



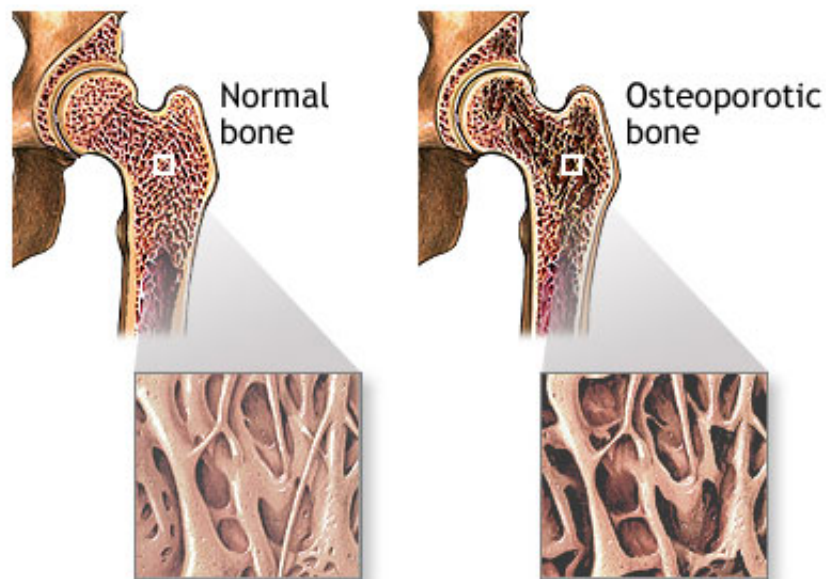
# What is Bone Density?

by NEWLIFEOUTLOOK TEAM

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## Comparing Normal Bone Density with Osteoporosis

If you're about to get a bone density scan, you might be wondering how it's measured. Usually, osteoporosis is measured by what's known as the T-score, which is just a comparison between the average normal bone density and your own. A normal T-score is -1.0 or higher while an osteoporosis T-Score is 2.5 or lower. You may also be measured by a Z-score but this is generally used in severe osteoporosis. The x-ray done to measure bone density is a low amount of radiation. Be prepared to have the x-ray done on bones that are likely to be fractured, such as the wrist, spine, and hip. To make the process efficient, avoid wearing any metal around any of these areas, including watches, bangles, or other jewelry.



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Osteoporosis is a condition characterized by progressive loss of bone density, thinning of bone tissue and increased vulnerability to fractures. Osteoporosis may result from disease, dietary or hormonal deficiency or advanced age. Regular exercise and vitamin and mineral supplements can reduce and even reverse loss of bone density.