

Bare Bones Podcast Action Planning Tool Handout

Each handout is designed to serve as a reminder of what you heard during the podcast.

Title of podcast episode

Podcast episode number

Key concept

Background information to review and discuss with members of your health care team

Action items to do after reading

Key take home message to remember

Podcast link and resources

Source of podcast funding

BARE BONES PODCAST **I See Your Skeleton** Bare Bones Podcast Episode 4

Bone Mineral Density (BMD) test is one of the best ways to assess your risk of fracture.

BMD is a measure of the amount of minerals, such as calcium, contained in a certain volume or area of bone. A BMD test helps you and your doctor know your fracture risk. BMD testing of the hip and knee region should be done for people with spinal cord injury to know if they have osteoporosis, low bone mass or high fracture risk.

Did you know?
BMD tends to decrease quite rapidly in the first 2 years after a spinal cord injury (SCI), and then continues to drop at a slower rate as you age.

How is BMD assessed? – It depends on where you live!

North America **Dual-Energy X-ray Absorptiometry**
Body parts for Measurement:
1 Hip
2 Knee region
• distal femur

Europe **Peripheral Quantitative Computed Tomography (pQCT) Scan**
Body parts for Measurement:
1 Thigh above the knee
2 Shank of shin bone
3 Ankle

How can I get a BMD test?
Your doctor or a nurse practitioner can order a BMD test for you. Plan to review your result together.

When should I have a BMD test?
Get a BMD test as soon as possible after SCI, and then every 1-2 years, thereafter. Routine testing tells you and your doctor if your BMD is increasing, decreasing or staying the same and fracture risk.

What do the results tell me and my doctor?

- Whether or not you have osteoporosis
- Your future risk of fracture
- Loss or gain in bone mass
- If your treatment is working

I have osteoporosis. Is standing, walking or other exercise safe for me?
There is no BMD value below which you should not exercise. Your healthcare provider can assess and discuss your fracture risk before you consider participating in physical therapy or exercise.

To Do List **Bone Density Testing**

- Get BMD testing of your hip and knee regions every 1-2 years.
- Consult with your physician or therapist before starting weight-bearing activities.

Get Your Knee Region Bone Density Test On A Regular Basis To Monitor Your Bone Health And Your Fracture Risk.

Learn More
SCI Fragments: www.scifragments.ca

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