Fundamentals of Bone Densitometry

Introduction
Bone densitometry is a relatively new procedure with different technical approaches. The instrumentation has advanced rapidly and an ever increasing number of new clinical services are emerging across the UK. The fact that it is already commonplace to present a numerical report based on a ‘normals’ or ‘reference’ plot is a remarkable achievement. It will be many decades into the future before full life cycle studies of bone mineral density can be evaluated.

Practical training in the use of these in-vivo techniques is at the present time largely undertaken by manufacturers and their agents. Experience gained in their use can vary greatly between centres, depending on the number of staff and the number of patients investigated. Some practitioners are experienced in nuclear medicine and radiological techniques, while others come to the subject from a non-imaging background.

This CD ROM Fundamentals of Bone Densitometry has been produced for the National Osteoporosis Society by an invited group of experts. It is intended as a study guide to complement the information provided on the National Training Scheme for Bone Densitometry and direct them to relevant research papers. It should be seen as a supplement to the information provided by equipment manufacturers.

It is hoped that this publication will contribute to the raising of national standards of bone densitometry measurement and thereby improve the standards of care to all those men and women with or at high risk of osteoporosis.

Whilst every effort has been made to keep this document up to date, it is a fast changing field and ultimately it is the responsibility of the reader to ensure they have the very latest information. The NOS website www.nos.org.uk is a good source of up to date information on osteoporosis and please also refer to the course recommended reading list.

The National Osteoporosis Society produces a number of documents for health professionals including guidelines and position statements on bone densitometry which we strongly recommend you read.

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Acknowledgments
The National Osteoporosis Society (NOS) wishes to thank the invited group of experts who contributed to this publication:

Professor J Adams     University of Manchester
Mrs C Alsp          University of Manchester
Ms L Banks          Imperial College School of Medicine, London
Dr G Blake          Guys Hospital, London
Professor R Eastell  University of Sheffield
Dr W Evans          University Hospital of Wales, Cardiff
Professor R Francis  Freeman Hospital, Newcastle
Ms B Ingle          formally of University of Sheffield
Dr K Knapp          University of Exeter
Mrs B Lees          formally of Imperial College, London
Dr N Peel           University of Sheffield
Professor D Reid     University of Aberdeen
Professor F Ring     University of Glamorgan
Ms S Steel          Hull Royal Infirmary
Dr A Stewart        Woolmanhill Hospital, Aberdeen
Mrs C Westmacott    formally of Leeds General Infirmary

The NOS wishes to thank the following companies who provided photographs of their equipment for reproduction in this report:

Apollo Medical Ltd
McCue Plc
GE Medical Systems
Churchill Medical Ltd
Vertec Scientific Ltd
IGEA

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