



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg  
Caring for Health À l'écoute de notre santé

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## REQUISITION FOR BONE MINERAL DENSITY TESTING

**Patient Name:**  
**MHSC:**  
**Patient Address:**  
  
**Requesting MD:**

**DOB (d-m-y):** \_\_\_ - \_\_\_ - \_\_\_  
**PHIN:**  
**Patient Phone (home):**  
**(work):**  
  
**Copy report to:**

**SELECT ALL APPLICABLE REASONS FOR TESTING:**

- Vertebral low-trauma (fragility) fracture proven by x-ray (*Note: Bone density testing is not required for diagnosis of osteoporosis as active treatment is usually indicated. Attach copy of x-ray report as this will help in test interpretation.*)
- Non-vertebral fragility fracture proven by x-ray
- Osteopenia or osteoporosis identified on x-ray
- Systemic corticosteroid therapy for more than 3 months per year
- Prolonged amenorrhea prior to age 45 (includes surgical menopause or premature menopause) if results needed to decide on hormonal or drug therapy
- Woman age 65 or older if results needed to decide on hormonal or drug therapy.
- Follow up of a previous bone density measurement (initial recommended interval 3 years for most patients, 1 year in patient on systemic corticosteroid therapy)

**Date of previous test:** \_\_\_\_\_ **Location of previous test:** \_\_\_\_\_

**Other indications *may* be considered if appropriate clinical justification is provided. (Testing in men, and in women younger than age 65, are not approved indications unless there are additional risk factors. The "Fracture INDEX Self-Assessment Aid" printed on reverse may be helpful in selecting people for testing.)**

**Physician's Signature:** \_\_\_\_\_

## Fracture INDEX Self-Assessment Aid

**Circle the best answer for each question.**

**Points**

1. What is your current age?	
Less than 65	0
65-69	1
70-74	2
75-79	3
80-84	4
85 or older	5
2. Have you broken any bones after age 50?	
Yes	1
No / Don't know	0
3. Has either of your parents had a hip fracture after age 50?	
Yes	1
No / Don't know	0
4. Do you weigh 125 pounds or less?	
Yes	1
No	0
5. Are you currently a smoker?	
Yes	1
No	0
6. Do you usually need to use your arms to assist yourself in standing up from a chair?	
Yes	2
No / Don't know	0

**Add up your total score from the above. Based on this your estimated risk of suffering a spine (vertebral) or hip fracture over the next 5 years is:**

less than 2.0 % (very low)	if your total was 0
2.0 % (1 in 50)	if your total was 1
4.3 % (1 in 23)	if your total was 2
7.3 % (1 in 14)	if your total was 3
10.2 % (1 in 10)	if your total was 4
18.1% (1 in 6)	if your total was 5 or more

**Note: This self-assessment is only an educational tool and does not replace a physician's assessment.**

(Adapted from Black DB et al, Osteoporos Int 2001;12:519-528.)