About Us.

Assoc Professor Nicholas Pocock and Professor Judith Freund were instrumental in the establishment of the first osteoporosis DXA diagnostic centre in NSW in 1983.

Prof Pocock has extensive research and clinical experience in osteoporosis and is a member of the Densitometry Accreditation Committee. He is currently a senior staff specialist in the Department of Nuclear Medicine and Bone Densitometry at St Vincent's Hospital Darlinghurst.
Prof Judith Freund is currently Director of the Department of Nuclear Medicine and Bone Densitometry at St Vincent's Hospital, Darlinghurst, as well as being actively involved in osteoporosis research.

DXA bone density and lateral vertebral assessment are available at **Chatswood Densitometry Centre.** The Centre is located at the rear of Malvern Court (shared rooms with Aline and Associates speech therapy) in Malvern Avenue, close to the entrance to Chatswood Chase parking.
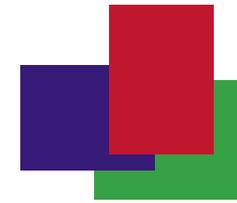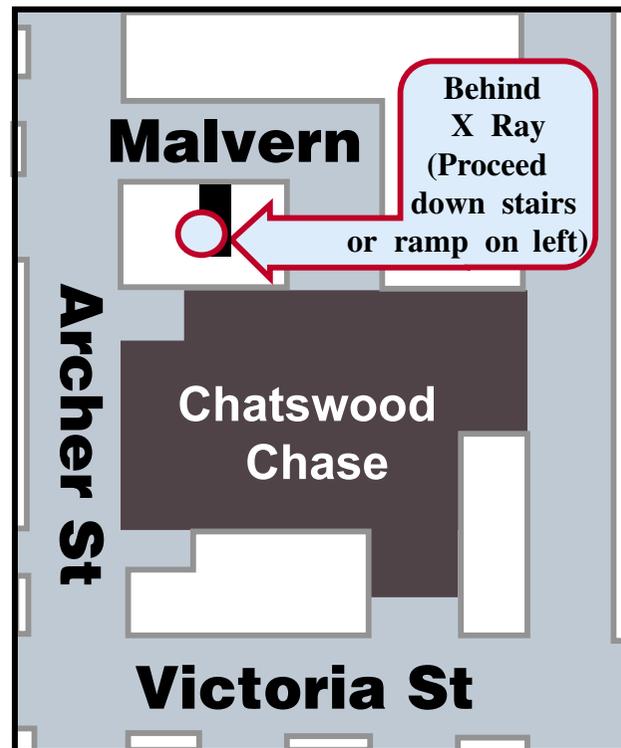
Address:
Chatswood Densitometry Centre
Suite 7-8, Malvern Court,
16-18 Malvern Ave, Chatswood.

Bookings: 9411 1837

(1 minute walk from Chatswood Chase Parking).

Malvern

Behind X Ray (Proceed down stairs or ramp on left)

Archer St

Chatswood Chase

Victoria St

Osteoporosis

Prevention & Diagnosis.

Your Questions Answered

What is osteoporosis?

Osteoporosis is a 'thinning of bones' which become more fragile and likely to break. The hip, spine and wrist are commonly effected. Osteoporosis is a common condition and will affect approximately two out of three women, and one out of three men, as they get older.

What causes osteoporosis?

There are many risk factors for osteoporosis. Postmenopausal women in particular are at risk especially if menopause occurs early. Certain medical conditions, or their treatments, also increase the risk of osteoporosis. Other risk factors include a family history of osteoporosis, and lifestyle factors.

Which lifestyle factors are important?

Regular exercise, adequate calcium in our diets and avoidance of smoking, excess alcohol and caffeine, are factors which will decrease the risk of osteoporosis. Measures which lower the risk of falling are also important in preventing osteoporotic fractures.

Is a healthy lifestyle enough?

No! Osteoporosis can still occur with the healthiest of lifestyles.

How do I know if I have osteoporosis?

Often we don't, since there are no symptoms of osteoporosis until a bone is broken (a fracture). Tests can then be done to determine the severity of the disease.

Can osteoporosis be diagnosed before a fracture occurs and does this help?

Yes. A number of effective treatments to increase bone strength are now available and the sooner therapy is started the better chance one has of preventing a fracture. Exercise programs to reduce the risk of falls are also effective in preventing fractures.

How do I find out if I have osteoporosis?

The commonest test used is the DXA scan (Dual Energy X-ray) to determine bone density which is a measure of bone strength. DXA scanners use very low dose X-rays and are considered the Gold Standard for the diagnosis of osteoporosis. DXA results are useful in estimating the future risk of breaking a bone. DXA scans are also valuable in monitoring treatment.

Osteoporosis can also be provisionally diagnosed if a middle aged or elderly person develops a broken bone (fracture) after minimal trauma. Once a person suffers one such fracture they are at much higher risk of suffering further fractures.

Do DXA scanners detect fractures?

The latest generation of DXA bone scanners can often detect unsuspected spine fractures using a special lateral (side) view of the spine (Lateral Vertebral Assessment).

What should I do?

If you are older than 50, particularly if you are female and have a family history of osteoporosis, you may benefit from an assessment of your bone density. Ideally Lateral Vertebral Assessment should also be performed to get the best estimate of fracture risk, particularly in those older than 60.