 Return

Diagnosis Code \_\_\_\_\_

Physician Address \_\_\_\_\_

Physician Phone & Fax \_\_\_\_\_

Physician NPI \_\_\_\_\_

**Region of Interest for Bone Density Test**

<input type="checkbox"/> Lumbar Spine
<input type="checkbox"/> Hip
<input type="checkbox"/> Forearm (non-dominant)
<input type="checkbox"/> Vertebral Fracture Assessment (VFA)
<input type="checkbox"/> Whole Body/Body Fat Composition
Comments

\*Consider VFA and/or forearm when presence of vertebral fx will influence clinical management decisions. VFA indications: back pain, kyphosis, height loss, vertebral compression fx by DEXA, T-score at LS  $\leq$  -2.5. Forearm indications: spine instrumentation, spine fx, severe degenerative disease, scoliosis, bilateral hip replacements, severe hip arthritis, obesity, hyperparathyroidism.  
**Medicare** covers one(1) procedure (ex. hip and spine) every 24 months in women 65+ and men 70+.  
**MediCal** only covers hip and spine tests for their members.  
**Prior insurance authorization may be required** from carriers other than Medicare to schedule an appointment.

**DIRECTIONS AND INSTRUCTIONS ON BACK OF ORDER**

Updated 4/08

**Directions**

**OAKLAND** – Located at the intersection of 27th Street and Valdez – between Broadway and Harrison. Parking available behind the building or on the street.

**SAN RAMON** – take the Crow Canyon West exit highway 680. Turn right on Old Crow Canyon Road and left at Ryan Industrial Court. Located in the building at the top left of the cul de sac. Park at rear of building to access the second floor directly from the parking lot.

**Before your appointment**

1. Do not take any calcium tablets 24 hours before your test.
2. Wear comfortable or other loose fitting clothes like a sweat suit – this minimizes the need to change into a hospital gown. Avoid wearing clothing that contains metal such as underwire bras, rivets, zippers.
3. Please let us know if you have had a recent x-ray.
4. Please let us know if you have had prior bone density exams. We will need to obtain copies for comparison.
5. PLEASE BRING THIS PHYSICIAN ORDER TO THE APPOINTMENT.

**Testing Guidelines**

National Osteoporosis Foundation guidelines indicate that bone density testing should be performed on:

- All women aged 65 and older and men 70 and older regardless of risk factors\*
- Younger postmenopausal women with one or more risk factors (other than being white, postmenopausal and female).
- Postmenopausal women who present with fractures (to confirm the diagnosis and determine disease severity).
- Men under 70 with clinical risks

Medicare covers BMD testing for the following individuals aged 65+:

- Estrogen deficient women at clinical risk for osteoporosis
- Individuals with vertebral abnormalities
- Individuals receiving, or planning to receive, long-term glucocorticoid (steroid) therapy
- Individuals with primary hyperparathyroidism
- Individuals being monitored to assess the response or efficacy of an approved osteoporosis drug therapy.